



1



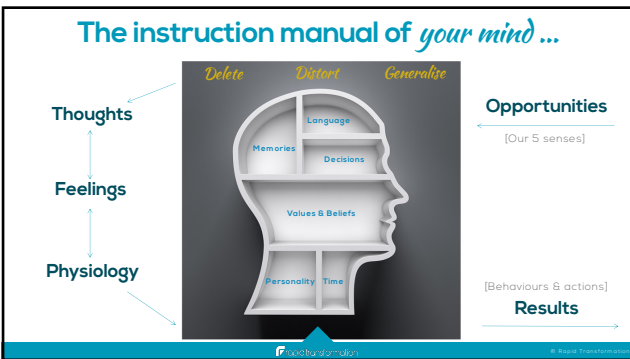
2



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4



5

The power of your mind

I cdnuolt blveiee taht I clud aulacty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuon mind! Aoccdnrig to a rschearch at Cmabrigde Uinervtisy, it deosn't mttaer waht oredr the ltteers in a word are, the only iprmoatnt tihng is taht the frist and lsat ltteer are in the rghit pclae. So, isnt it azmaing what is fieltred out by our midns?

Thnik aobut it

Suntloios Direvvn Coalgeules

are you painyng atetntoin?

Are you taknig in evrey pecie of inorfamtoin?

What are you esnurning comes in by the flitres you hloed in your mnid?

Are you fosuncig uopn scscues?

6

We all have a part to play
It's Up To Us

Rapid Transformation Formula™

DESIGN
RESULTS
MINDSET
STRATEGIES

7

Voices - Personality - Vision - Goals
DESIGN

Business goals =
Your goals

8

The map is useless without knowing

1. Where are you NOW?
2. Where do you want to go?
3. What 'transport' method(s) are available?

9

Stretched
but not
strained!

10

Strained
goals

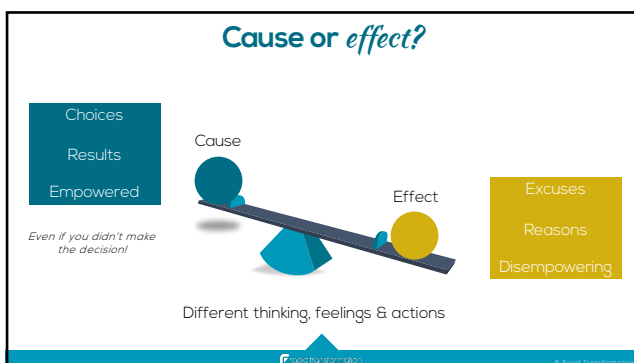
Overwhelmed
by it

11

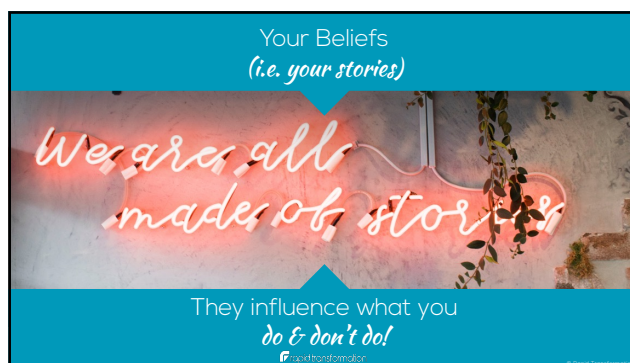
Put your goals through
their paces!

Are your current goals
a) in your comfort zone?
b) 'stretched'?
c) 'strained'?

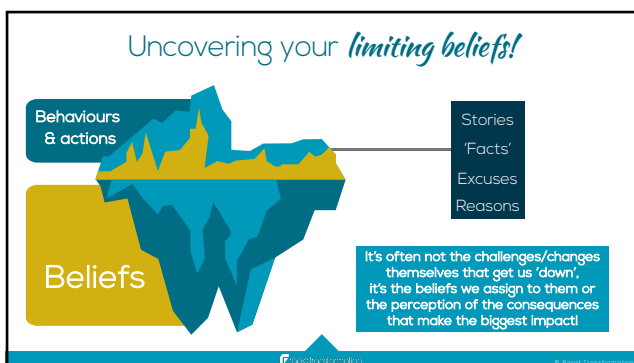
12



13



14



15



16



17



18

Changing our 'stories' & beliefs

Acknowledge vs. ignoring them

Is it REALLY true?

How could I be exaggerating / 'catastrophising' it? (Always, never, everyone ...)

When did I decide this? What's this stopping me/us from doing or achieving?

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you are What you listen to

Be careful what you say to yourself ... because YOU are listening!

Superpower - Habits - Actions - Productivity STRATEGIES

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How do words impact how you feel?

"I SHOULD ..."

"I COULD ..."

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How do words impact how you feel?

"I MUST ..."

"I CHOOSE TO ..."

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22

FOCUS

on what you want instead of what you don't want!

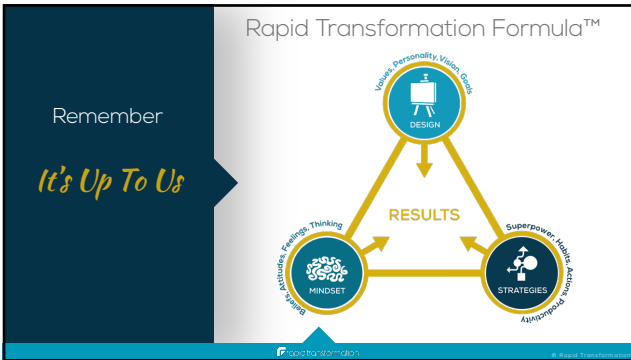
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Focus on the future & make it personal

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