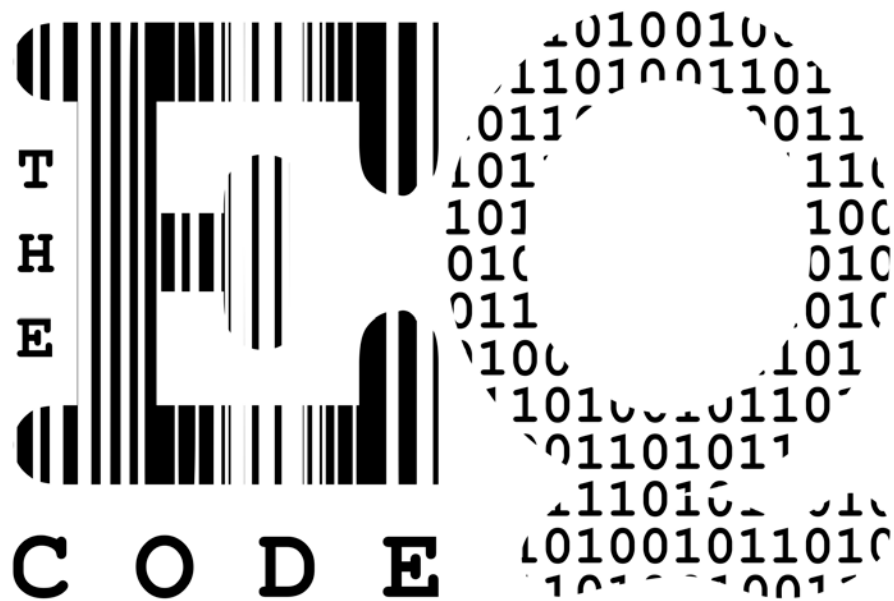


STUNNINGLY SIMPLE FRAMEWORKS
FOR PERSONAL SUCCESS
INSPIRED LIVING & GLOBAL HARMONY

INTRODUCTION

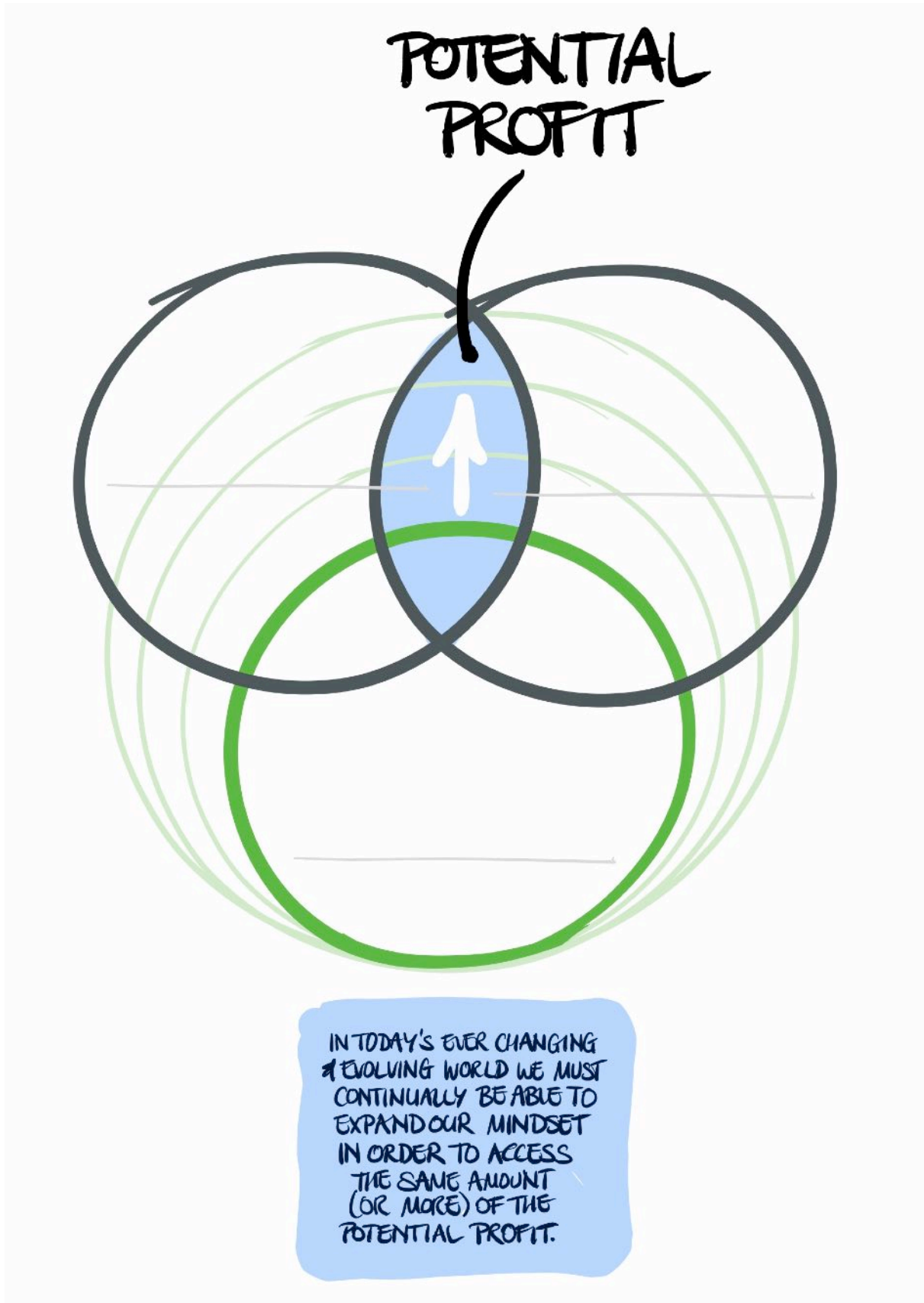
Mindset & the EQ Code

Setting the stage...



Mindset Profit Model

Why bother learning how to shift your thinking...



Mindset Evolution Scale

the fundamental levels of thinking

EVOLVED



EMBRACIVE



INTUITION
FEELING



DIAGNOSTIC



12345

LOGIC
THINKING

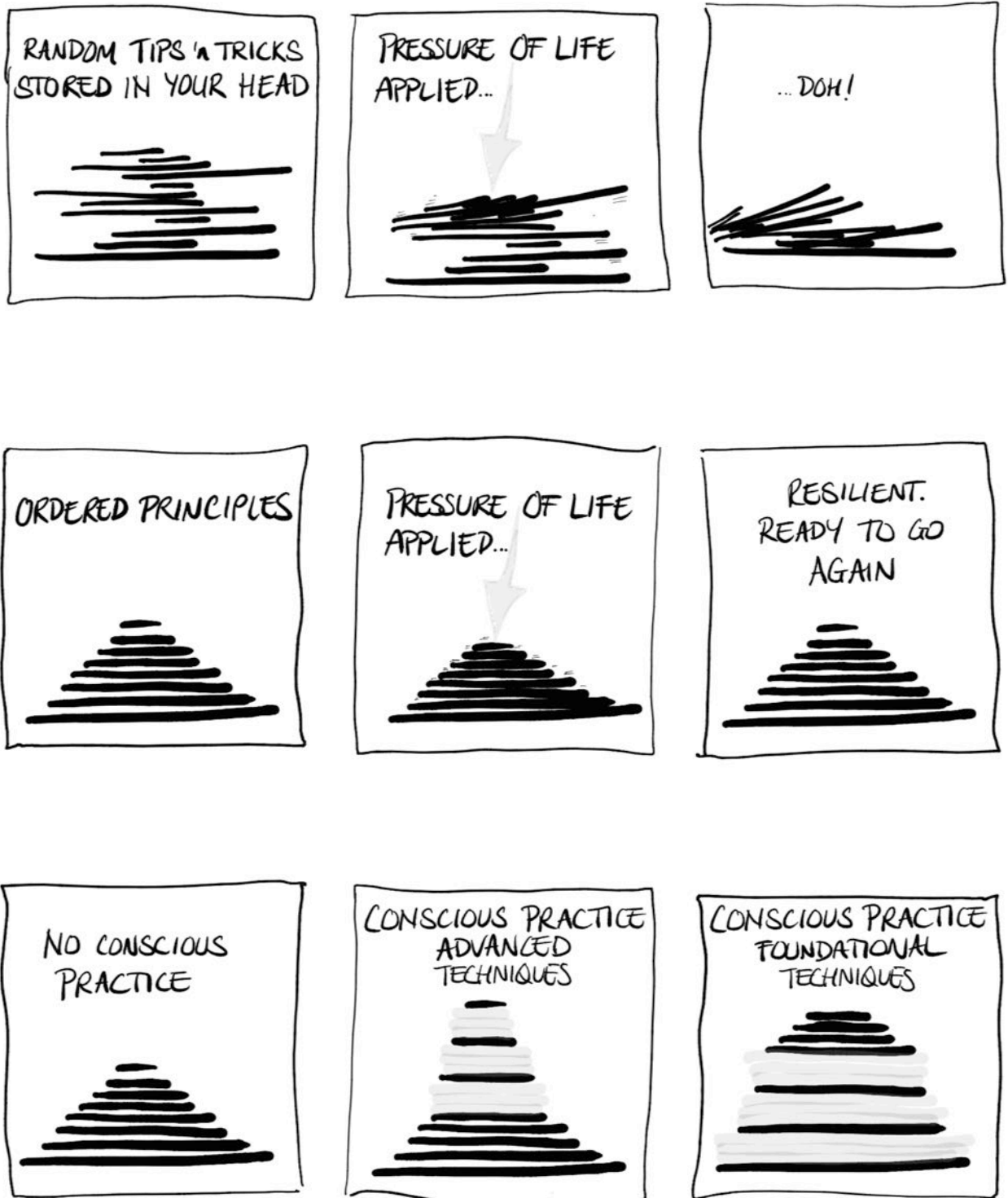
DILIGENT

123



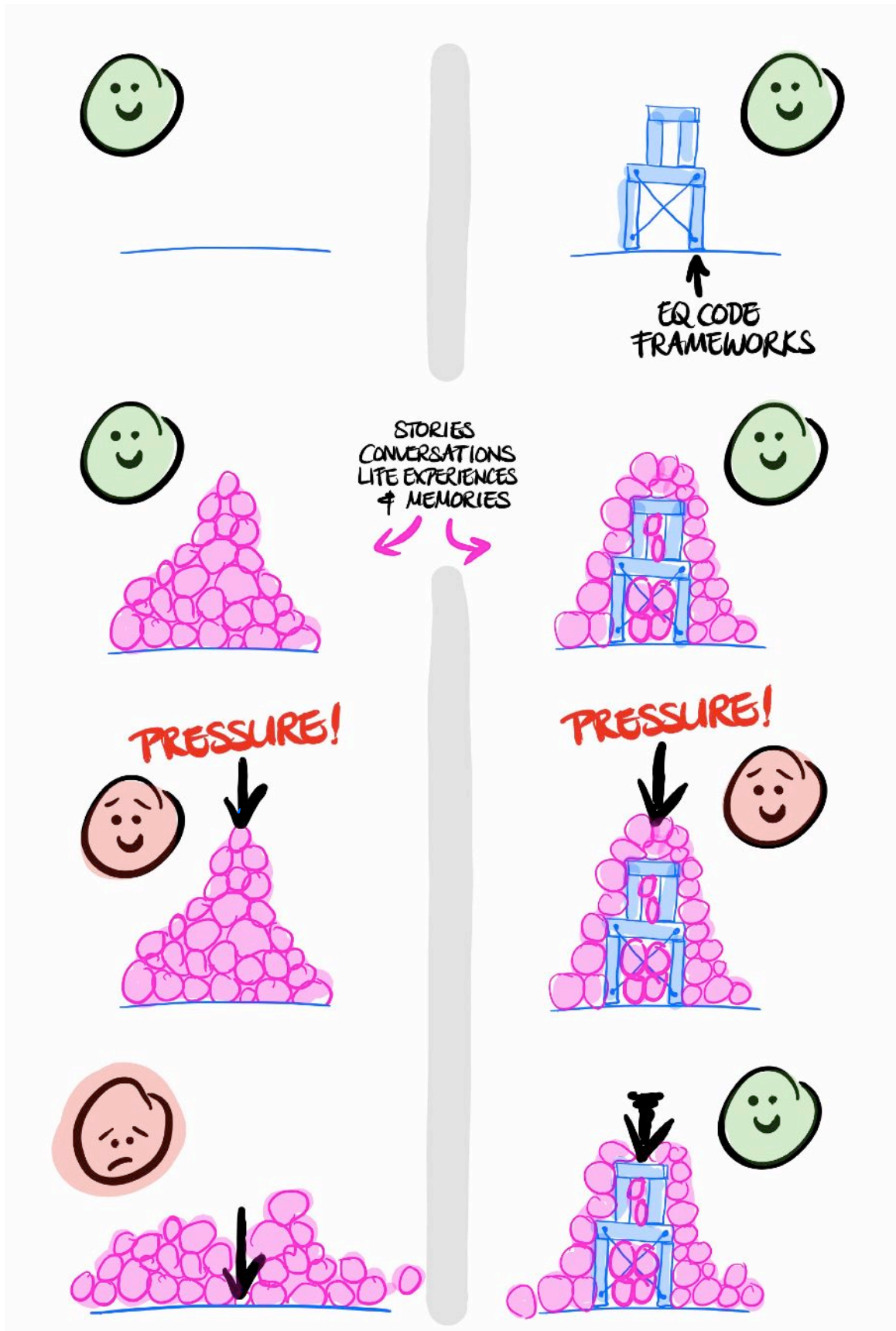
Resilience (AQ)

why INTERNAL frameworks dramatically improve resilience...



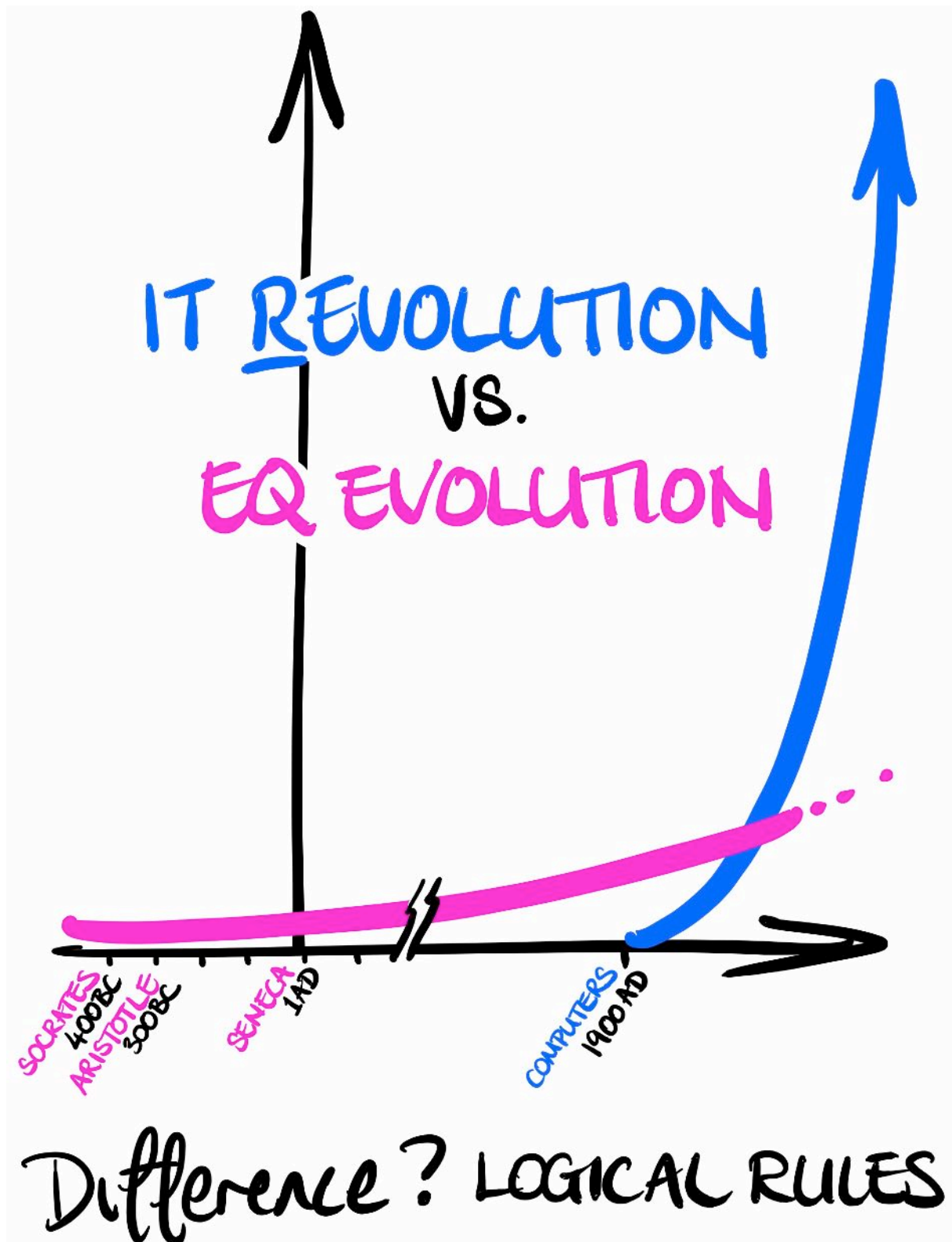
Frameworks = INTERNAL Support

solid and proven thinking frameworks improve inner strength and resilience...



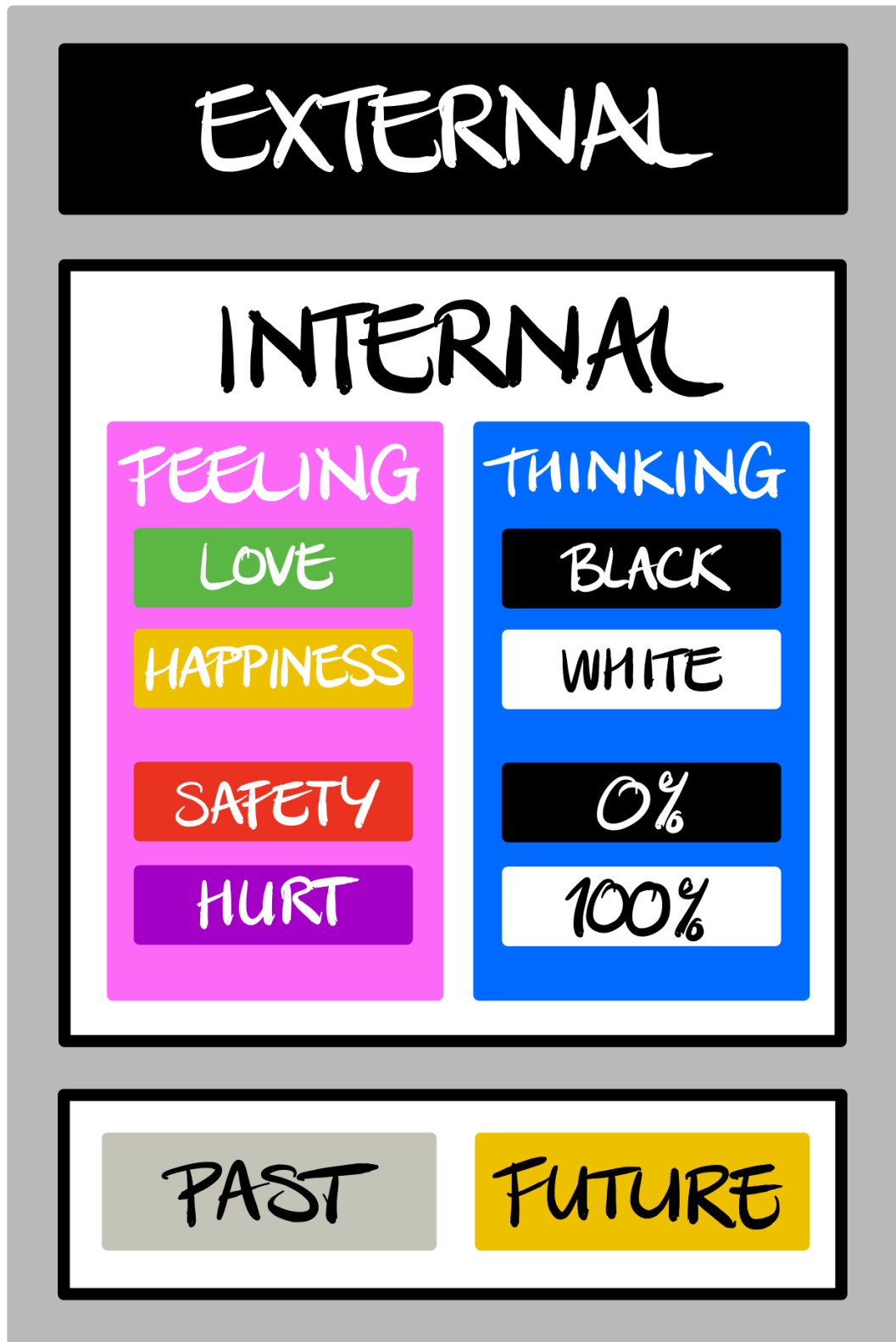
Exponential Evolution

what a TRILLION fold improvement looks like...



