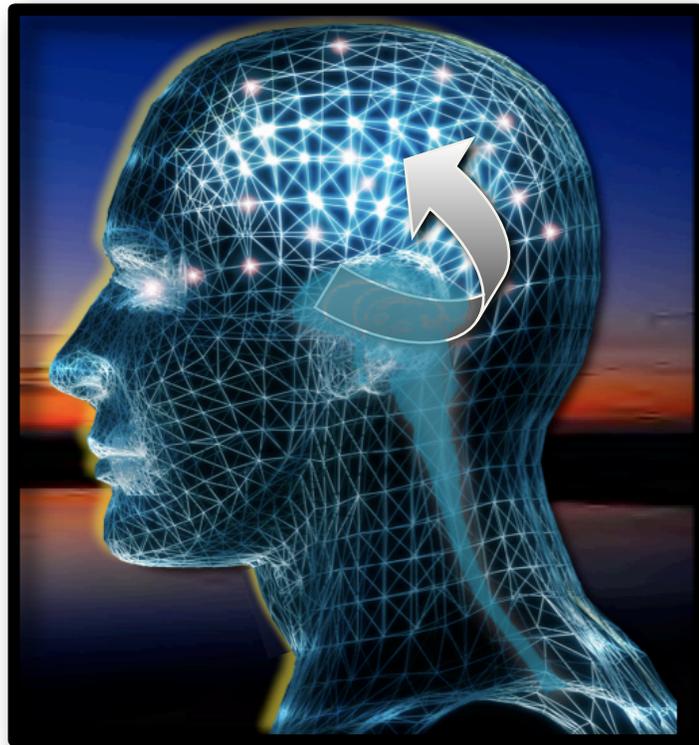


# LIFE FROM THE TOP OF THE MIND

## NEW INFORMATION ON THE NEUROSCIENCE OF CLARITY, CONFIDENCE, & CREATIVITY

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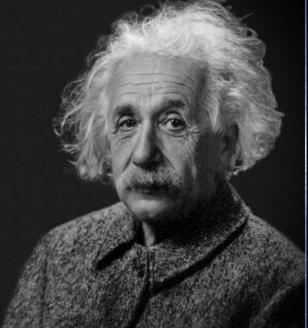


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*"Problems cannot be solved at the same level of awareness that created them."*

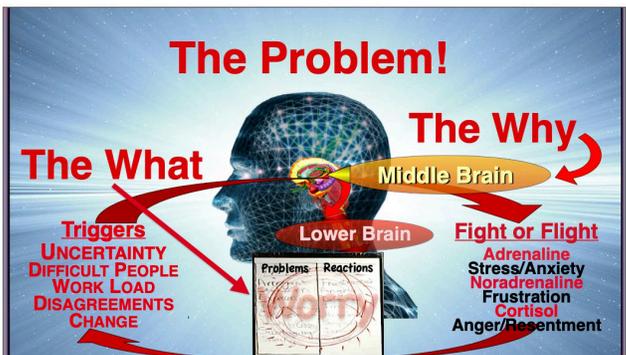
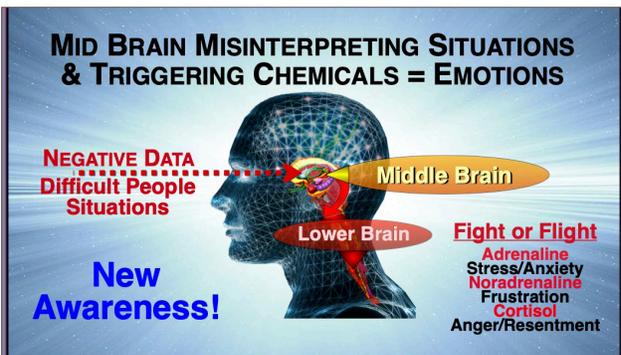
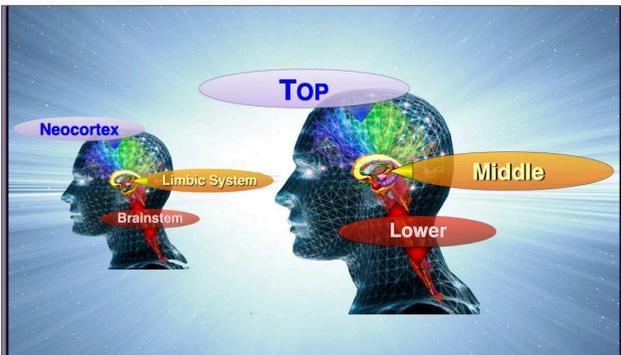
*Albert Einstein*