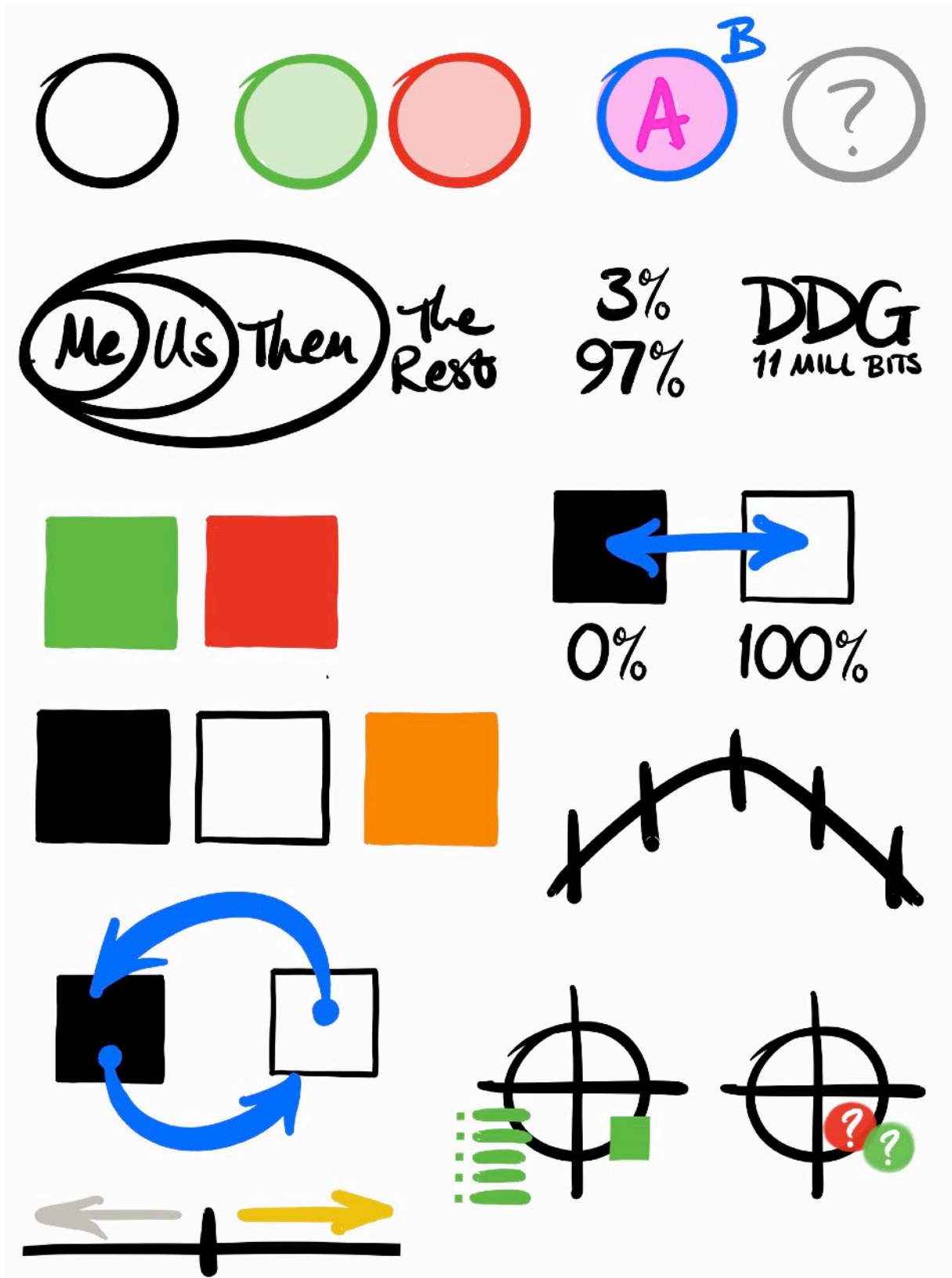
The EQ CODE Elements

building blocks for the rapid evolution of social & emotional intelligence...



Core Framework Summary

a quick visual reference...



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

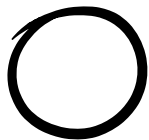
WHITE

0%

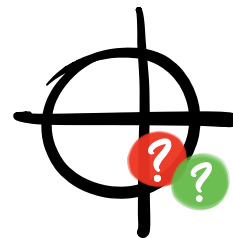
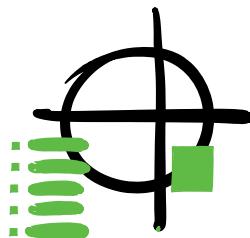
100%

PAST

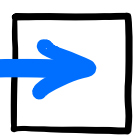
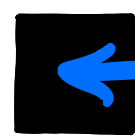
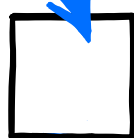
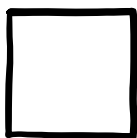
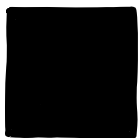
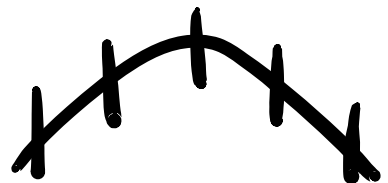
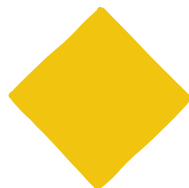
FUTURE



DDG
11 MILL BITS



3%
97%

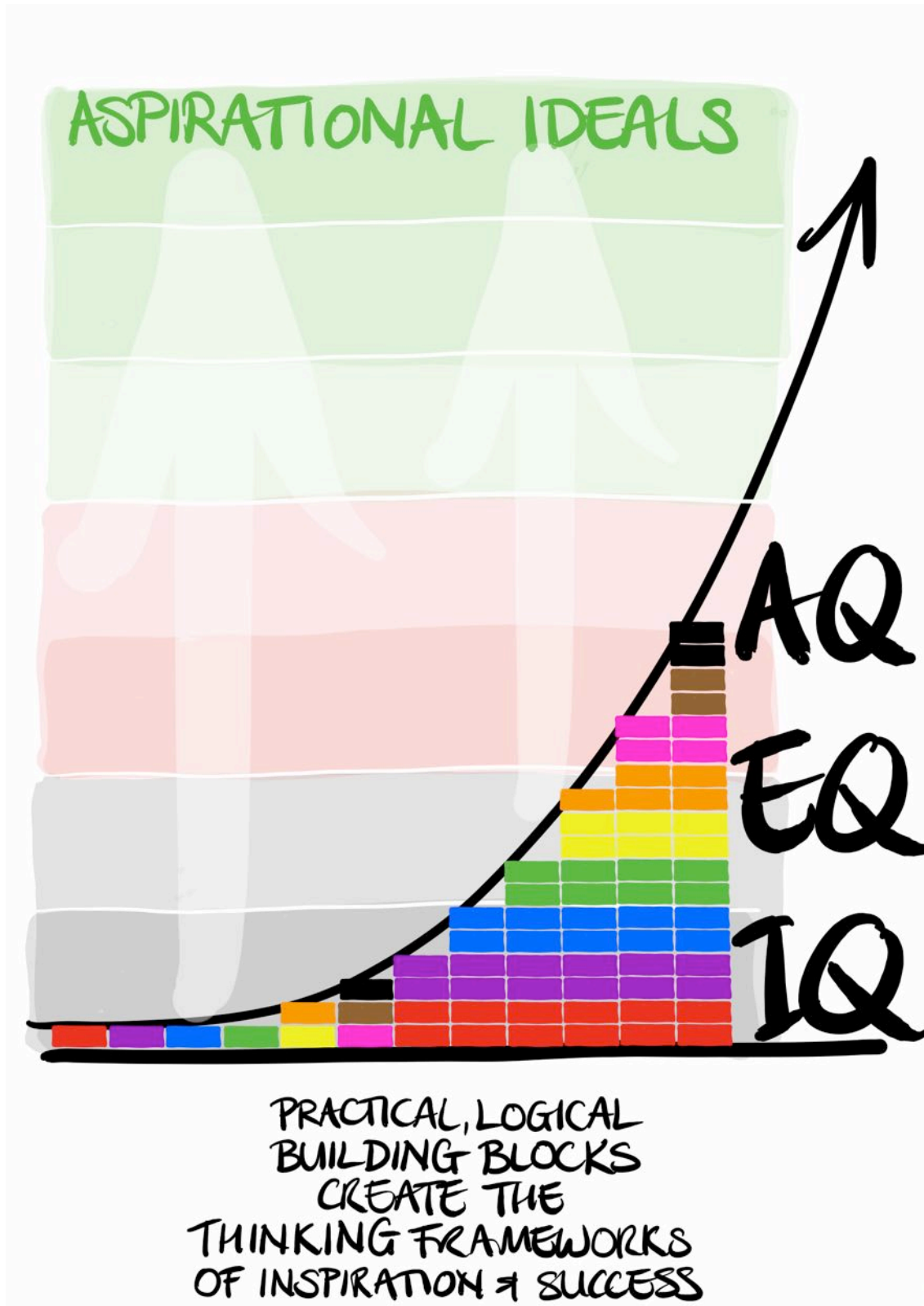


0%

100%

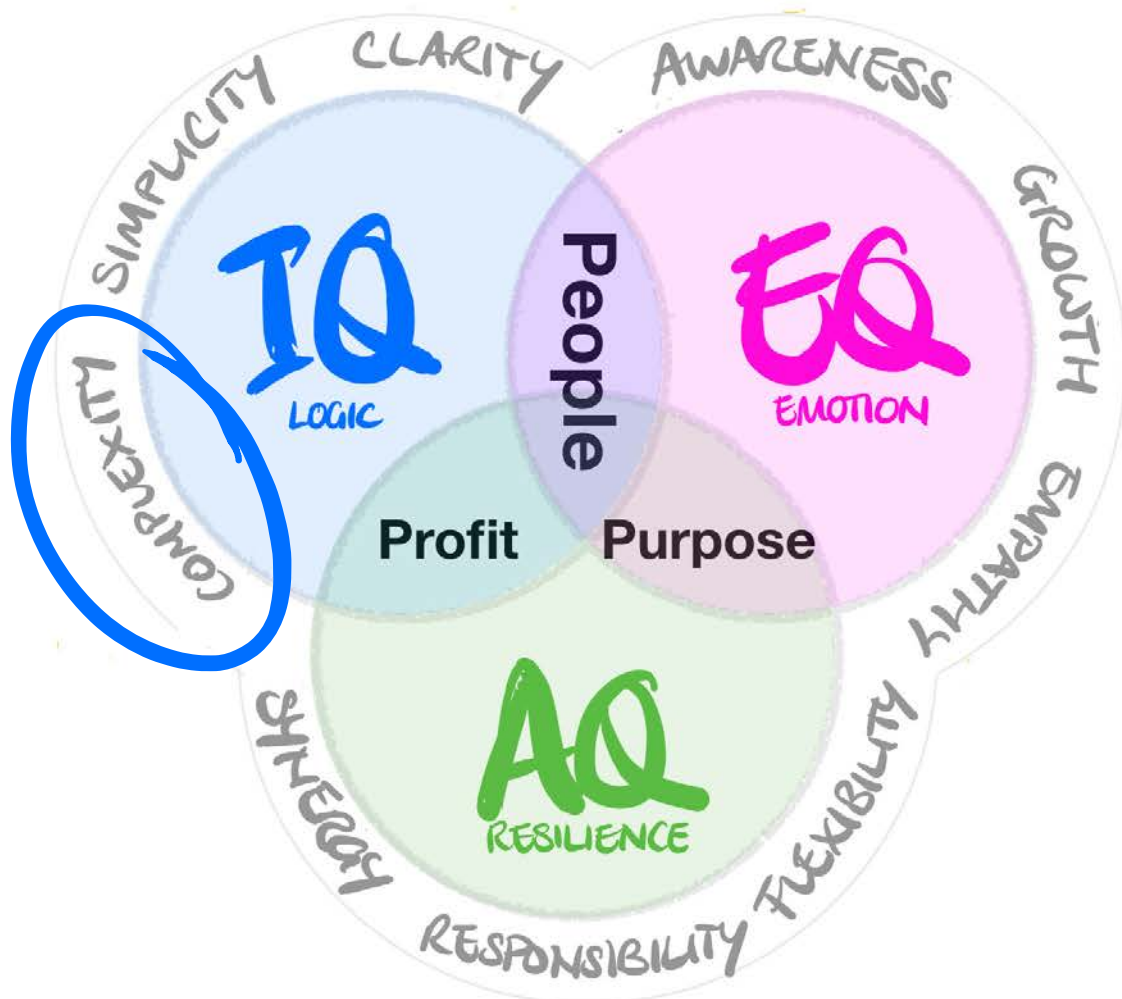
The Logical Elements in Action

the logical elements are the building blocks...



Wisdom Model

COMPLEXITY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

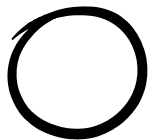
WHITE

0%

100%

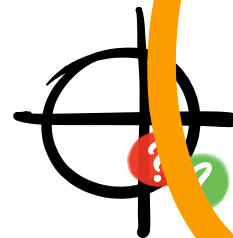
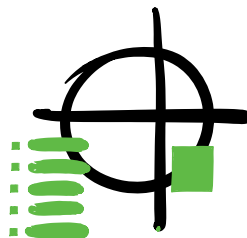
PAST

FUTURE

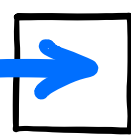
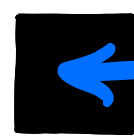
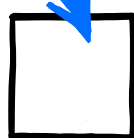
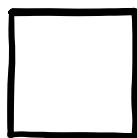
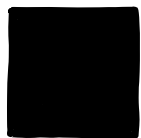


DDG
11 MILL BITS

Me Us Then The Rest



3%
97%



0%

100%

The Maths of THINKING & FEELING

A “back-of-an-envelope” calculation that makes for a powerful paradigm shift

How would you like to go about
improving your intelligence?
(The hard way or the easy way?)

Initial Intelligence Level

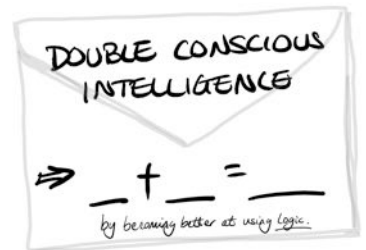
100pts



$$\begin{array}{ccc} \text{_____} & + & \text{_____} \\ \text{THINKING} & & \text{FEELING} \\ \text{Conscious} & & \text{Unconscious} \end{array}$$

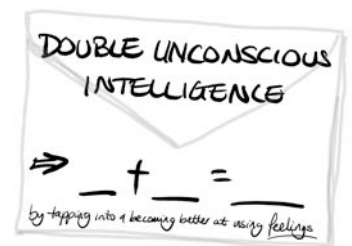
Double the Conscious Intelligence

$$\begin{array}{ccccc} \text{_____} & + & \text{_____} & = & \text{_____} \\ \text{Conscious} & & \text{Unconscious} & & \text{New Intelligence} \end{array}$$



Double the Unconscious Intelligence

$$\begin{array}{ccccc} \text{_____} & + & \text{_____} & = & \text{_____} \\ \text{Conscious} & & \text{Unconscious} & & \text{New Intelligence} \end{array}$$



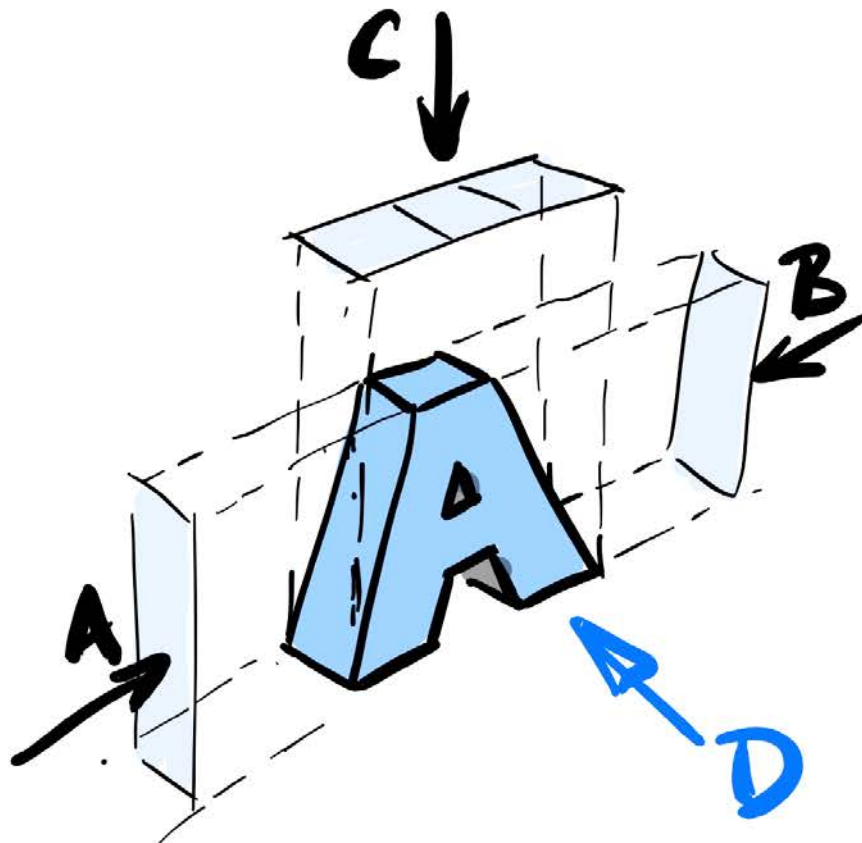
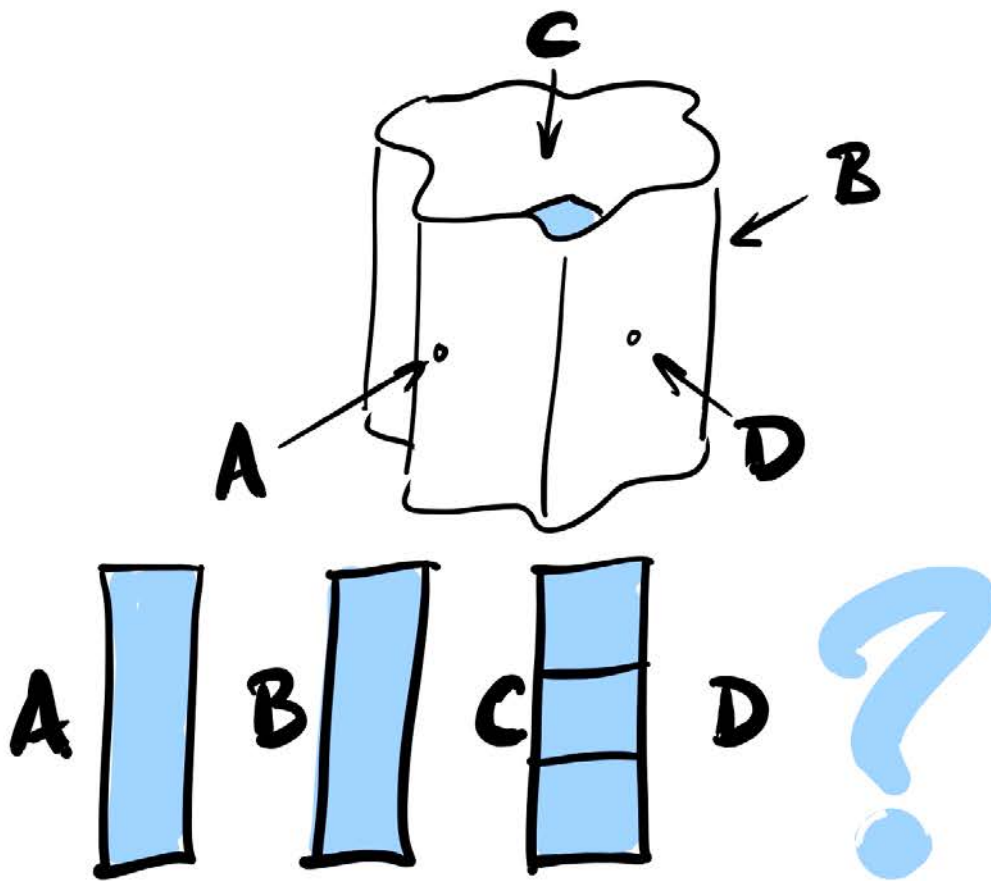
Research: Our Perception

the reality of our view of the world...



Perspectives

The practical outcome of our brain differences...



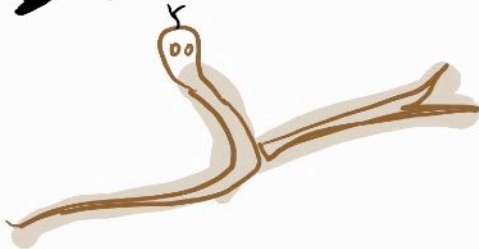
Research: DDG

the unconscious processing system...

DELETE → WHAT WE BELIEVE IS UNIMPORTANT
TO REDUCE THE SHEER VOLUME



DISTORT → POTENTIAL THREATS
(AS PER EXISTING BELIEFS)
TO KEEP US FEELING SAFE & COMFY

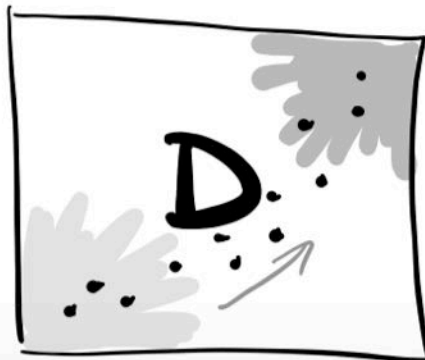
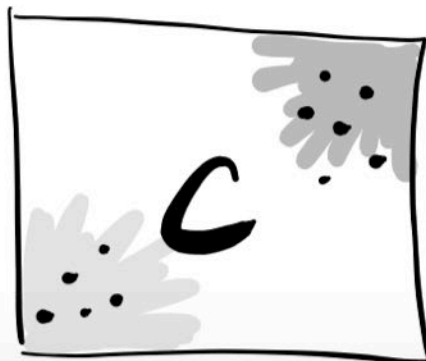
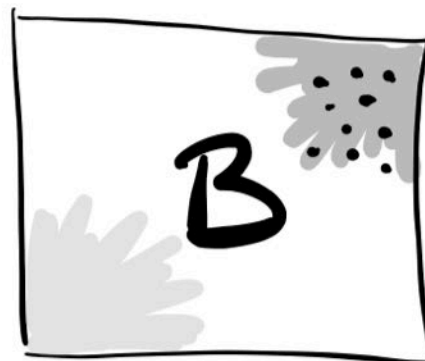
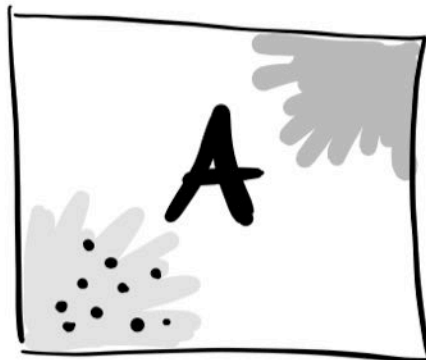


GENERALISE → TO REDUCE
COMPLEXITY
& BE EFFICIENT



DDG

The “reality” of Deleting, Distorting & Generalising



Wisdom Model

SIMPLICITY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

WHITE

0%

100%

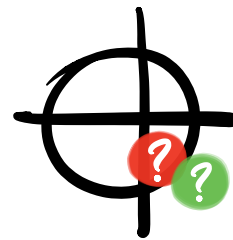
PAST

FUTURE

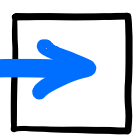
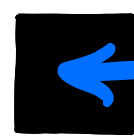
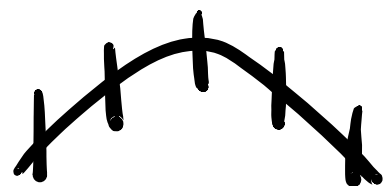
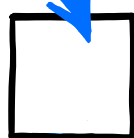


DDG
11 MILL BITS

Me Us Then The Rest



3%
97%



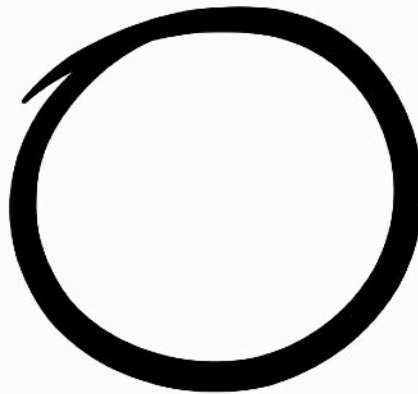
0%

100%

Framework: Little Circle

the global equaliser...