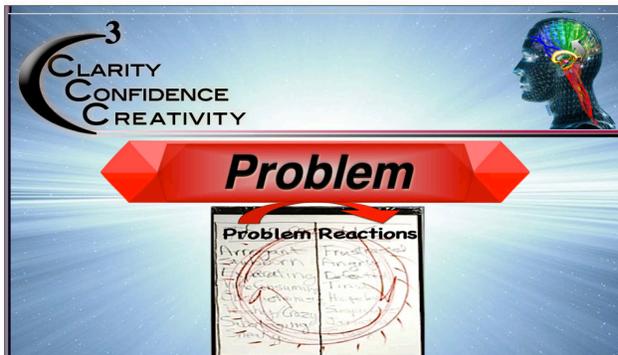
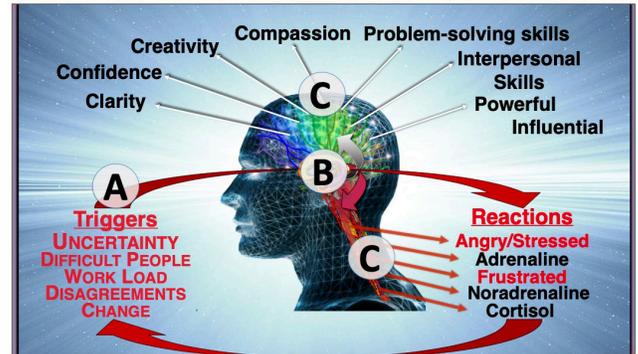
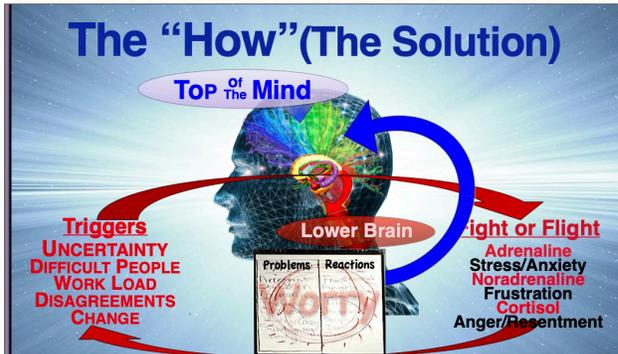


### Four Essentials of Effective Decision Making & Influence

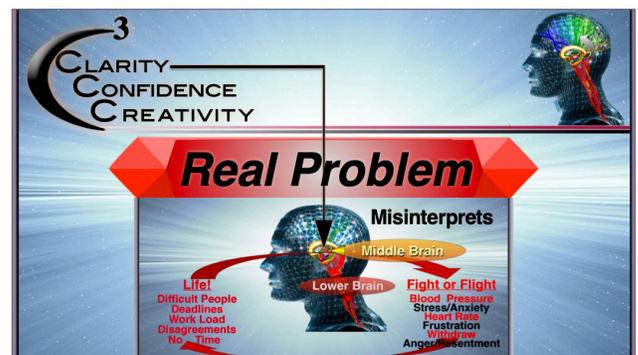


1. Self Awareness	} <b>How We Understand &amp; Influence Ourselves</b>
2. Self Regulation	
3. Social Skills	} <b>How We Understand &amp; Influence Others</b>
4. Communication Skills	





**“Never tie your peace of mind to another person’s state of mind!”**





**Solution!**  
**Regain Control!**

TOP <sup>of</sup> The Mind

Lower Brain

**How?**  
**Breathe – 5 by 5 or 4-4-4**  
**Relax – On the exhale**

TOP <sup>of</sup> The Mind

**Problem:**  
**Doesn't Break  
The Cycle!**

Lower Brain

**Why?**

**Solution!**  
**Harness the Power of Questions**  
**The “Search Engine” For The Brain!**

TOP <sup>of</sup> The Mind

**Questions!**

Lower Brain

**Problem!**  
**We Are Asking BS Questions!**

**Questions!**

Brainstem

**Breathe – 5 by 5 or 4-4-4**  
**Relax – On the exhale**  
**Ask– TOP <sup>of</sup> The Mind Questions**

TOP <sup>of</sup> The Mind

**Solution!**

Lower Brain

**TOP <sup>of</sup> The Mind Questions**

- 1** Was this thought, emotion, or action chosen on purpose?
- 2** How's it working for me?
- 3** Is this the way I want to be defined?