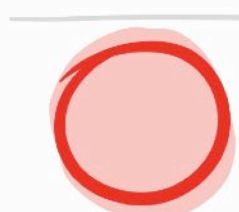
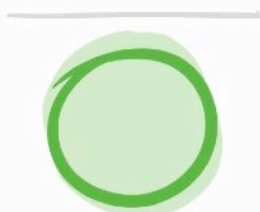
_____ A LITTLE CIRCLE
_____ A LITTLE CIRCLE
_____ A LITTLE CIRCLE



_____ LITTLE CIRCLES ON

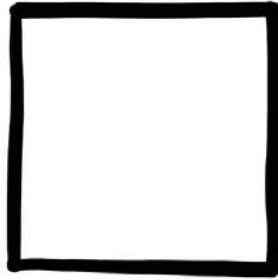


Every little circle is seeking
to be
GREEN ≠
and
avoid being
RED ≠



Framework: Simple Square

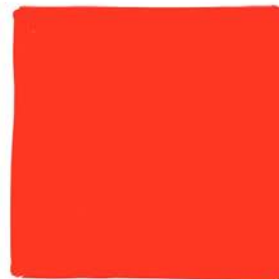
The drama & complexity neutraliser...



A SIMPLE SQUARE
IS
ANYTHING
OUTSIDE OF OURSELVES



A Green Square
is something
you _____

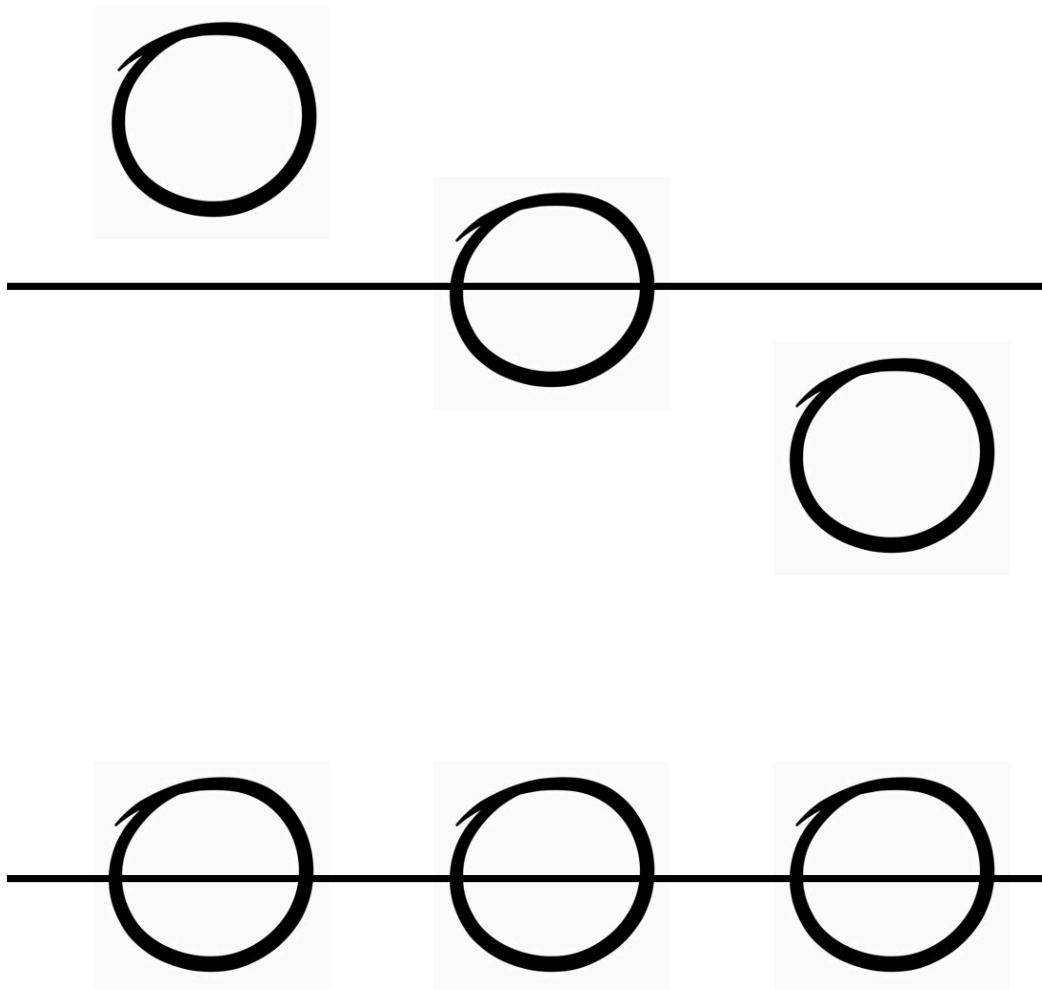
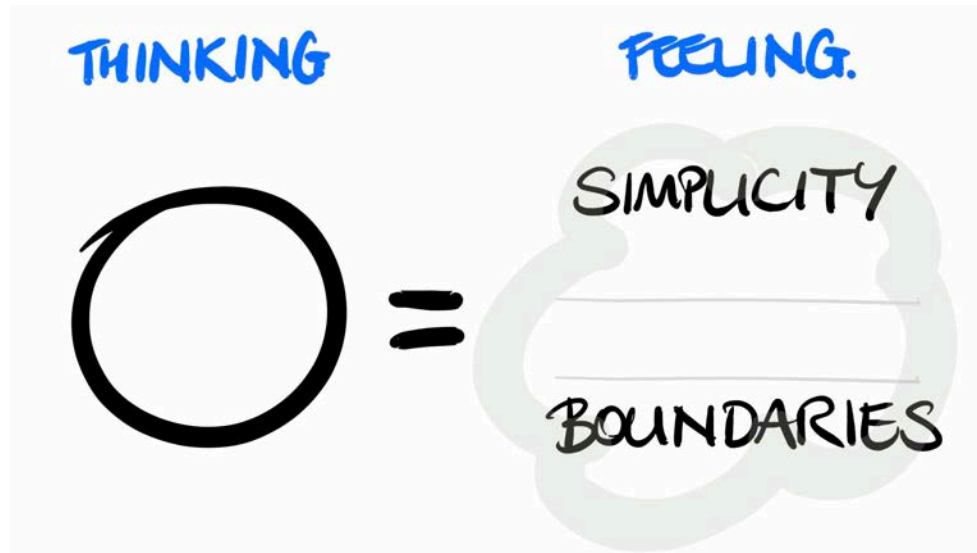


A Red Square
is something
you _____

A  for YOU may be a  for ME!

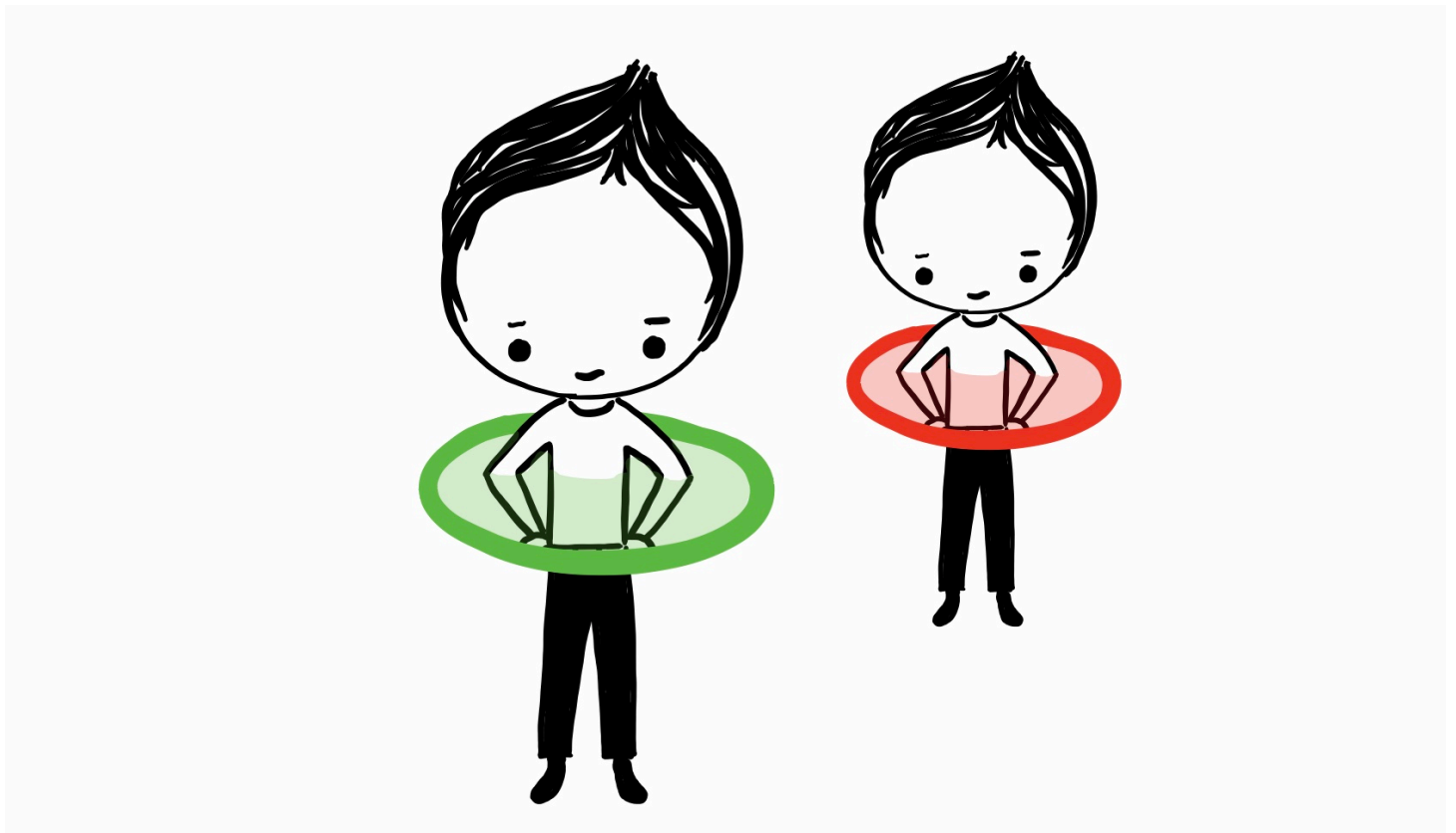
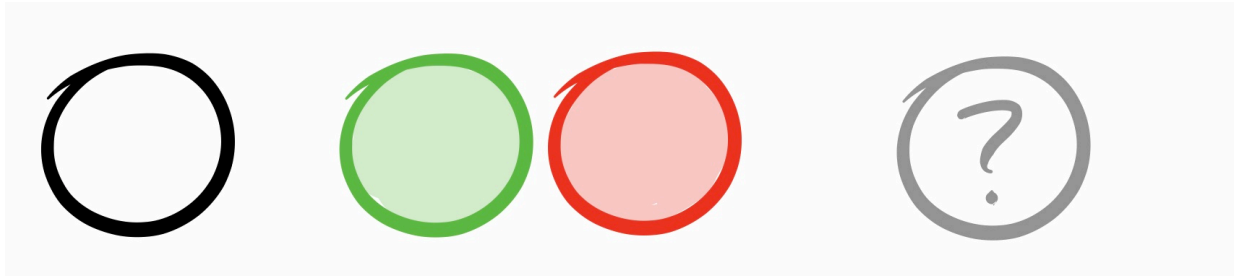
Simplifying Humanity

a simple little circle framework can unite us and accelerate our learnings ...



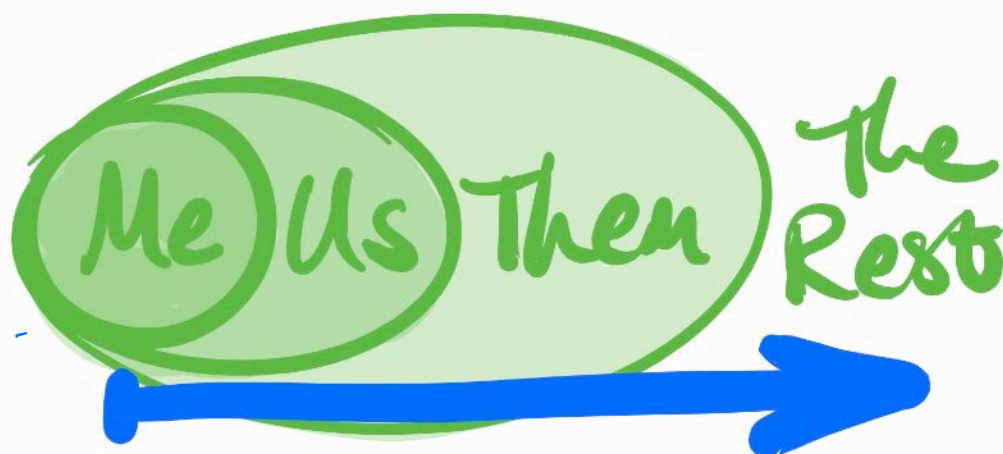
Little Circle Basics

getting a handle on this powerful THINKING & FEELING framework...



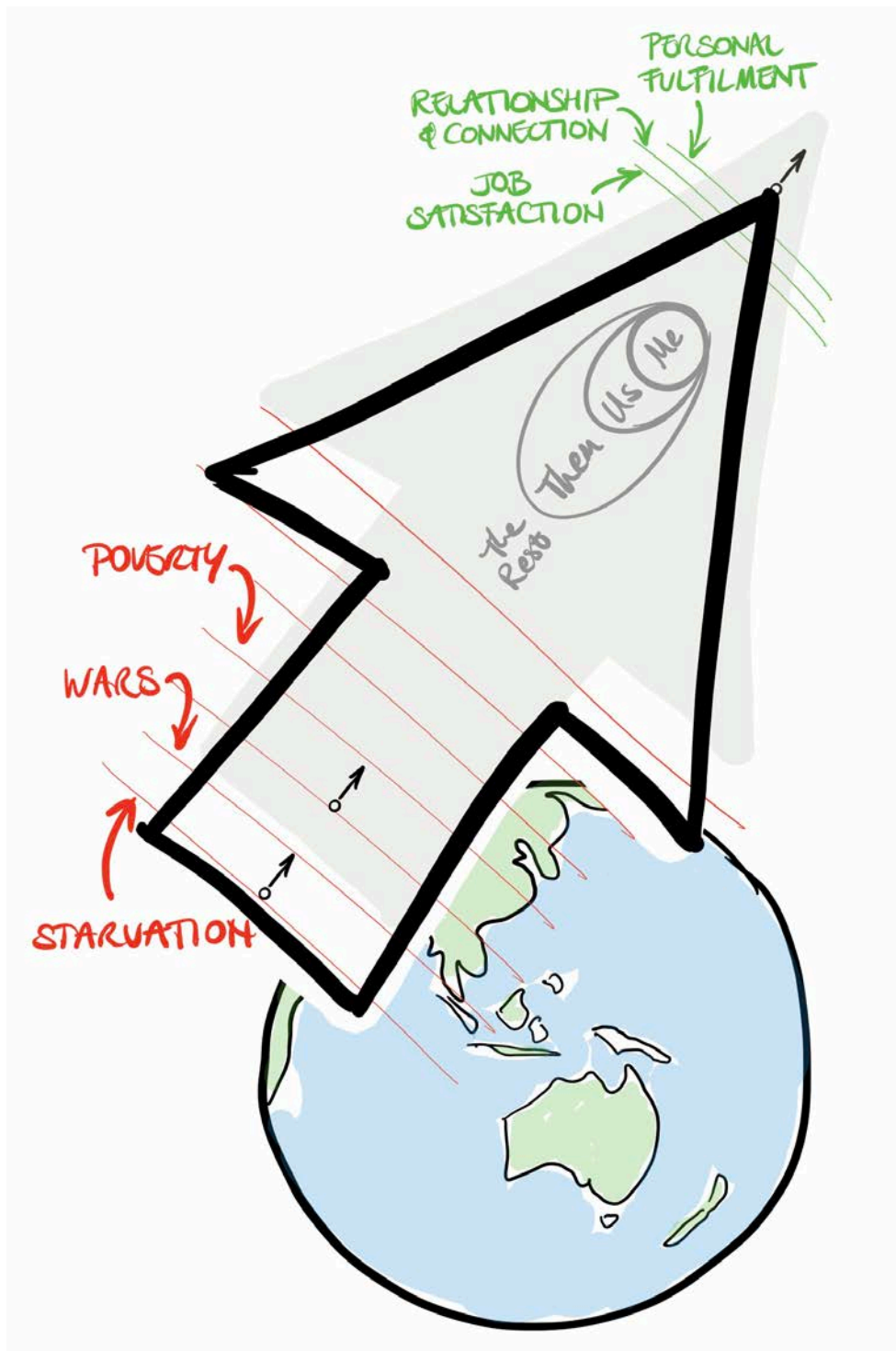
Framework: (ME)Us)them)

getting clear on where to place your focus and when to do so...



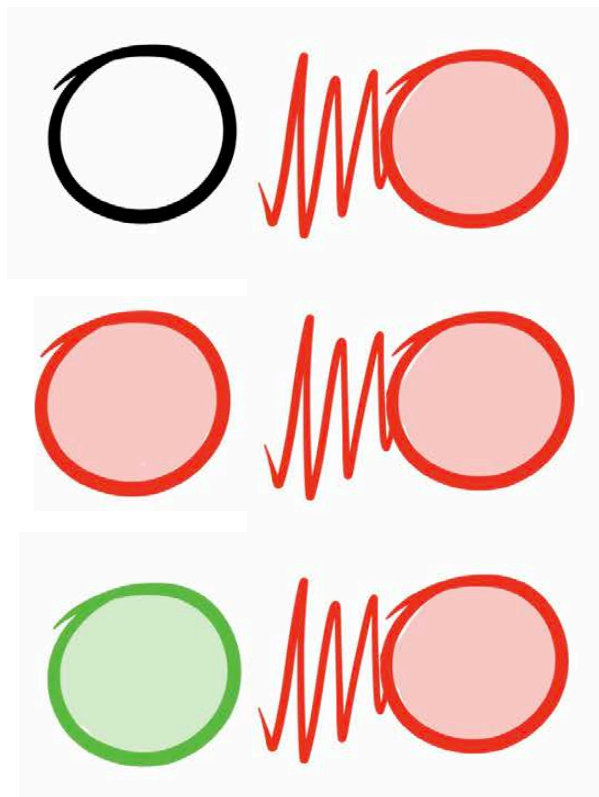
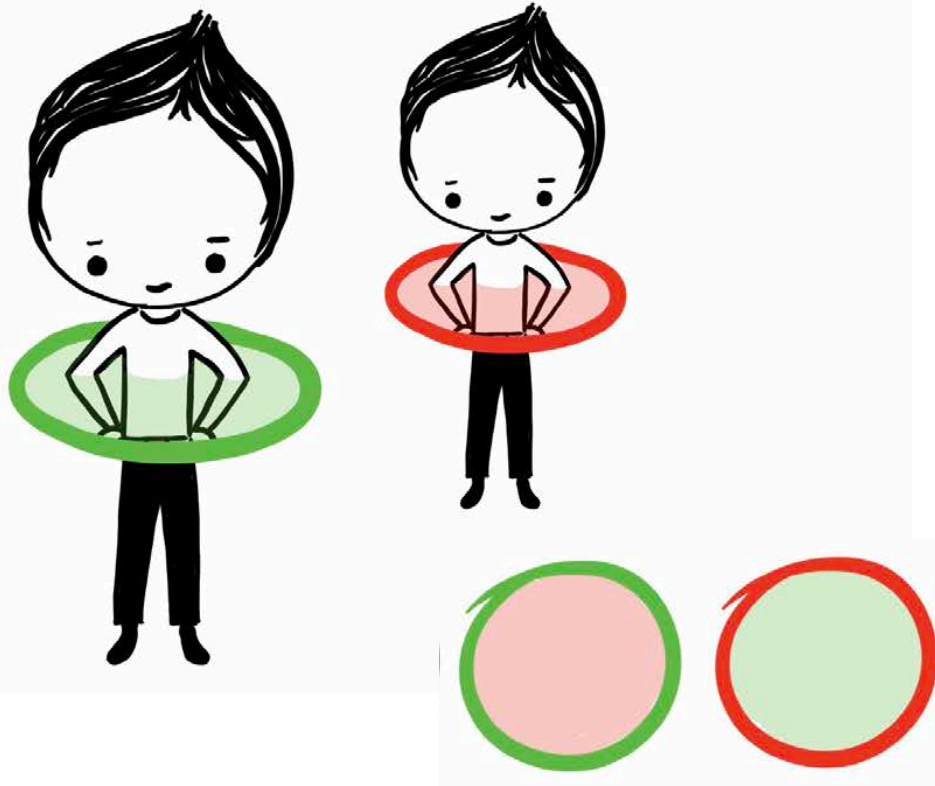
Global Dilemmas

the reality of a new frontier...



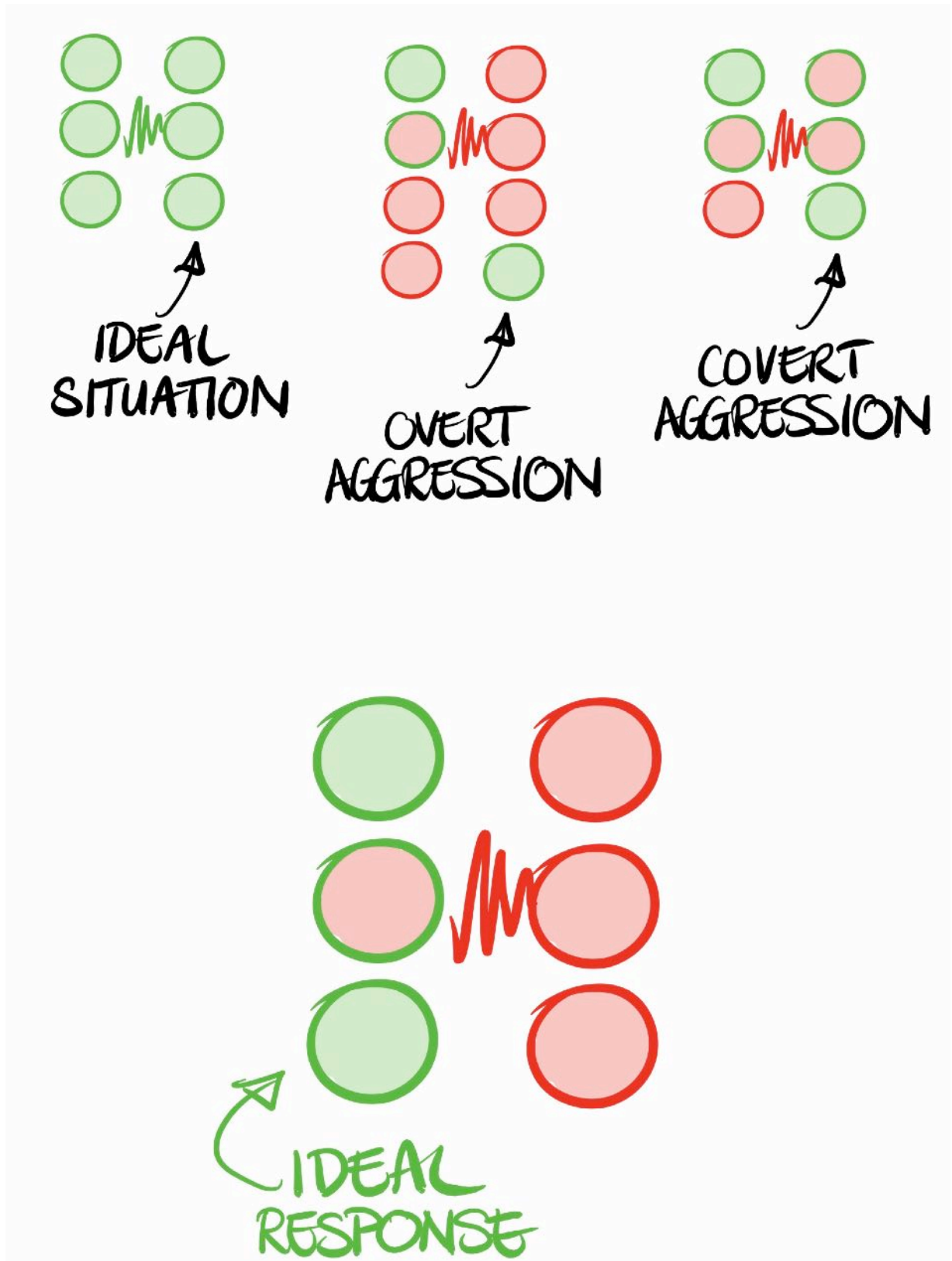
Little Circle Basics+

going deeper into this THINKING & FEELING framework...



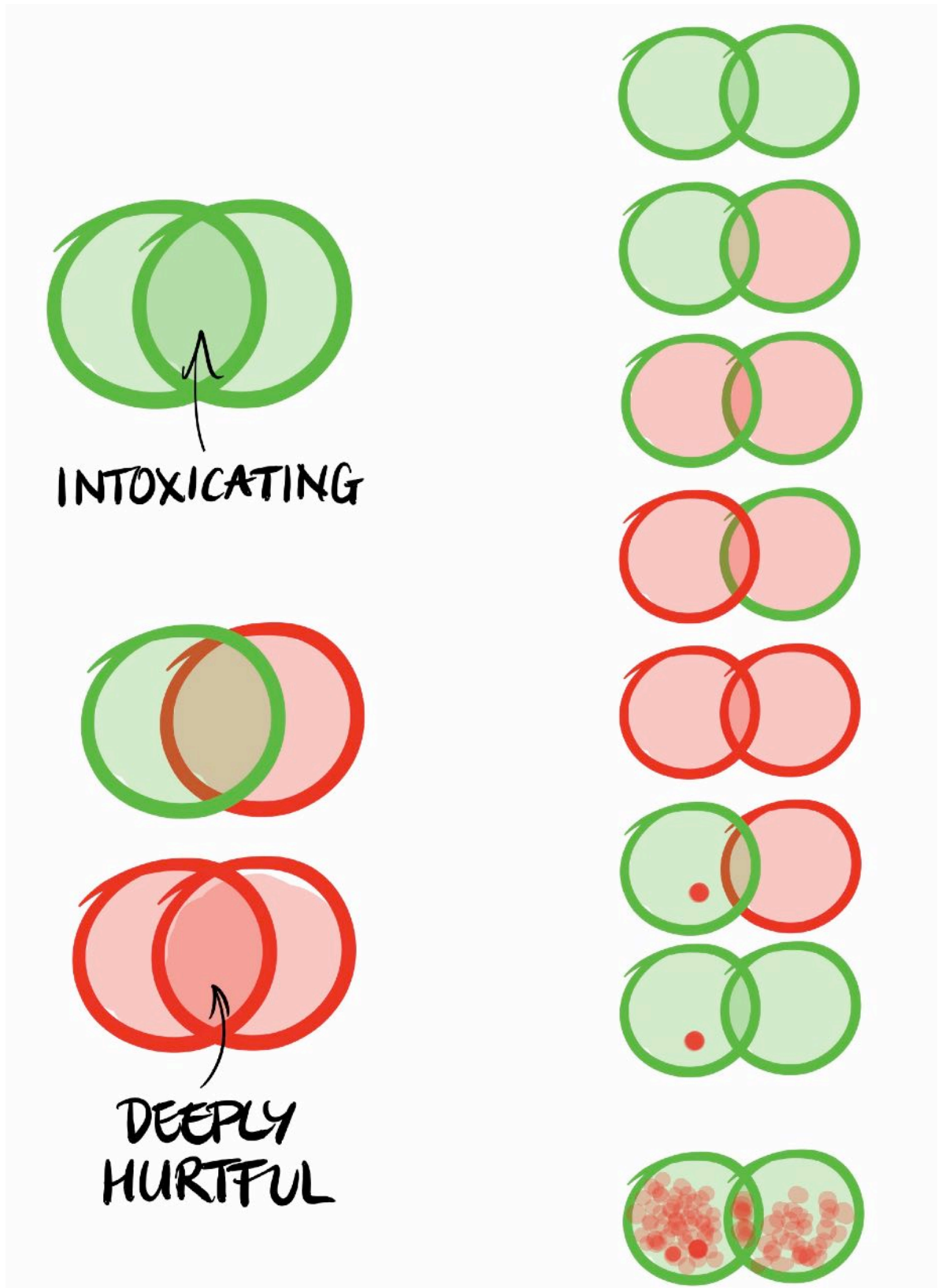
Little Circle Day to Day

seeing the patterns without any story or content attached...



Little Circle Couples

seeing the patterns without any story or content attached...





Every little circle was born PERFECT

Every little circle starts out the same: pure, innocent and deserving of respect and adoration.

Every little circle deserves HAPPINESS

Every little circle is born with an equal birth right to be HAPPY and LOVED.

Every little circle is RESPONSIBLE for itself

Every little circle (to the extent that it's possible) is responsible for making itself HAPPY.
It's no other little circle's responsibility.

Sincere RESPECT is critical

Every little circle sincerely respects the THINKING and FEELING of all other little circles.

Causing HURT is not OK

It is never OK for any little circle to deliberately cause any level of HURT in any other little circle.
Where doing so is unavoidable sincere remorse is absolutely essential.

It's not always FAIR

Life will deliver challenges. And, unfortunately, the challenges won't always be distributed equally.

It's OK to ask for HELP

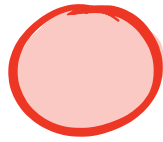
Every little circle has the right to ask for assistance. But, it's not ok to expect it.

Every little circle can always learn

Until the day the die every little circle is capable of learning and growing.

All little circles are mysteries.

No little circle can ever fully understand how any other little circle is actually FEELING or what any other circle is really THINKING.



ANTI-IDEALS

Some little circles were never born perfect

Every little circle starts out the same: pure, innocent and deserving of respect and adoration.

Some little circles are more worthy

Some little circles are born special or they do something that makes them more worthy than other little circles.

Only some little circles deserve HAPPINESS

Some little circles are born more deserving of HAPPINESS than others.

It's OK to blame

Some little circles cause HURT and so, if they have made your little circle FEEL bad it's ok to blame them until your little circle FEELS better.

Respect needs to be earned

Little circles need to show up in a certain way in order to be deserving of any level of respect.

Sometimes causing HURT is ok

If a little circle has been HURT by another little circle in some way then it's OK to HURT them back 'an eye for an eye'.

Life should be fair

Every little circle should have the same chance and opportunity as every other little circle.

Asking for help is weak

Weak little circles who aren't capable can ask for help. But strong little circles who are capable shouldn't ask for help.

You just can't teach some little circles

Some little circles are too old or too far gone to be able to learn.

Some little circles have magic powers

Some little circles can see through the other little circles and know what they are THINKING and how they are FEELING.

Wisdom Model

CLARITY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

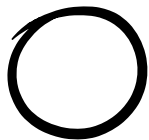
WHITE

0%

100%

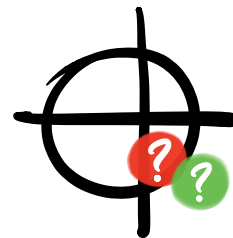
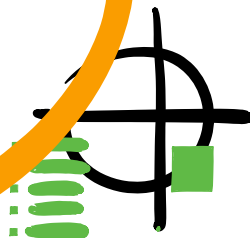
PAST

FUTURE

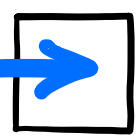
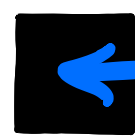
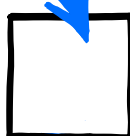
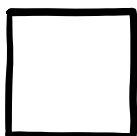
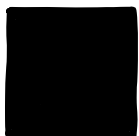
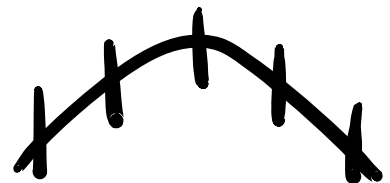
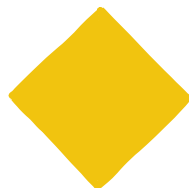


DDG
11 MILL BITS

Me Us Then The Rest



3%
97%

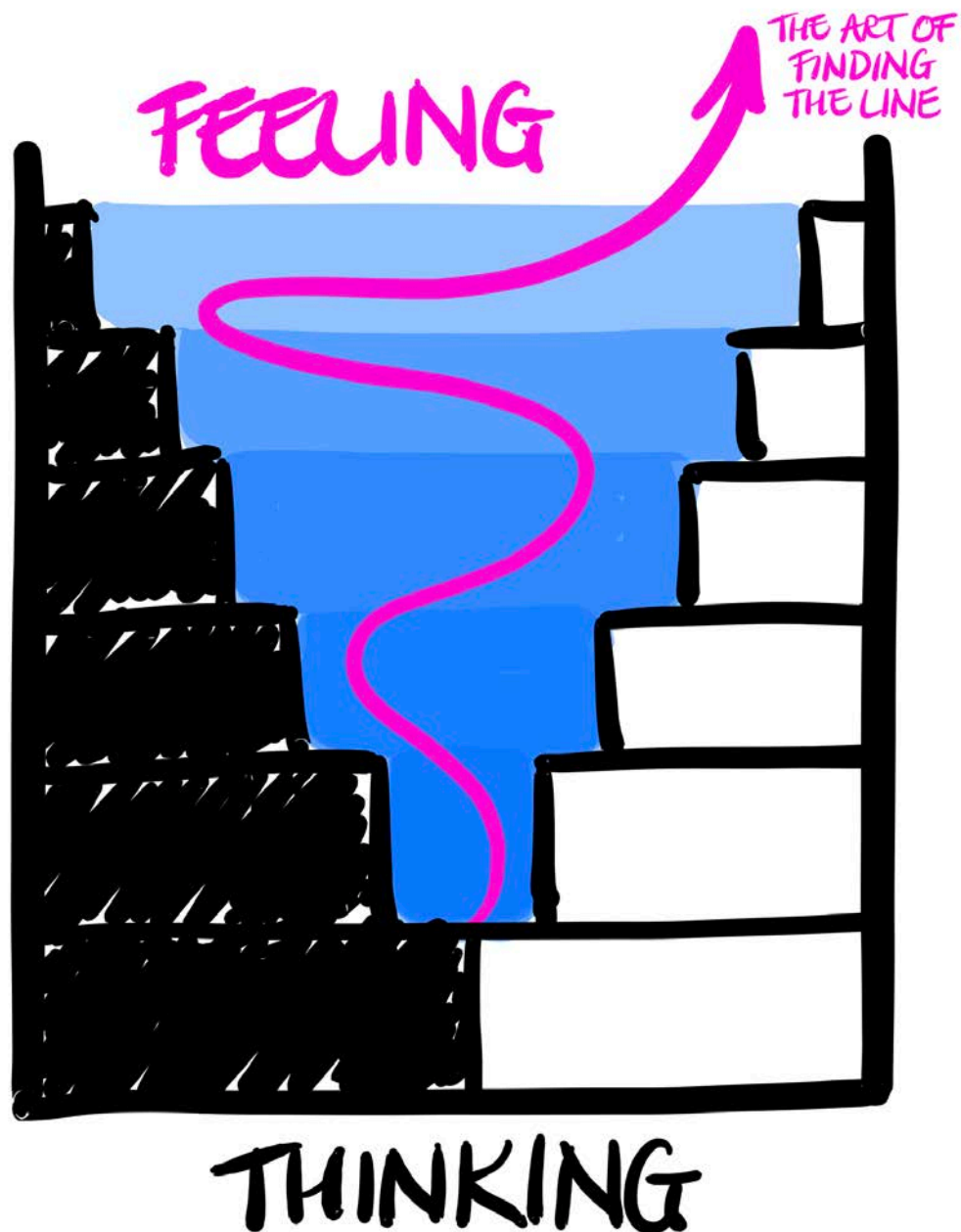


0%

100%

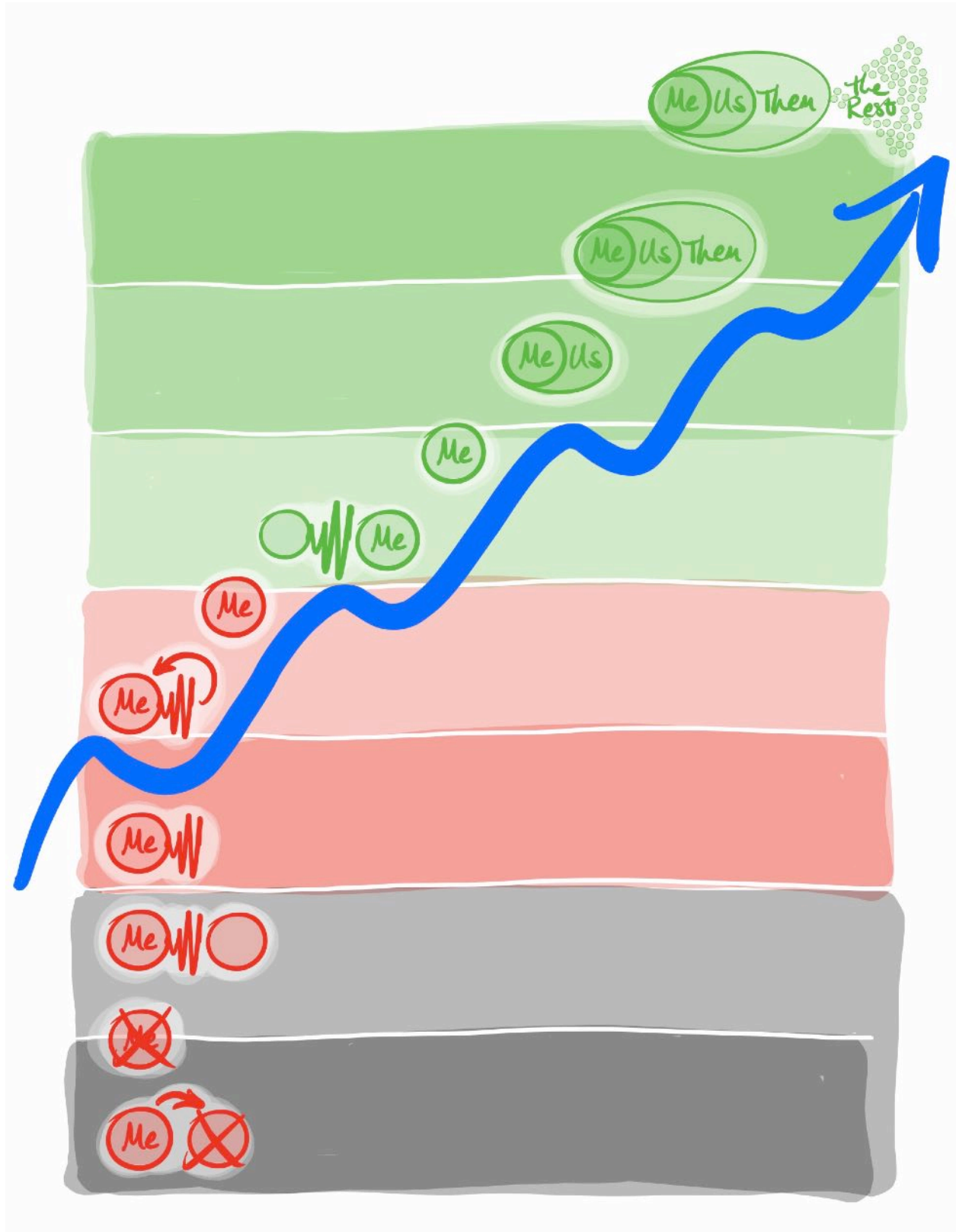
Conscious Contrast: Wisdom Well

wisdom springs from the practice of thinking and feeling into polarity...



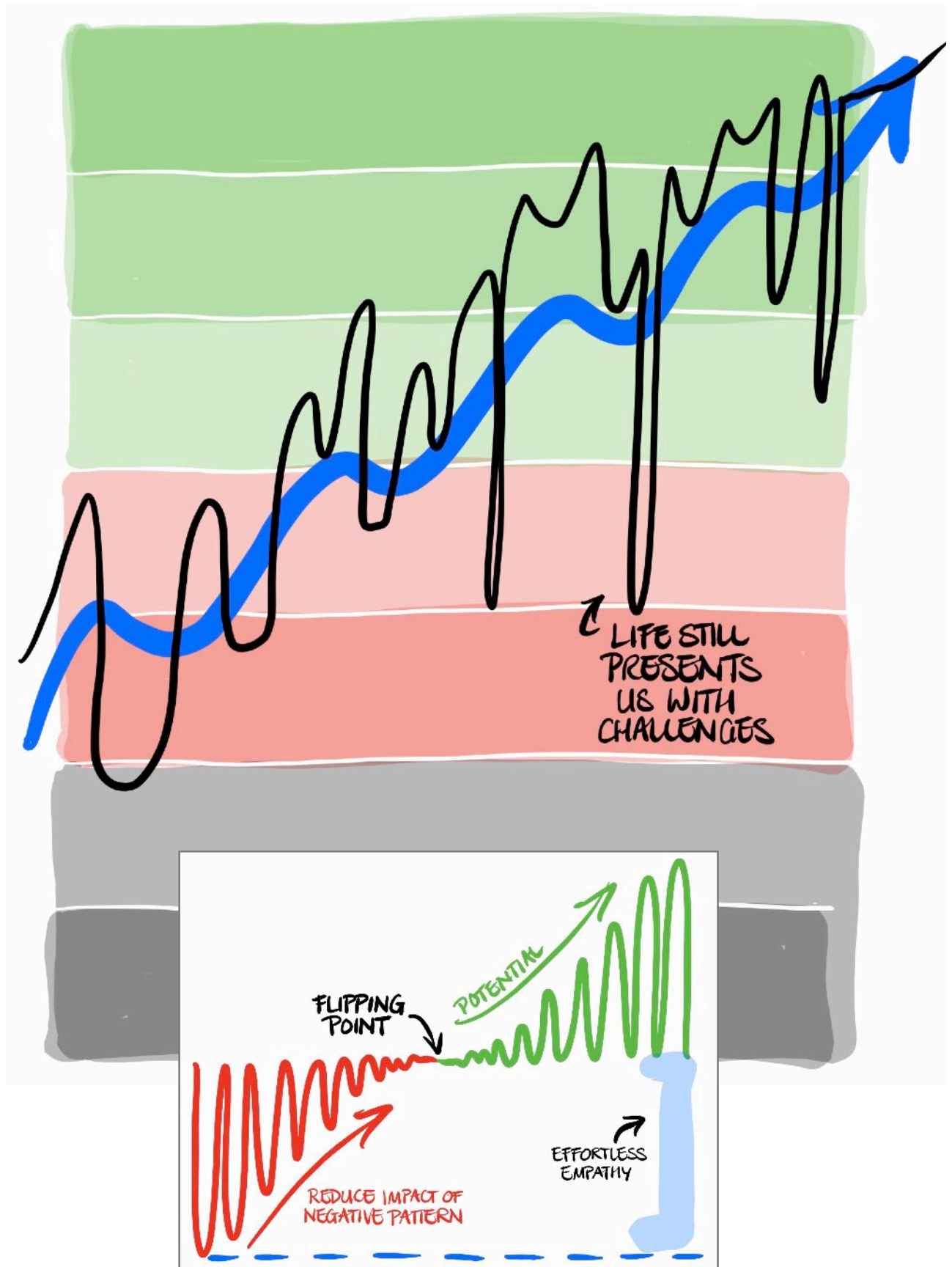
The Self Management Journey

the aim is to gradually elevate the range of bands that we exist in ...



Practically Speaking

the day to day reality of feeling amazing...



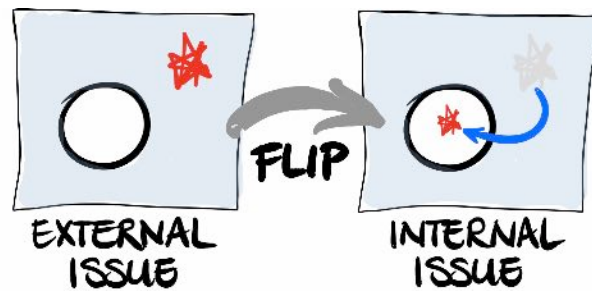
Elements: EXTERNAL & INTERNAL

getting clear on where to place your focus and when to do so...



FLIPPING the External TO INTERNAL

an essential skill...



External: When I think about how Mary made me feel I get angry!

Internal: I notice I feel angry when I think about Mary.

External: My business lost so much money when the economy shifted

Internal: I think I didn't know what to do when the economy shifted so my business lost money.

External: John distracted me and caused me to crash the car!!

Internal: I let my thinking get distracted and I crashed the car when John was with me.

External: My wife's high expectations cause me a lot of stress.

Internal:

External: My husband speaks nastily to me and that makes me feel bad.

Internal:

External: My team members don't take responsibility for their actions.

Internal:

External: My child won't go to school.

Internal:

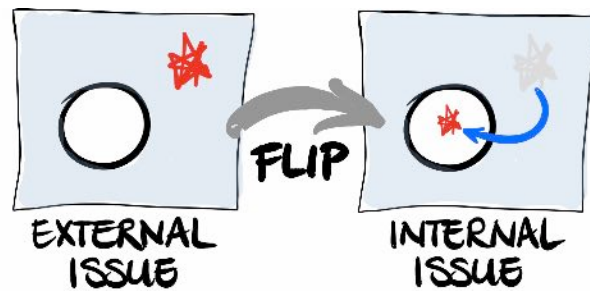
External: My children won't happily do chores around the house.

Internal:

HINTS: I think I felt... I notice I feel... I think I reason... I feel xx when I think about xxx

FLIPPING the External TO INTERNAL

there's no one way! so, here are lots of examples ...



External: *When I think about how Mary made me feel I get angry!*

Internal: I notice I feel angry when I think about Mary.
It's my choice to give energy to Mary, regardless of what she did.
No one, especially Mary can make ME feel angry.
Mary might be annoying, but I choose to feel angry about it...
Maybe Mary can't help being annoying – why should I take that on?

External: *My business lost so much money when the economy shifted*

Internal: I think I didn't know what to do when the economy shifted so my business lost money.
I really didn't educate myself enough to save my business when the economy shifted.
I didn't listen to advice when others were talking about a potential downturn.
I really wasn't proactive enough to keep my business going when times got tough.
I didn't recession proof my business.
I'd been careless with my money in the good times, which left nothing for the bad times.