***Are We Defining Who We Are?  
Or... Are We Being Defined  
By The Difficult People  
And Situations We  
Encounter?***

***When We Say  
“ \_\_\_\_\_ Makes Me \_\_\_\_\_ ”  
We are giving the difficult  
people & situations in  
our lives the power  
to define us!***

**Solution!** 

***We Define Ourselves  
From the Purposeful, Powerful  
Part of the Brain!***

*Training Film!*



**The 4 Criteria**

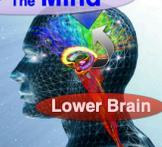
- 1 Purposeful - Chosen on Purpose**
- 2 Effective - Produces + Results**
- 3 Defines Me - The way I want to be Defined**
- 4 What I would recommend to someone I love/lead!**

***Breathe – 5 by 5 or 4-4-4  
Relax – On the exhale  
Ask– Top <sup>of</sup> The Mind Questions***

**TOP <sup>of</sup> The Mind**

- Purposeful?
- Effective?
- Defines Me?
- Teach/Recommend?

**Lower Brain**



***Breathe – 5 by 5 or 4-4-4  
Relax – On the exhale  
Ask– Top <sup>of</sup> The Mind Questions  
Imagine – Being this way***

**TOP <sup>of</sup> The Mind**

**Highest Purpose**

- Clear
- Confident
- Creative
- Centered
- Flexible
- Authentic




**Breathe** – 5 by 5 or 4-4-4 

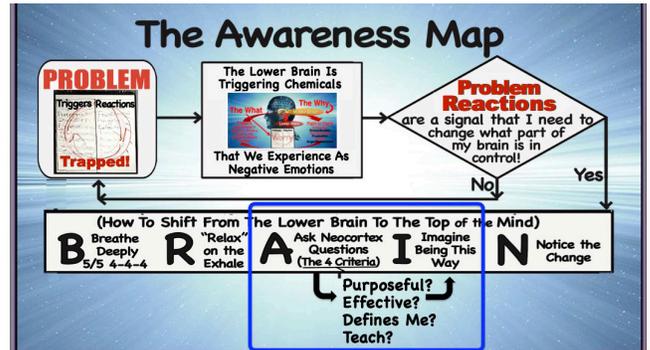
**Relax** – On the exhale

**Ask** – Top of The Mind Questions

**Imagine** – Being this way

**Notice** – The Change

**The BRAIN Model**



## LIFE FROM THE TOP OF THE MIND

**GROWTH MIND SET**

DEEPLY LISTEN SPEAK QUESTION BELIEFS

CURIOSITY UNARGUABLY LIFE OF

WIN-WIN! WINNING!

Purpose

HIGH CONNECTION INNOVATION COLLABORATION CREATIVITY

**FIXED MIND SET**

COMMITTED TO BEING RIGHT DEFENSIVE CLOSED

RIGHT MONEY NOT ENOUGH SPACE LOVE STORY

APPROVAL CONFLICT SECURITY CONTROL FAULT AND BLAME

RATIONALIZE AND JUSTIFY GOSSIP

LOWER BRAIN

**Location, Location, Location!**

**Growth Mindset**

↑ OPEN CURIOUS COMMITTED TO LEARNING

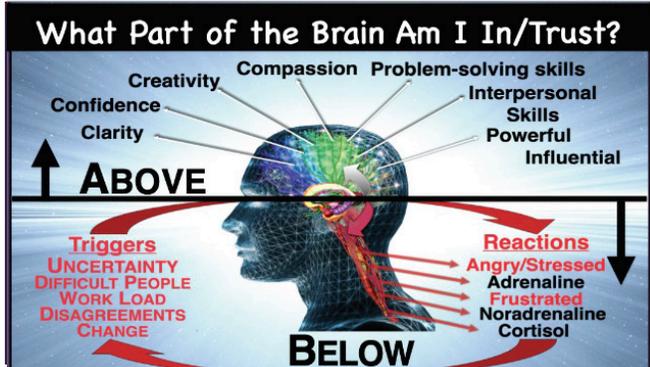
WHERE AM I? **Above the Line?**

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**Or Below the Line?**

↓ COMMITTED TO BEING RIGHT DEFENSIVE CLOSED

**Fixed Mindset**





I hope that you have enjoyed learning this new information on accessing your clarity, confidence, and creativity by influencing how your brain processes information. I encourage you to give some thought as to how this could also improve the decision-making and productivity in your organization if everyone was coming from the “Top of the Mind.”

If you would like more information on my presentations, unique fee policy (that I call “Integrity-Based Pricing”), and/or availability, feel free to contact me at the phone number or email address below. Or, simply scan the QR code which will take you to my website.



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