External: *John distracted me and caused me to crash the car!!*

Internal: I let my thinking get distracted and I crashed the car when John was with me.
John was being silly. I ignored it and thus I ended up crashing the car.
I choose not to talk to John about being more sensible.
I could have pulled over and booted John out before things got worse, but I didn't.

External: *My wife's high expectations cause me a lot of stress.*

Internal: I notice that when I think about my wife's expectations I get stressed...!
I can't manage my stress levels when it comes to my wife.
I'm not yet the person who can happily keep my wife happy.
I don't yet know how to stay calm when my wife is expecting things to happen.
I haven't yet learnt how to deal with my stress and my wife at the same time.

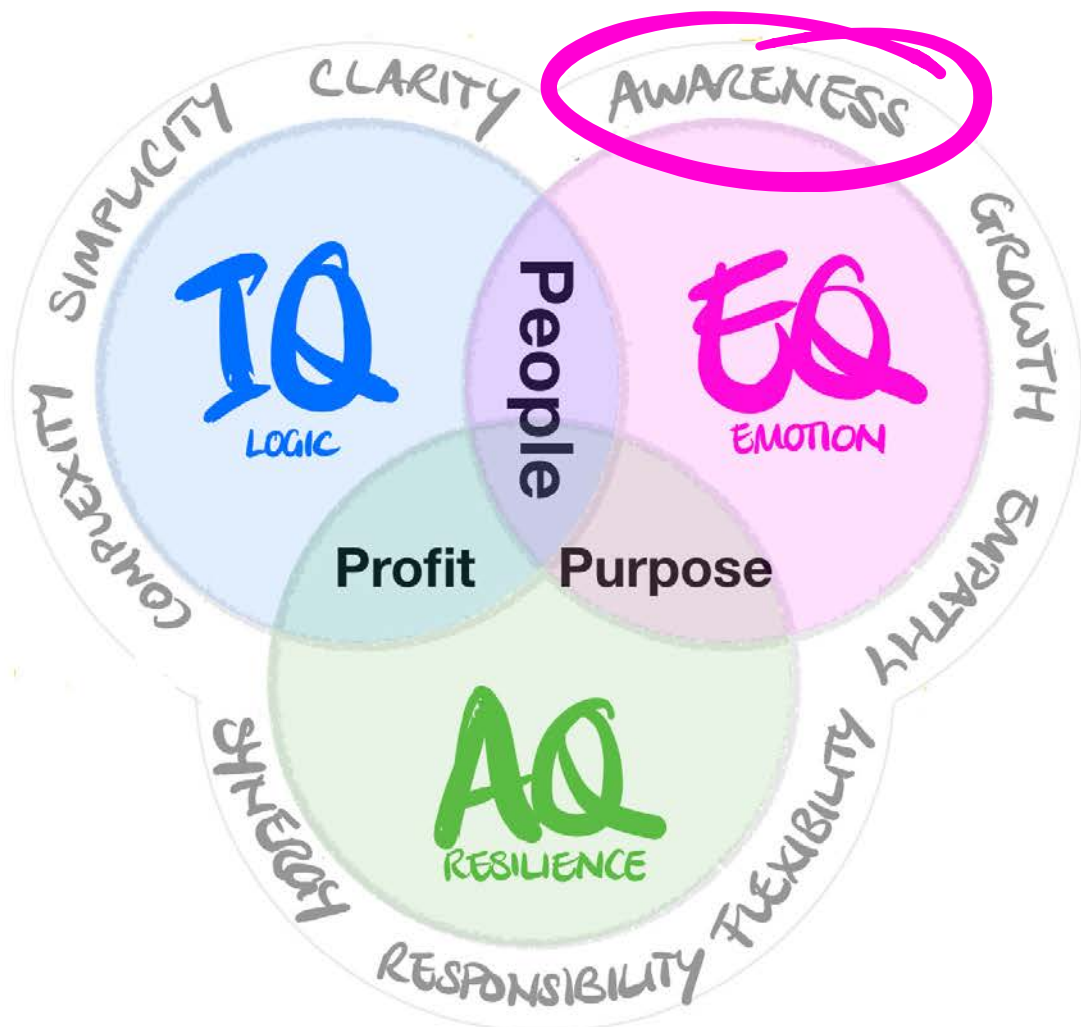
External: *My husband speaks nastily to me and that makes me feel bad.*

Internal: I don't know how to get my husband to stop talking in that way to me.
I'm cannot yet hold a firm but boundary with the man I chose to marry.
I take my husband's words personally and choose to feel bad as a result.
I haven't gotten clear on what I do to evoke an onslaught of nasty speaking.
I don't yet know how to get myself away from this situation.
I choose to stay married to a 'doof' who speaks badly to me!

- External:** ***My team members don't take responsibility for their actions.***
Internal: I have no idea how to inspire my team members to take responsibility.
 I haven't told my team members they need to take responsibility.
 I take responsibility so I get to feel superior to my team members.
 I have not led by example (in fact I "sucked" at taking responsibility myself).
 I'm expecting my team to do something I don't know how to do.
 I was hoping they would figure it out themselves but looks like I'm going to need to step in and explain the expectation and training.
- External:** ***My child won't go to school.***
Internal: I don't know how to get my child to go to school.
 I'm unsure how to hold a boundary with my child.
 I'm not yet the parent that can insist my child does things they don't want to do.
 I'm not yet articulate enough to reason with my child around important matters.
 I've not been able to encourage my child to be confident in the face of uncertainty.
- External:** ***My child won't happily do chores around the house***
Internal: I really dislike chores, but I want my kids to love them.
 I don't know yet how to inspire my children.
 I don't want to bribe my kids, but I feel I don't have any other options to get the engaged in helping me.
 I wish I'd involved my kids in cleaning more when they were young so it just became part of what we all do.
- External:** ***My manager doesn't give me any useful feedback.***
Internal: I haven't asked my manager for specific feedback.
 I've not made it clear that I really want better feedback from my manager.
 I accept whatever feedback my manager gives me instead of asking for more specific or more useful feedback.
 Rather than helping my manger to get better at giving me feedback, I prefer to be happily unhappy about their lack of ability that my manager has.
- External:** ***My colleagues don't show any care for my feelings.***
Internal: I have not yet been able to educate my colleagues on how I like to be treated.
 I don't yet know how to have strong boundaries around uncaring people.
 I am super sensitive and blame my colleagues for that rather than learning how to be more resilient.
 My colleagues are insensitive and I continue to allow that to affect me.
- External:** ***Everything keeps changing around me, it drives me crazy!***
Internal: I have not yet learnt how to flow with change.
 I choose to be in a place that requires me to change.
 I have no idea how to help people see the benefit of not changing too quickly.
 I keep hoping that the world will stop changing and so I keep getting disappointed.
 I'd prefer to grizzle about things changing than take responsibility for needing to learn, grow and evolve.
- External:** ***Nothing changes quickly around here and it drives me crazy!***
Internal: I don't know how to inspire others to change easily.
 I like working in a place where I am the most rapid learner so I feel superior.
 Rather than focusing on what is changing, I focus on what isn't.
 I choose to see others as being in control of change rather than making it my responsibility.

Wisdom Model

AWARENESS



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

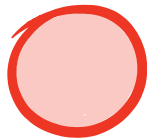
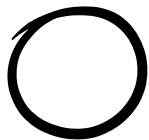
WHITE

0%

100%

PAST

FUTURE



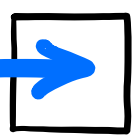
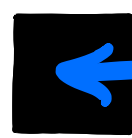
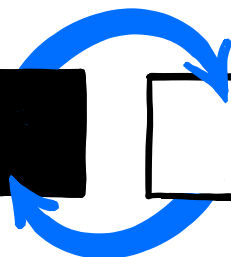
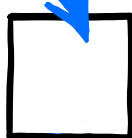
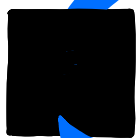
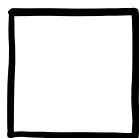
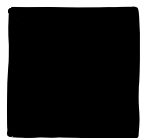
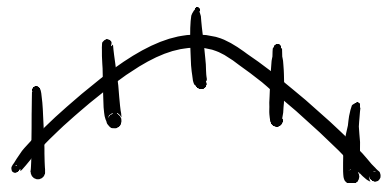
DDG
11 MILL BITS



The Rest



3%
97%

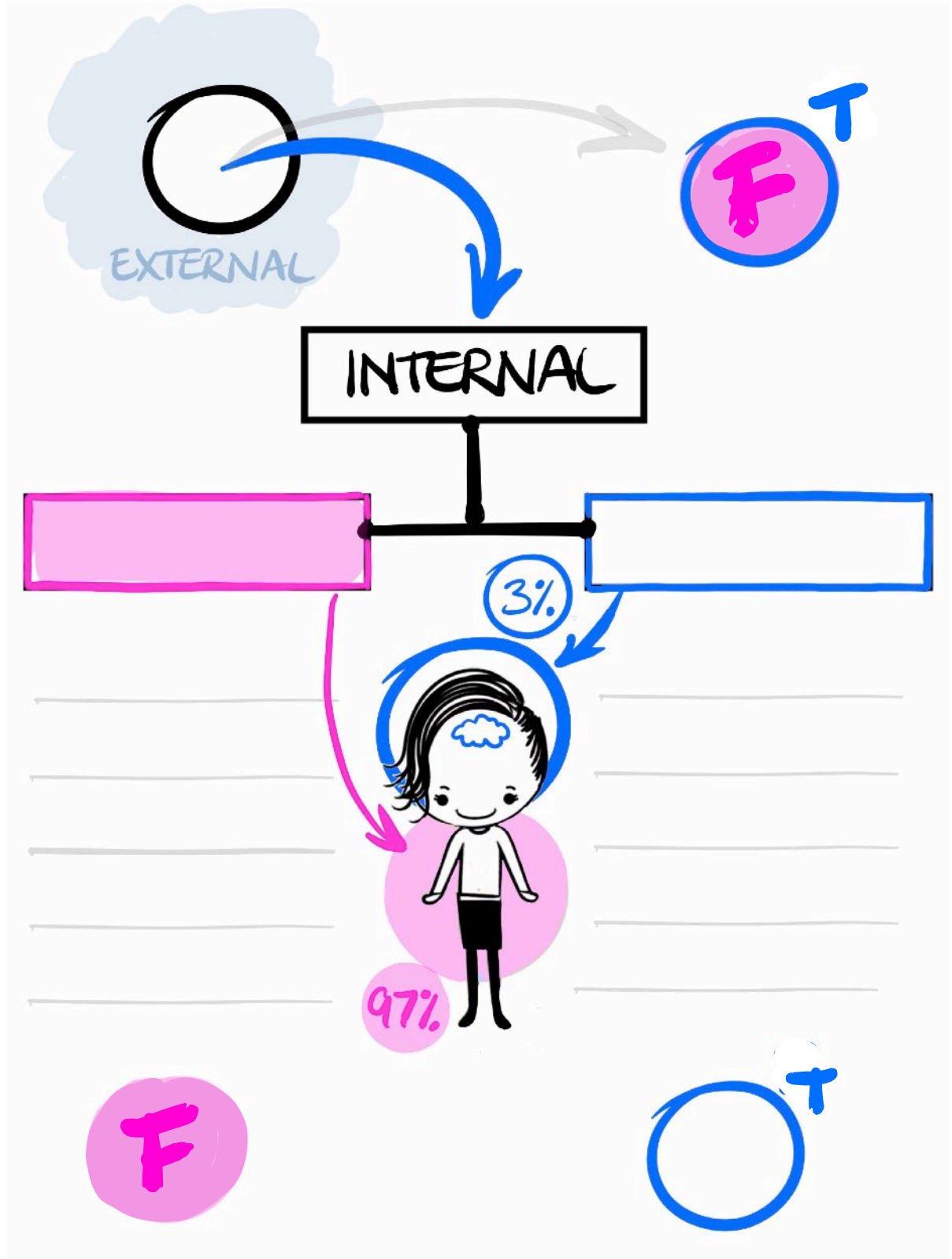


0%

100%

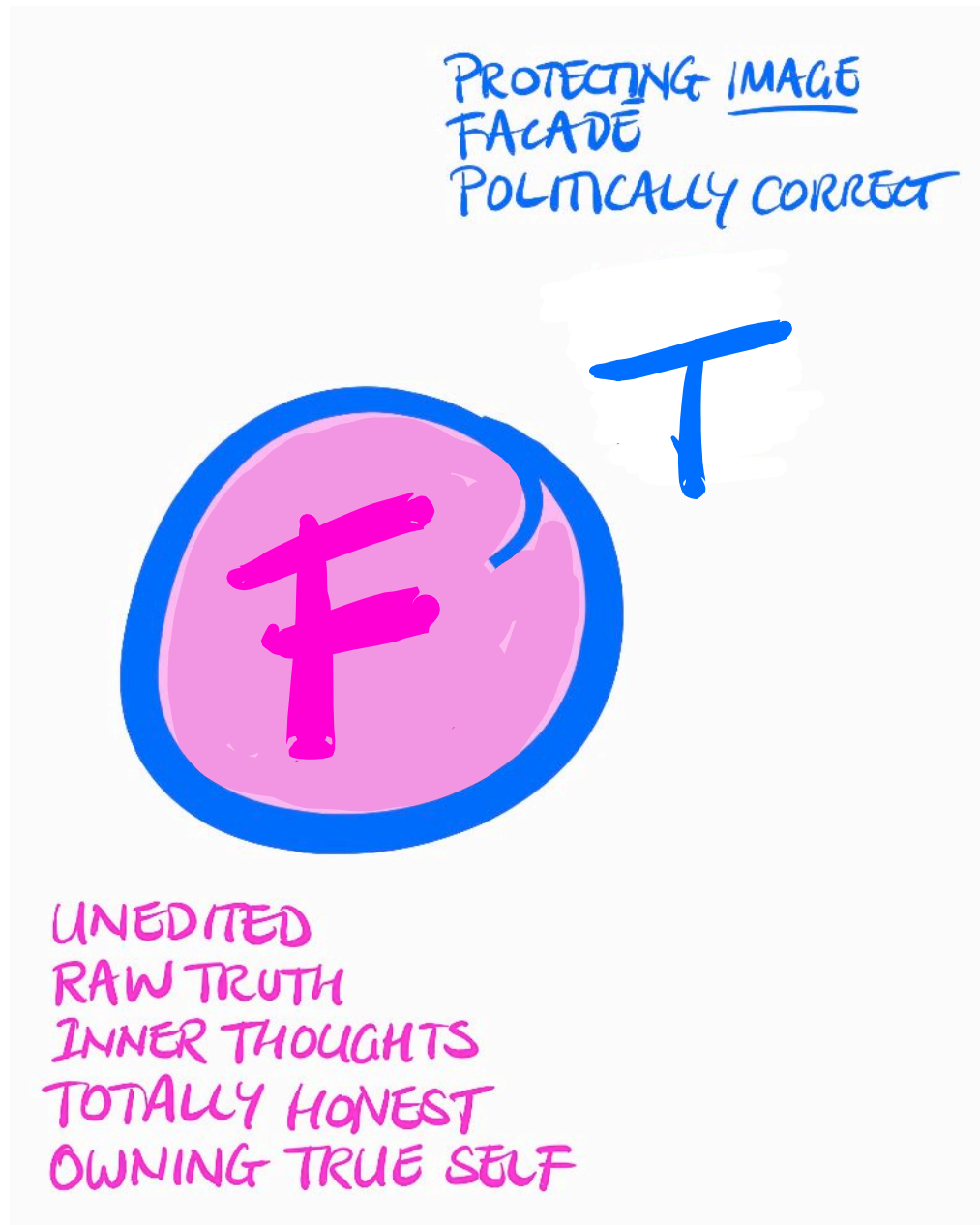
Elements: FEELING & THINKING

the power of the logical elements lies in their intuitive simplicity ...



Framework: (A)B

a simple and wonderfully insightful framework ...



The History of (A)B

nature, nurture and random connections leads to...



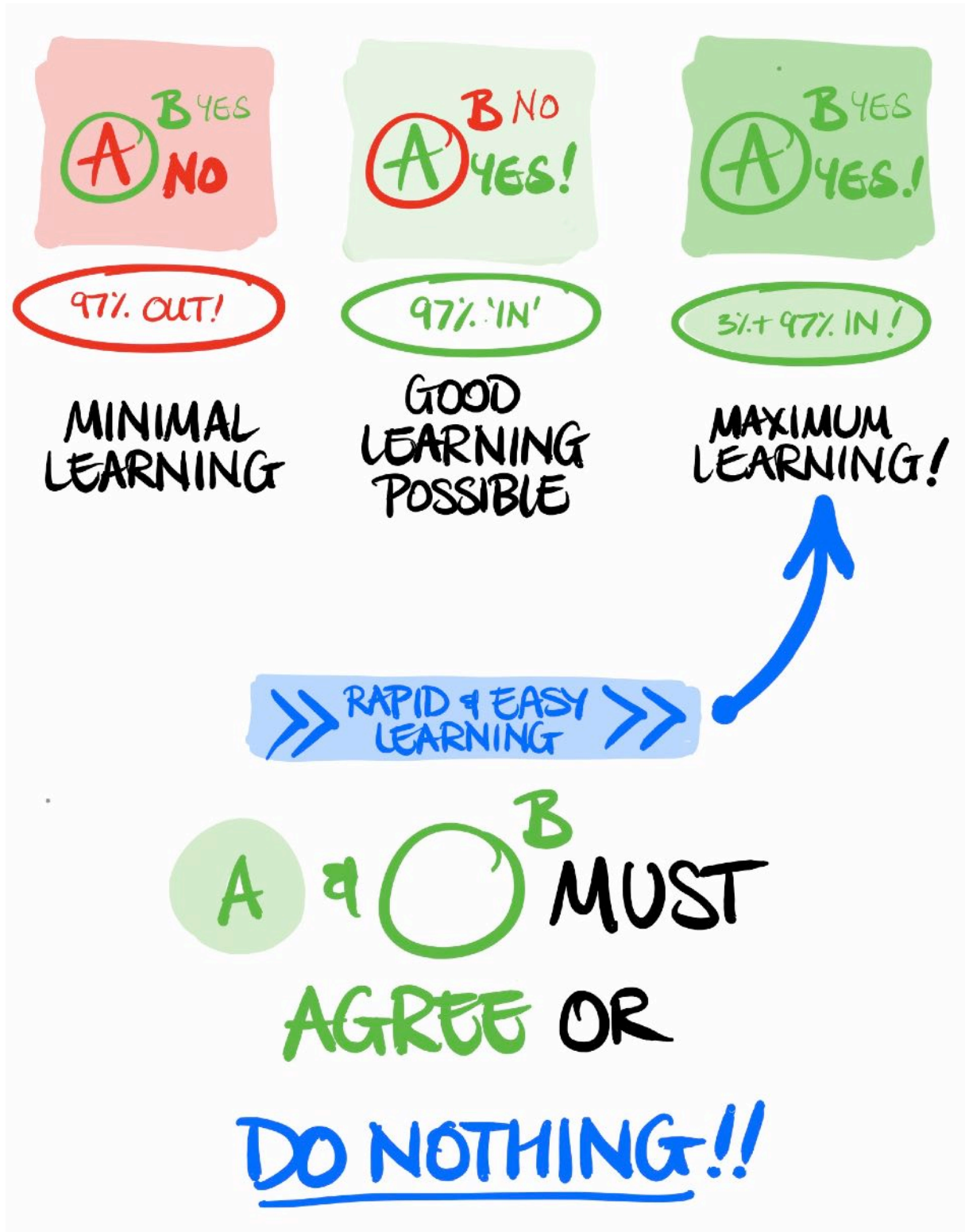
INTERNAL Alignment with (A)B

a metpaphor that leads to easy insights and effotless shifts...



Rapid Learning with (A)B

how to avoid learning the slow way...



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

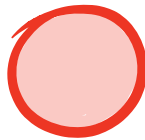
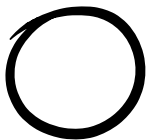
WHITE

0%

100%

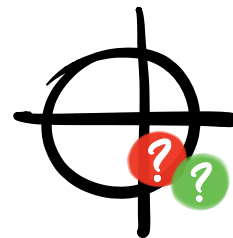
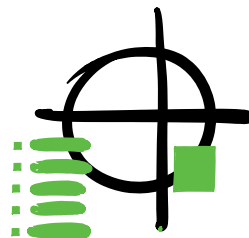
PAST

FUTURE

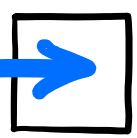
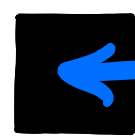
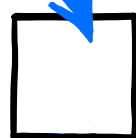
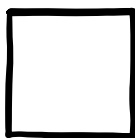
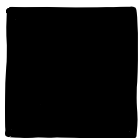
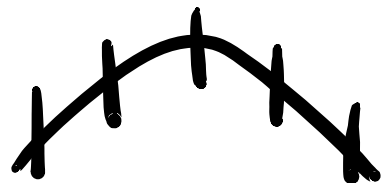
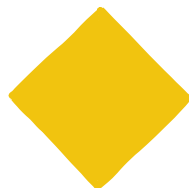


DDG
11 MILL BITS

Me Us Then
The Rest



3%
97%



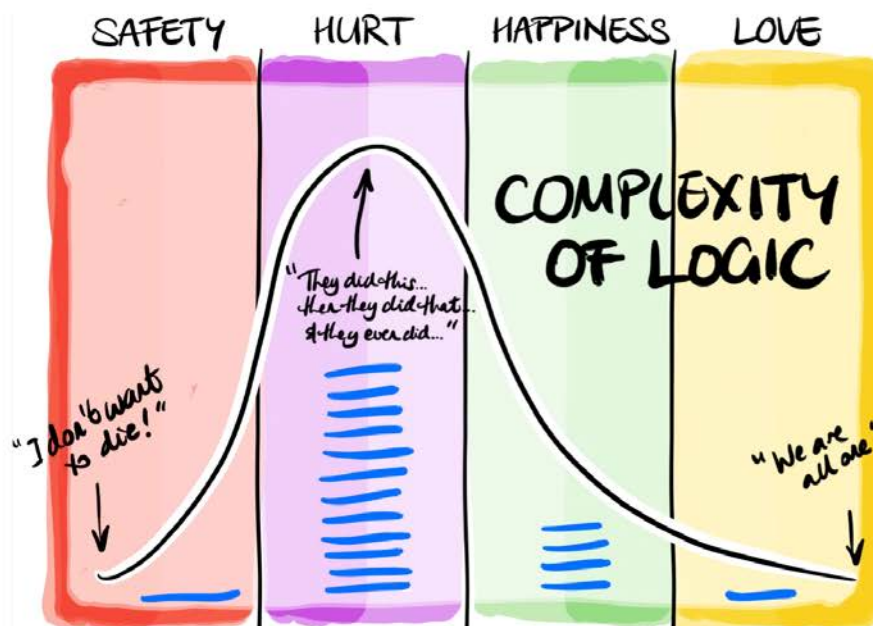
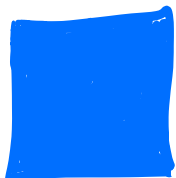
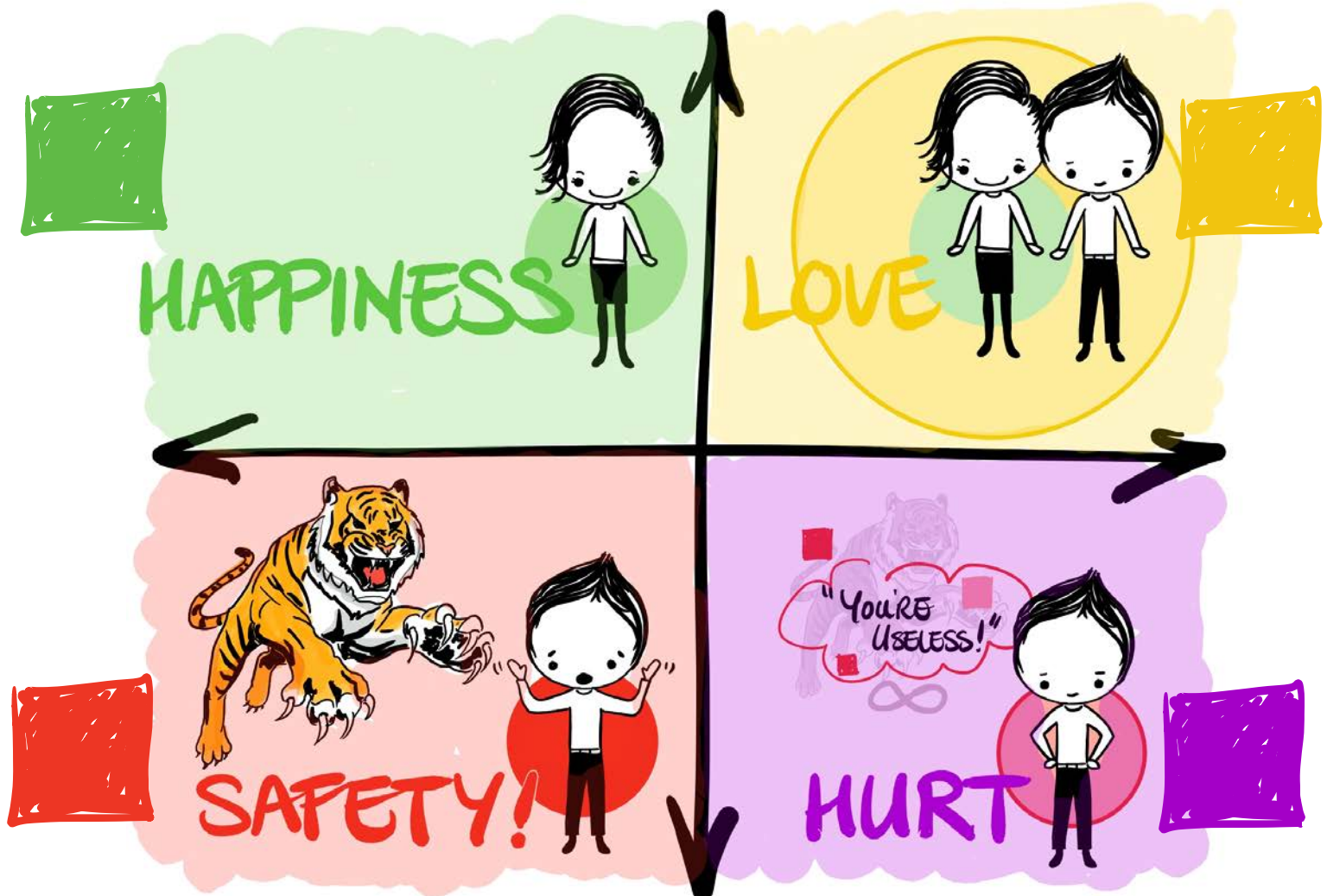
0%

100%



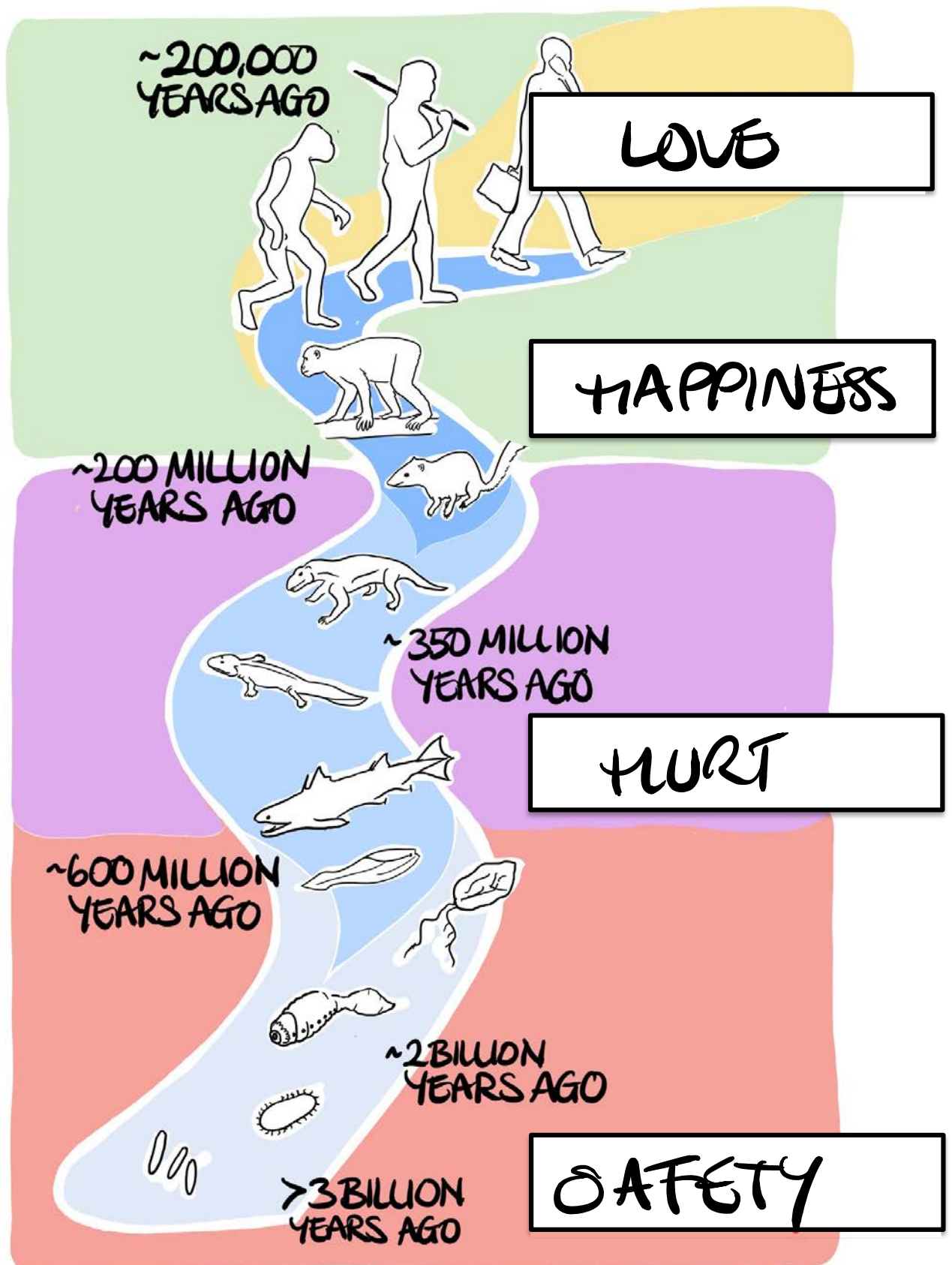
FEELINGS Simplified

using a simple co-ordinate system to locate our state...



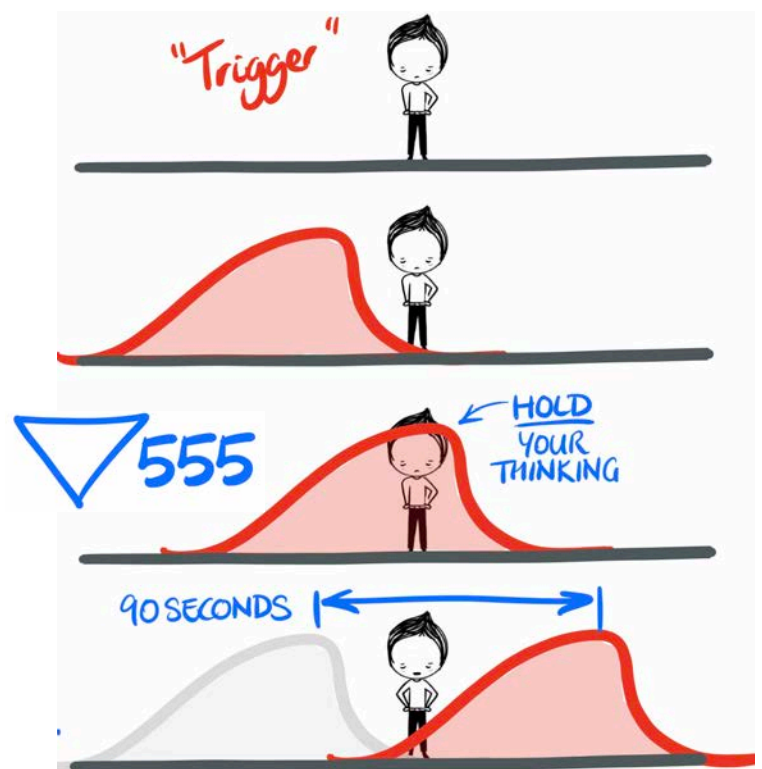
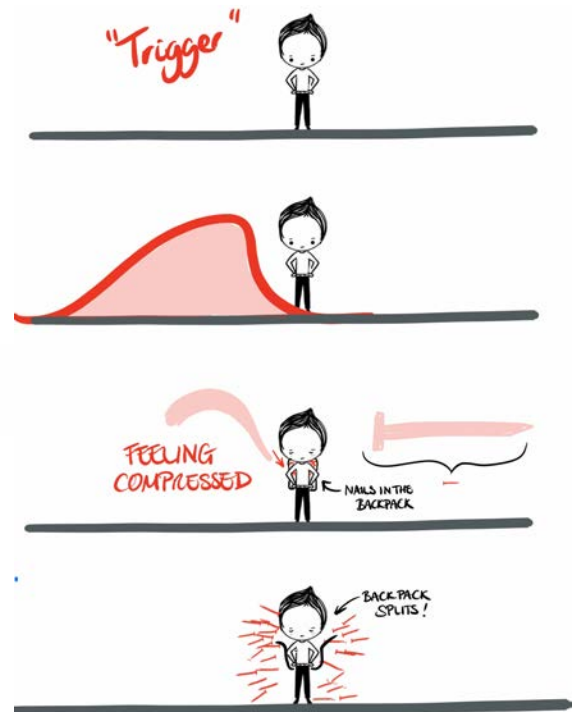
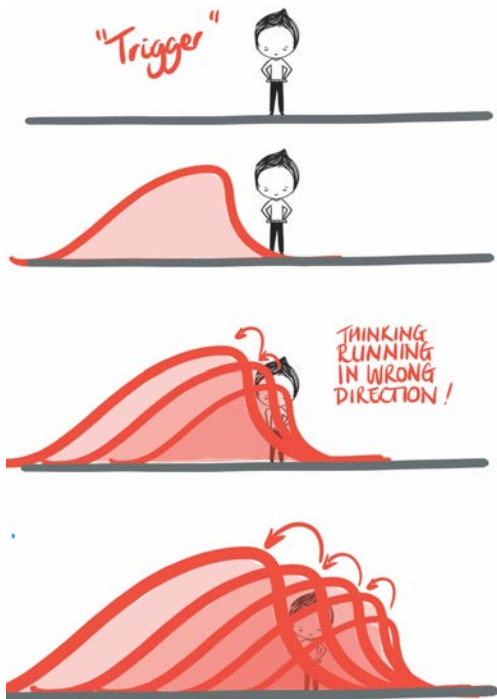
The Evolution of FEELINGS

a simple guide to our survival mechanisms...



Element: SAFETY

managing the safety reaction...



Wisdom Model

GROWTH



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

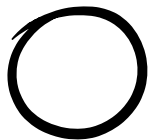
WHITE

0%

100%

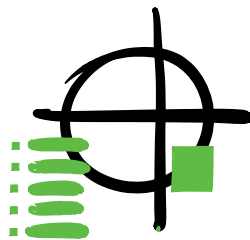
PAST

FUTURE

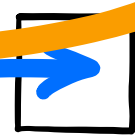
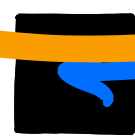
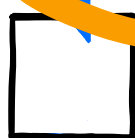
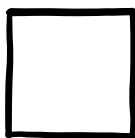
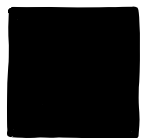


DDG
11 MILL BITS

Me Us Then
The Rest



3%
97%



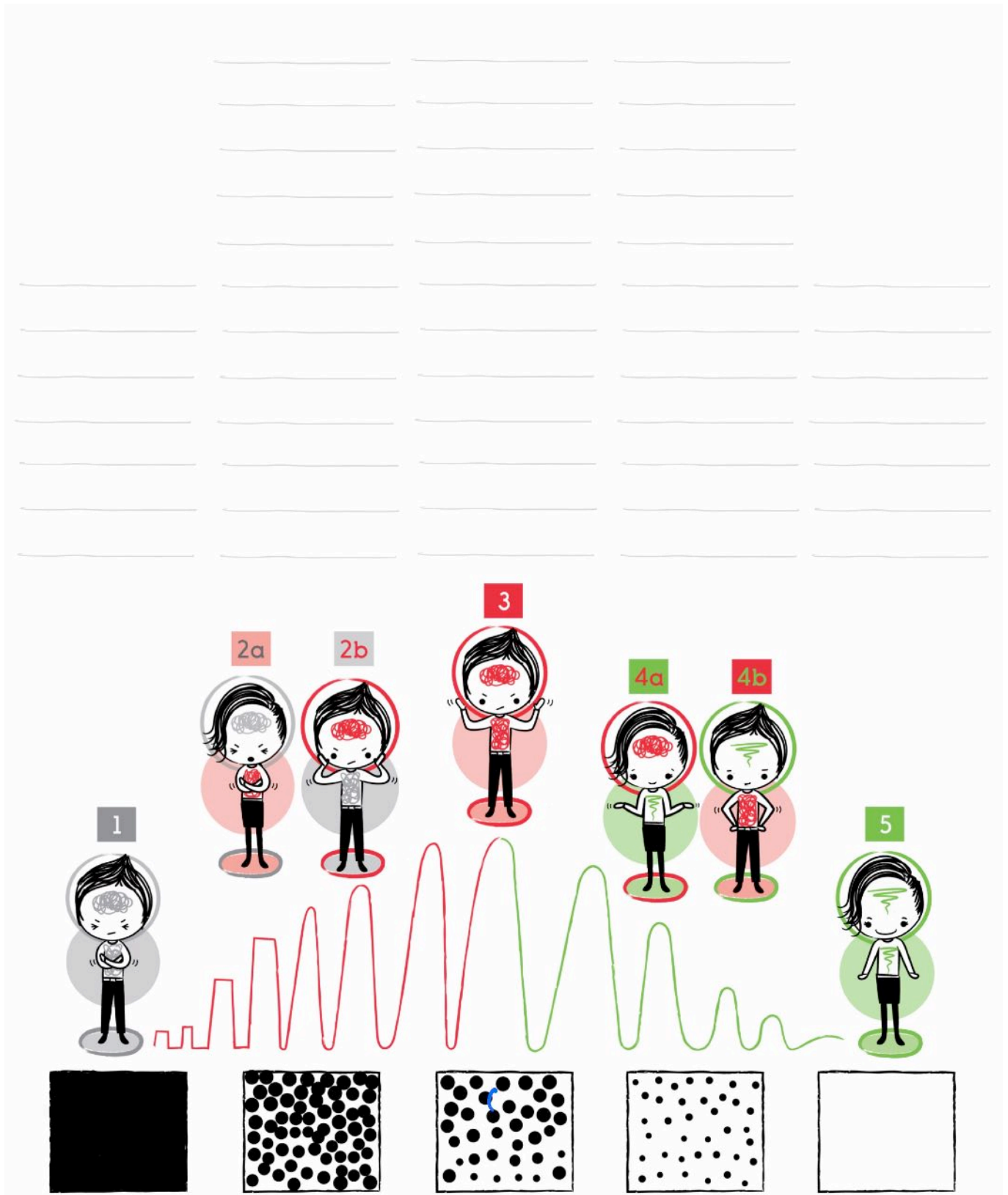
0%

100%

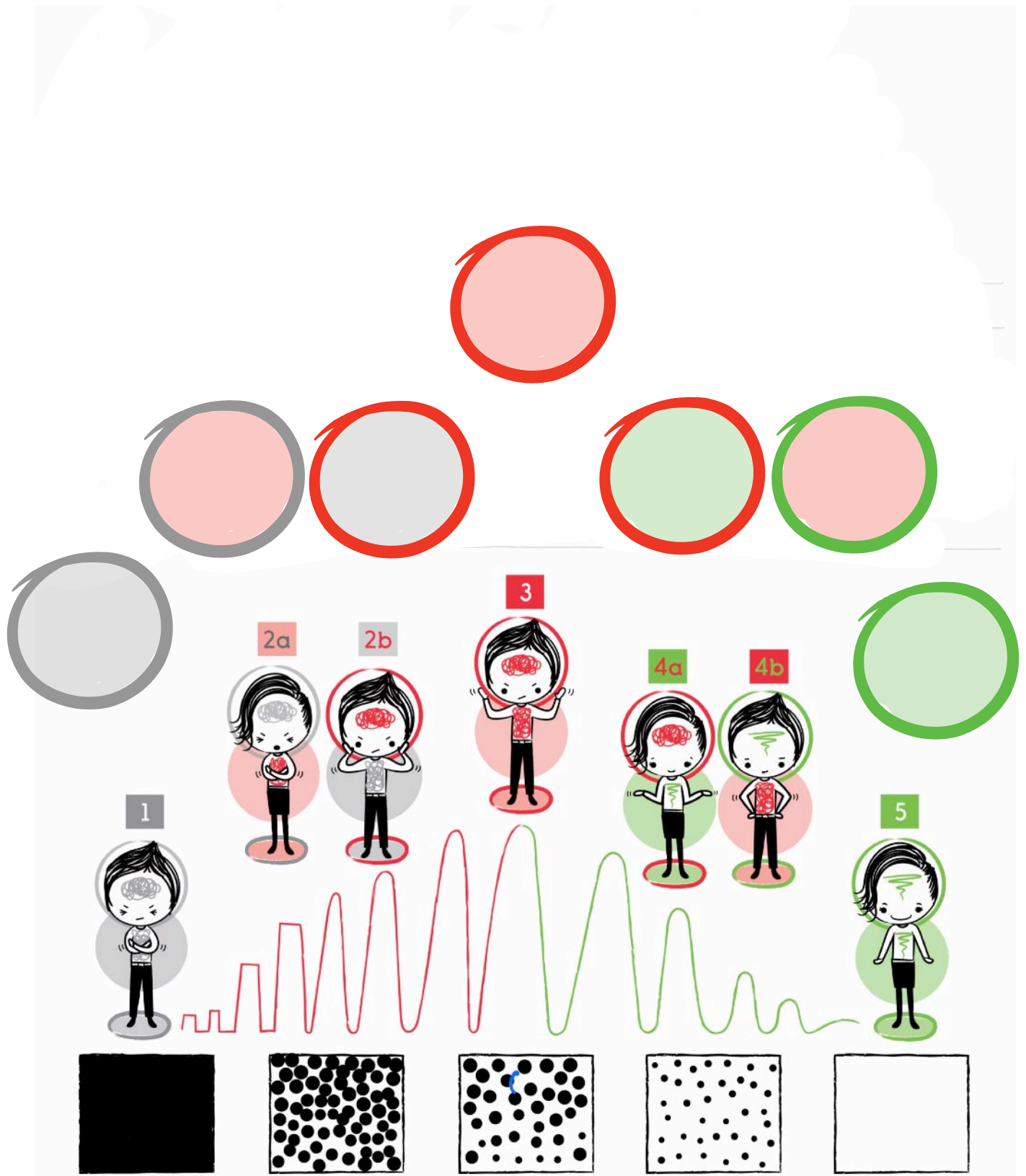


Framework: Awareness

creating self awareness in order to create connection with self and others...

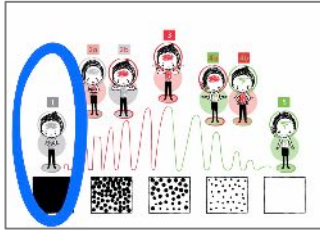


Framework: Awareness

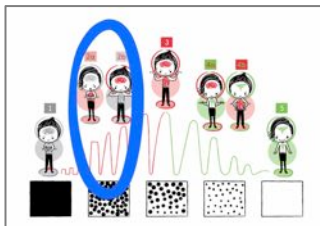


Awareness Positions

a short summary...

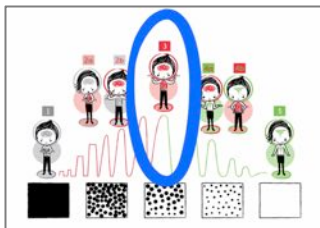


POSITION 1: Shut down, closed, ignorant, naïve, unaware **(99.94%!!)**

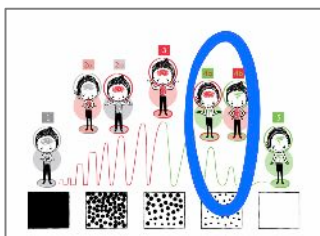


POSITION 2A: Discomfort, unease, pain “I feel bad & it’s XYZ’s fault”
(FEELING bad but your THINKING is directed out and blaming the EXTERNAL)

POSITION 2B: Confused, unsure, unclear “I don’t understand”
(Aware our THINKING is unclear BUT NOT noticing how it FEELS)

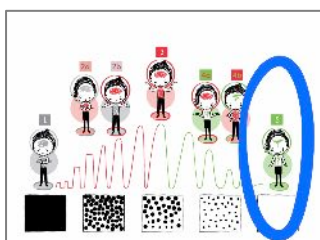


POSITION 3: << Anxiety, Annoyance, Overwhelm || Excitement, Anticipation >>
(Aware your THINKING is unclear and that it FEELS uncomfortable)



POSITION 4A: Trusting, accepting, having faith “I don’t know why but it feels good”
(Unclear THINKING but FEELING relaxed or calm about it)

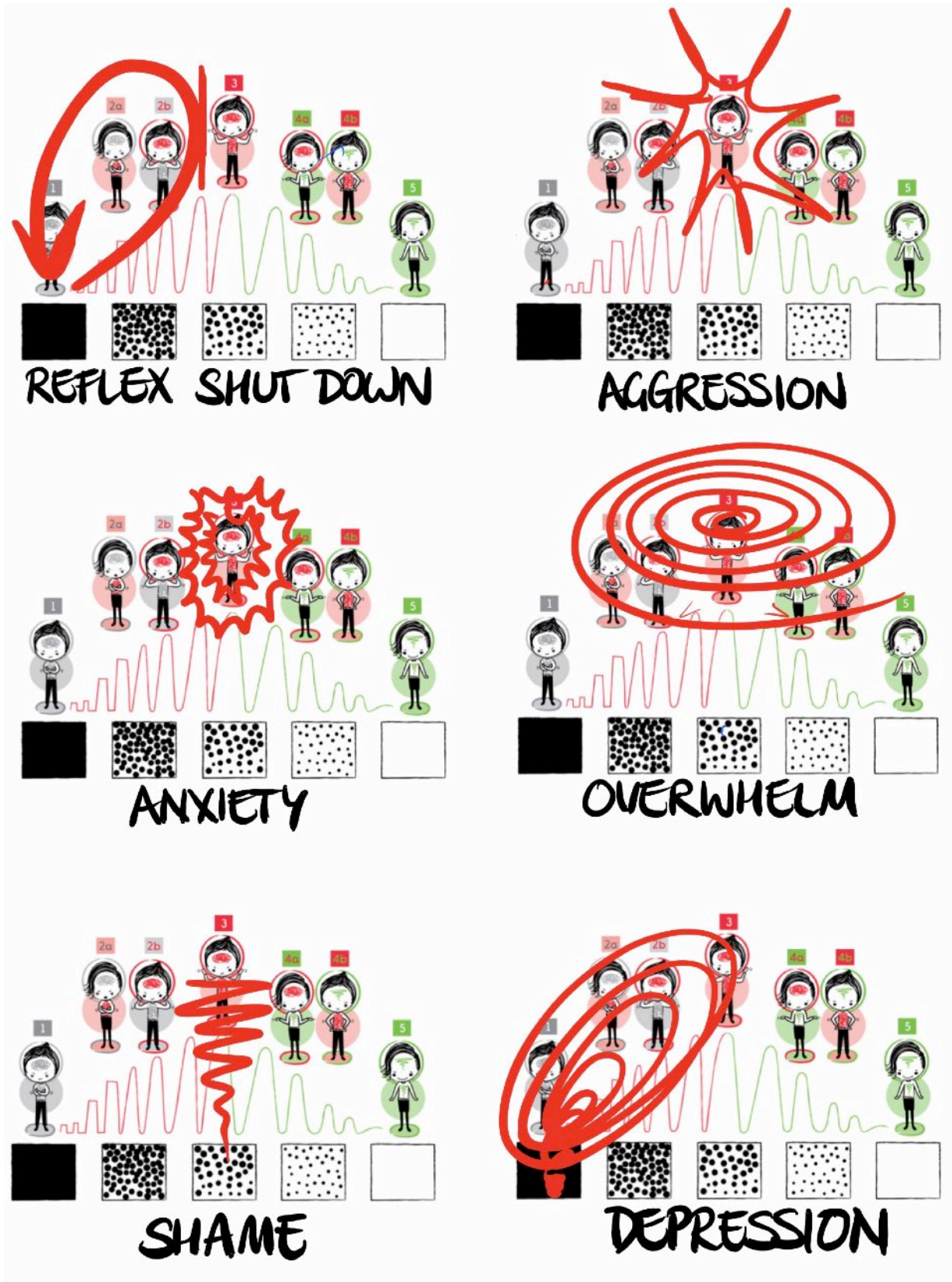
POSITION 4B: Saying Yes, Feeling No. “I understand the logic, but it feels bad”
(THINKING is clear BUT it does NOT FEEL good.)



POSITION 5: Evolved, light, I understand the logic, and it resonates
(THINKING is clear AND it does FEEL good.)

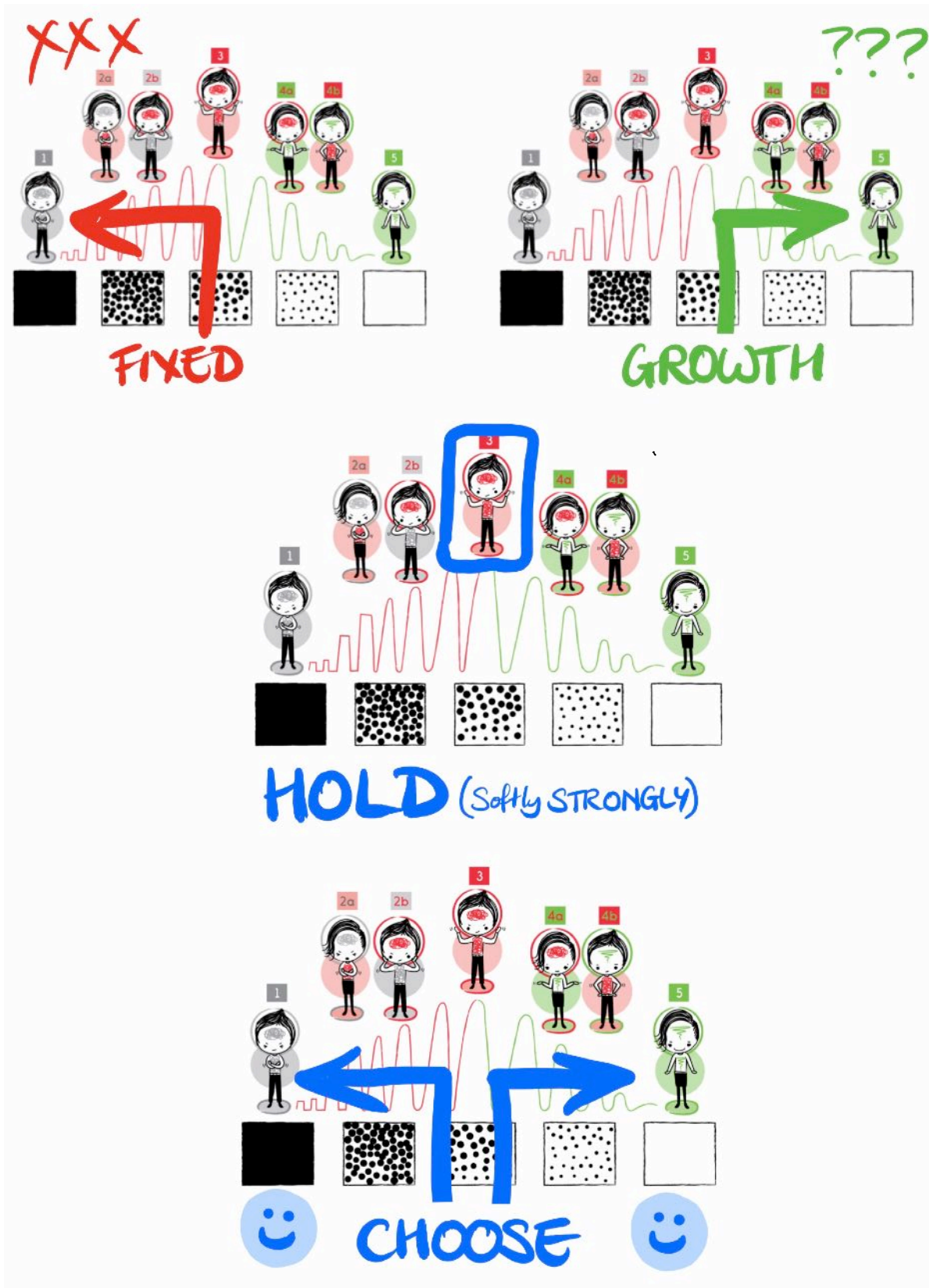
Awareness Insights

common Position 3 patterns...



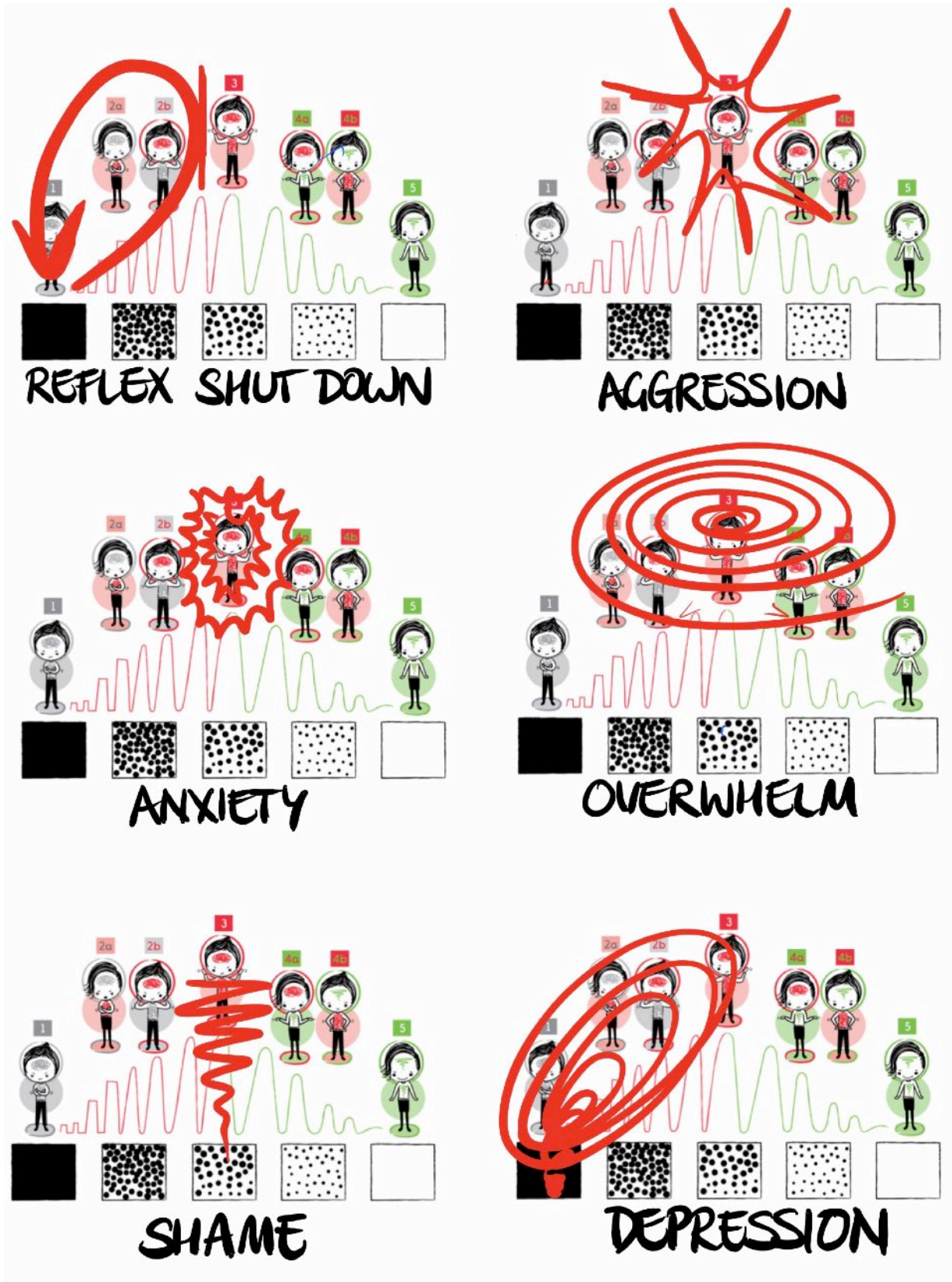
Awareness Insights

fixed vs. growth and the how of choice...



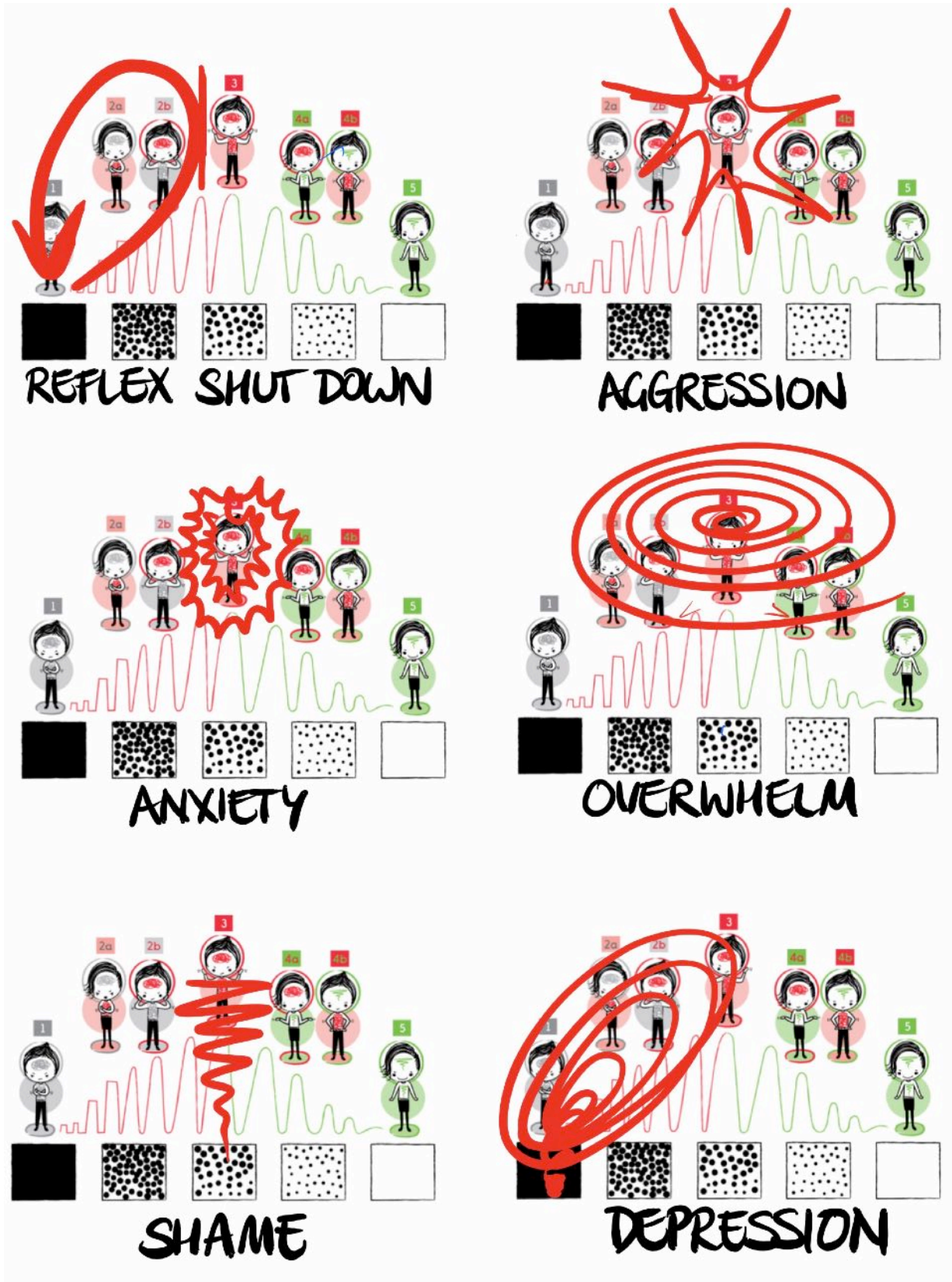
Awareness Insights

common Position 3 patterns...



Awareness Insights

common Position 3 patterns...



Awareness: Position 1

our default position...



Awareness: Position 2a

the position of discomfort (& blame)...



Awareness: Position 2b

the position of confusion...



Awareness: Position 3

our position of choice & growth...



Awareness: Position 4a

the position of trust...



Awareness: Position 4b

the position of poor logic...

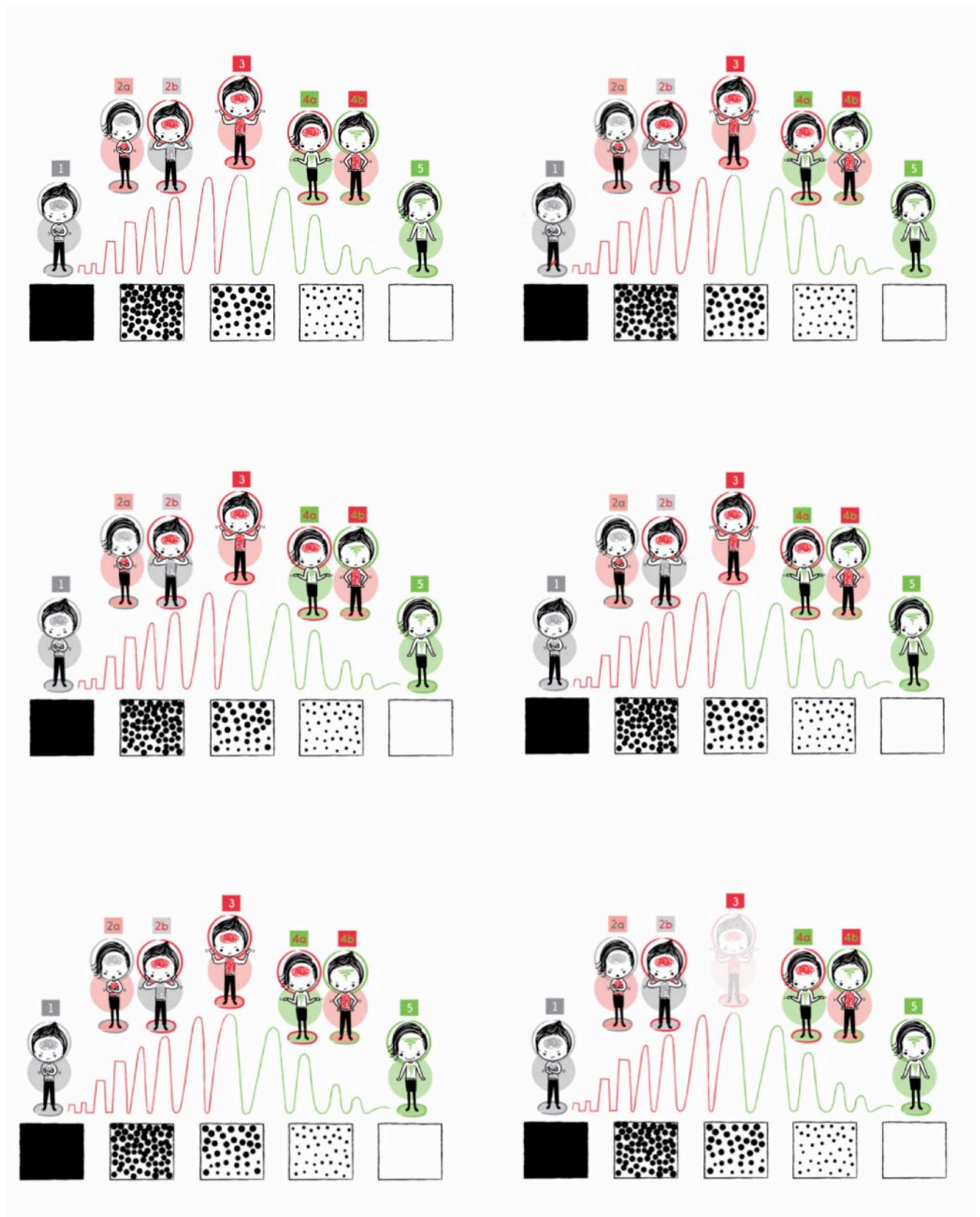


Awareness: Position 5

the position of evolution...



Awareness Insights



Wisdom Model

EMPATHY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

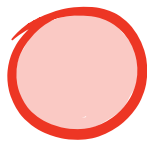
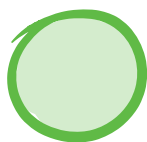
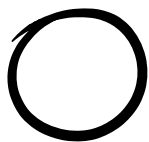
WHITE

0%

100%

PAST

FUTURE



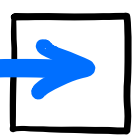
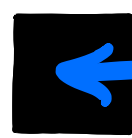
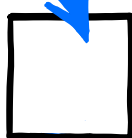
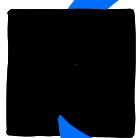
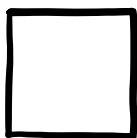
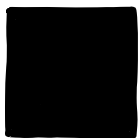
DDG
11 MILL BITS

Me Us Then

The
Next



3%
97%

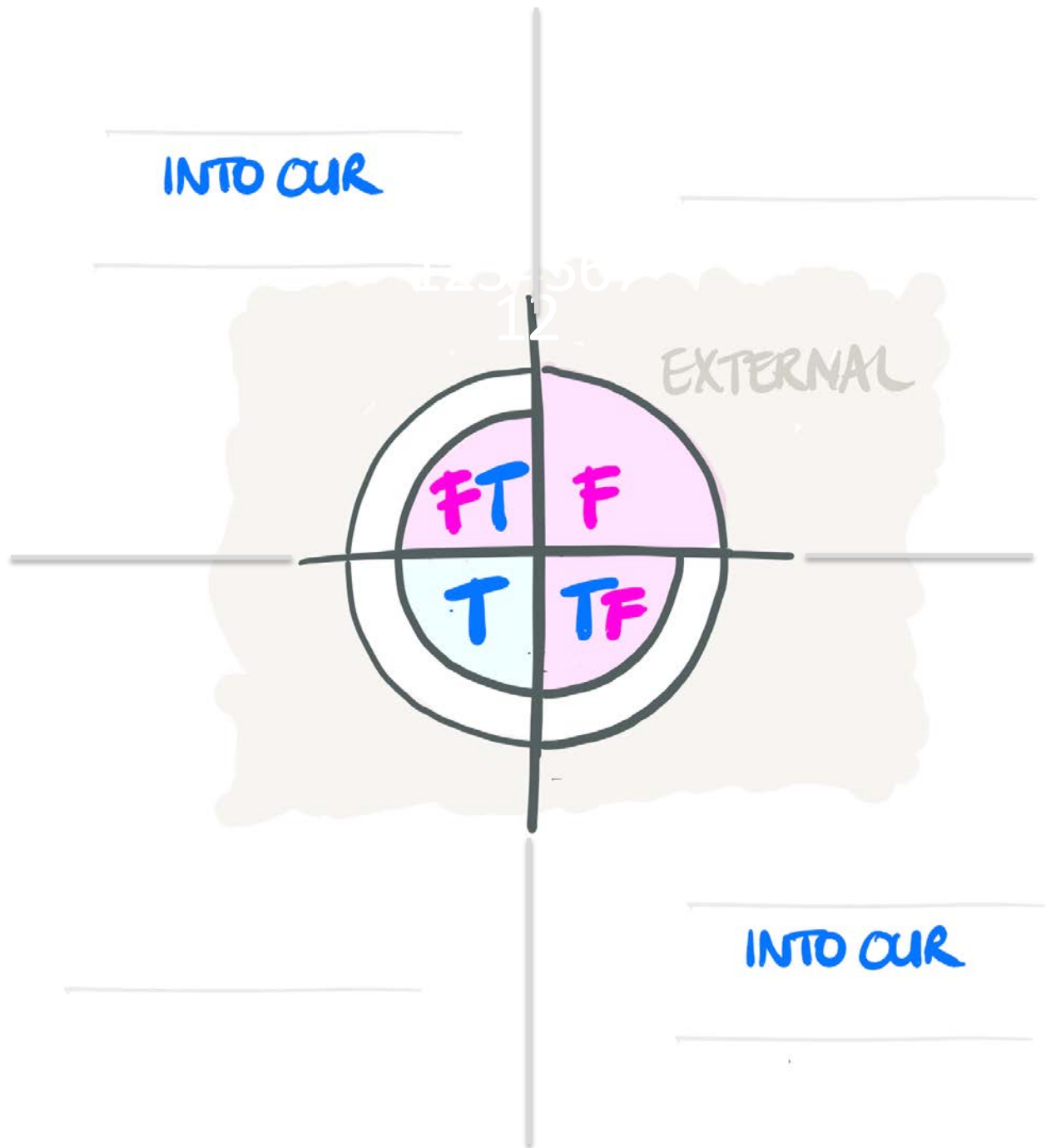


0%

100%

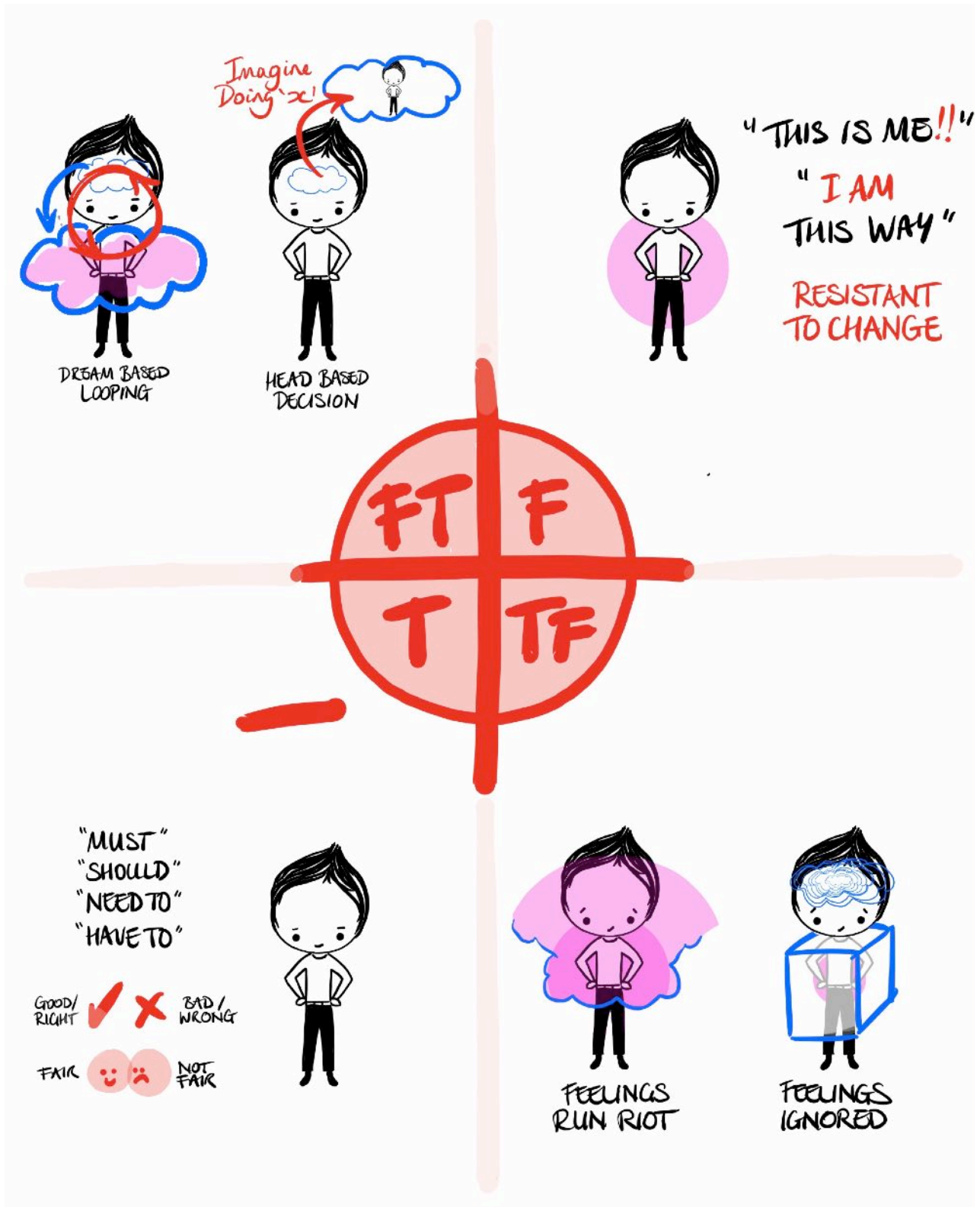
Framework: Internal Synergy

magic happens when our THINKING and FEELING learn to work together...



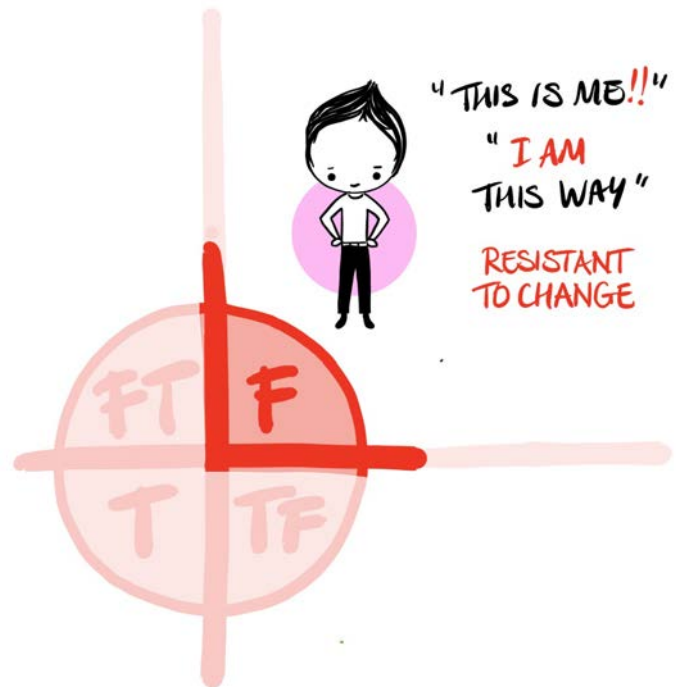
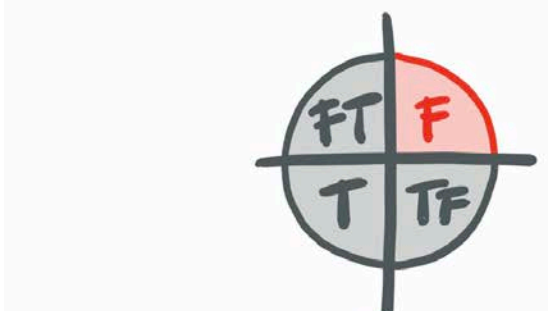
Internal Disconnection

when THINKING and FEELING fail to work together...



Internal Synergy: F

the red FEELING zone

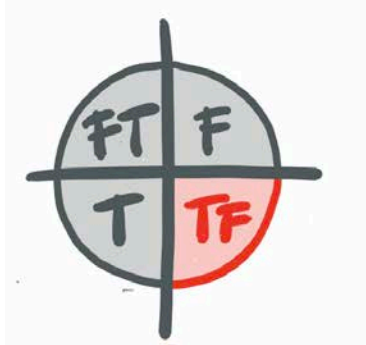


DRIFTING

Devastated
Hate
Angry
Anxious
Stressed
Heavy
Distrustful
Apathetic
Distant
Lethargic
Weak
Tired
Drained
Overwhelmed
Stuck
Closed
Exposed
Grief stricken
Confident
Guilty
Shameful
Trapped
Tight
Jealous
Flat
Sad
Fear

Internal Synergy: TF

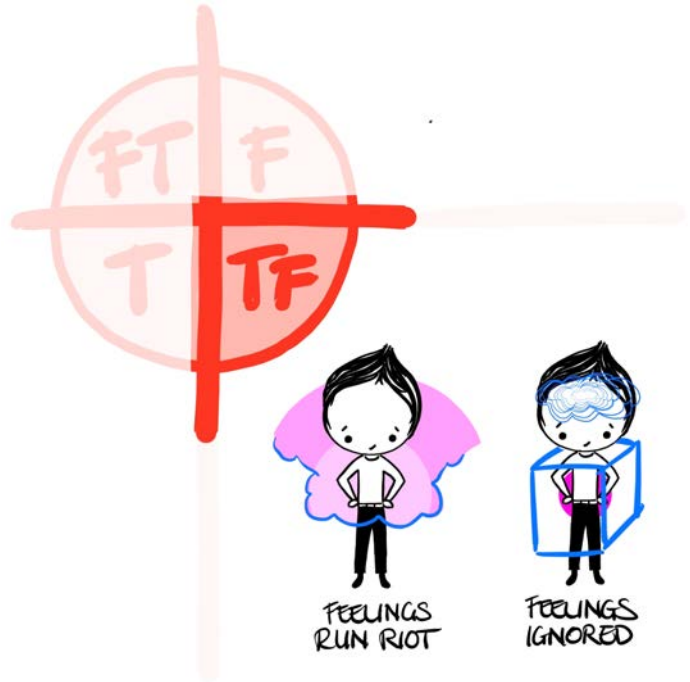
the THINKING into your red FEELINGS zone ...



DISMISSING

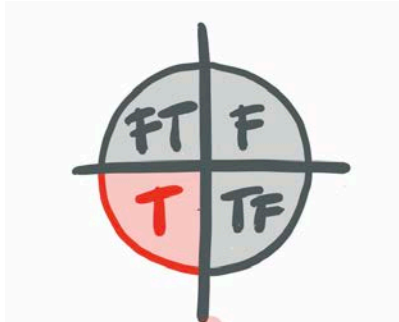
Ignore
Dismiss
Shut down
Negate
Pretend
Skip over
Down play
Disown
Unaware
Neglect
Minimise
Reject
Closed to
Block
Deny
Control

Railroaded by
Overwhelmed by
Flooded by
At the mercy of
Drowning in
Taunted by
Messed up by
Messed with by
Pushed around by
Paralysed by
Frozen by



Internal Synergy: T

The red THINKING zone ...



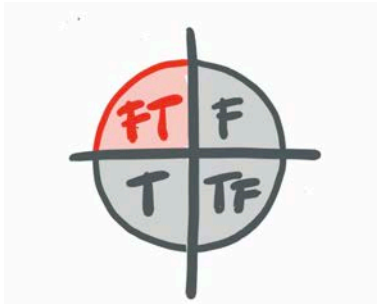
DEFENDING

Blame
Justify
Explain away
Seek to be right
Rationalise
Seek consistency
Assume
Confuse
Forget
Obsess
Loop
Stay vague
Ridicule
Over Analyse
Forget
Ruminate
Attach to
Tunnel focus
Draw a blank
Ignore logic
Defend
 limitations
Defend
 assumptions



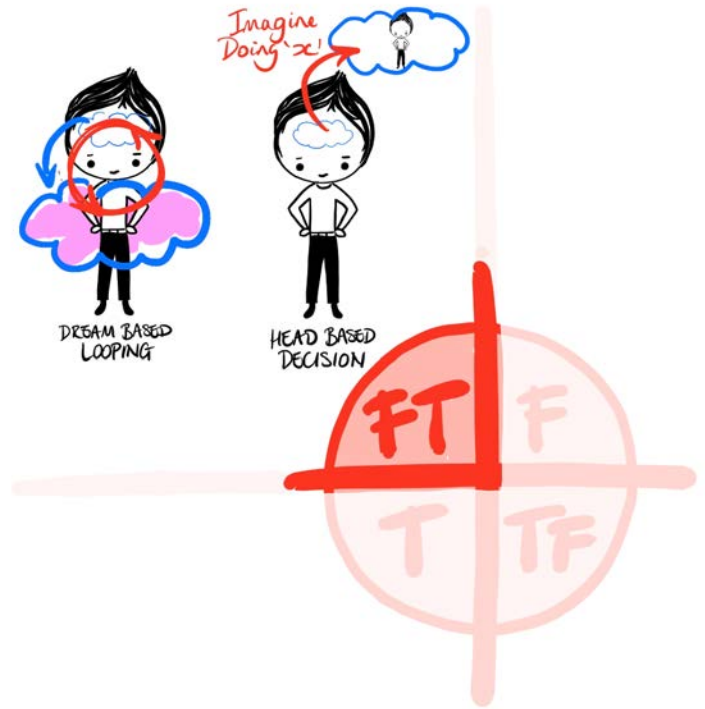
Internal Synergy: FT

the red FEELING into your THINKING zone ...



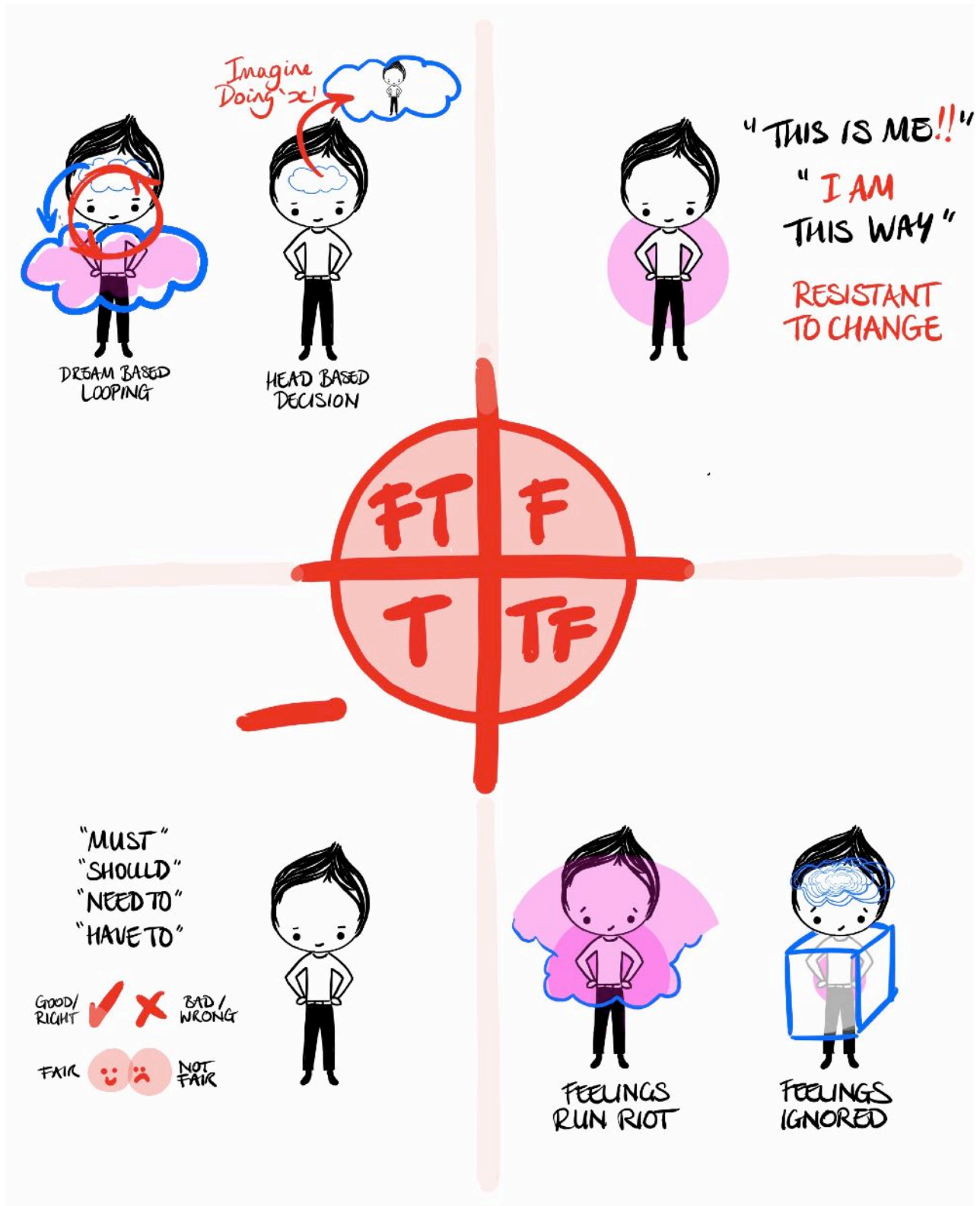
DAY DREAMING

Wishful Thinking
Sleeping
Resigned to Fate
Fanciful Thinking
Stargaze
Tripping
Be fond of
Fantasize
Pipe dream
Disbelief
Doubt
Overwhelm
assumptions



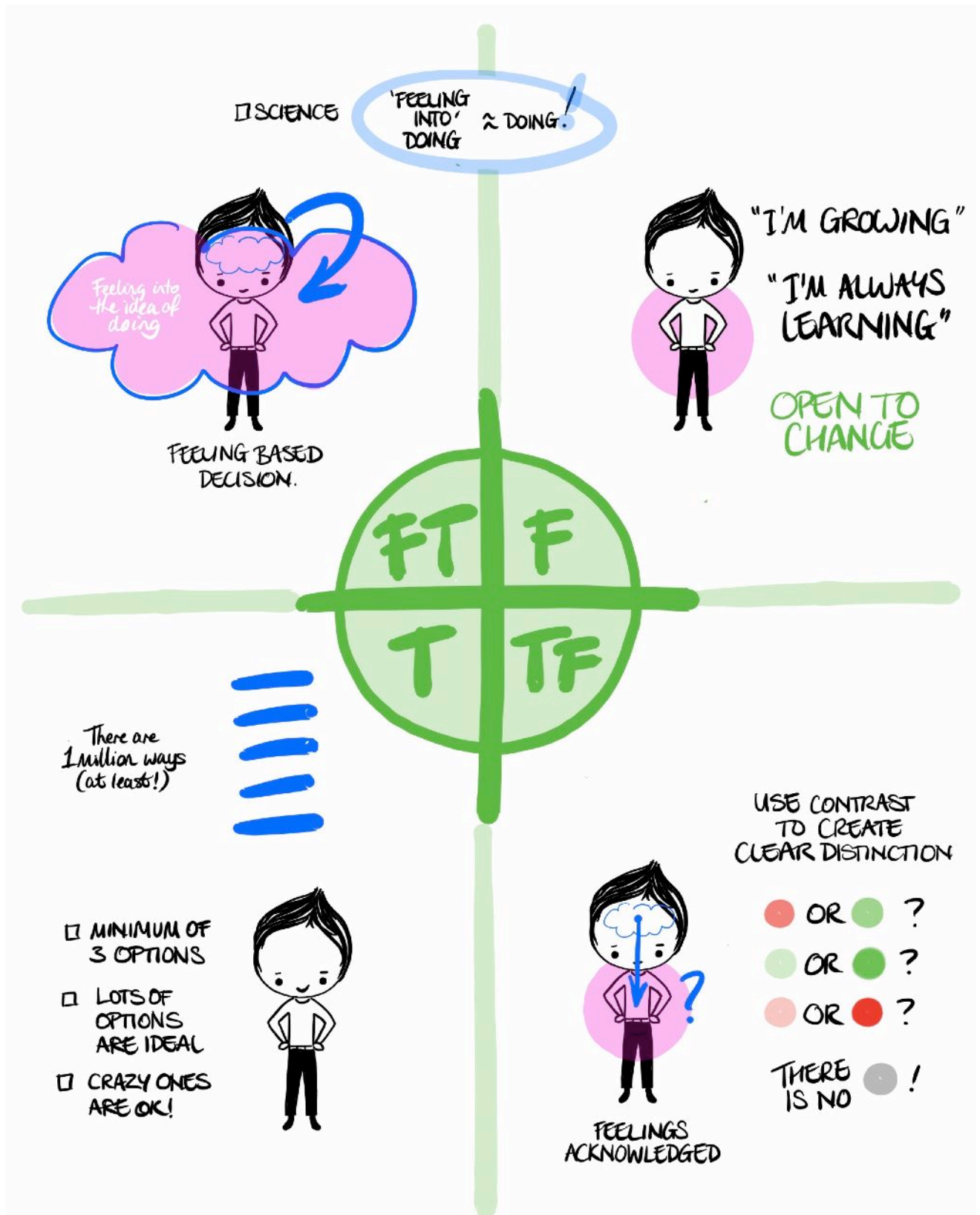
Internal Disconnection

when THINKING and FEELING fail to work together...



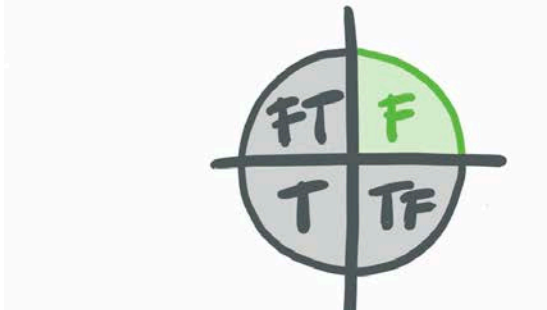
Internal Connection

how our THINKING and FEELING can inspire each other ...



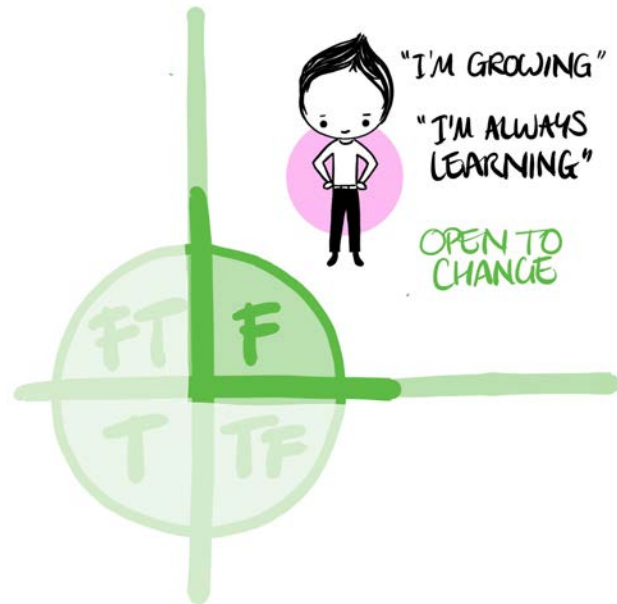
Internal Synergy: F

the FEELING zone ...



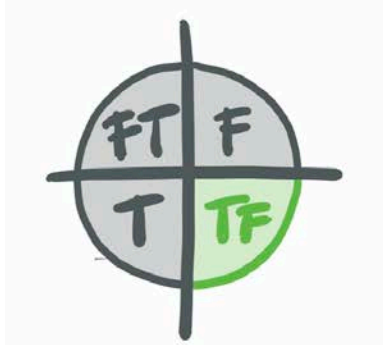
ON PURPOSE

Joy
Love
Happy
Calm
Relaxed
Light
Trust
Passionate
Intimate
Enthusiastic
Strong
Energetic
Full
Effortless
Flowing
Open
Vulnerable
Confident
Certain
Connected
Free
Expansive
Grateful
Excited
=====
Sad
Tired
Anxious
Stressed
Guilt
etc.



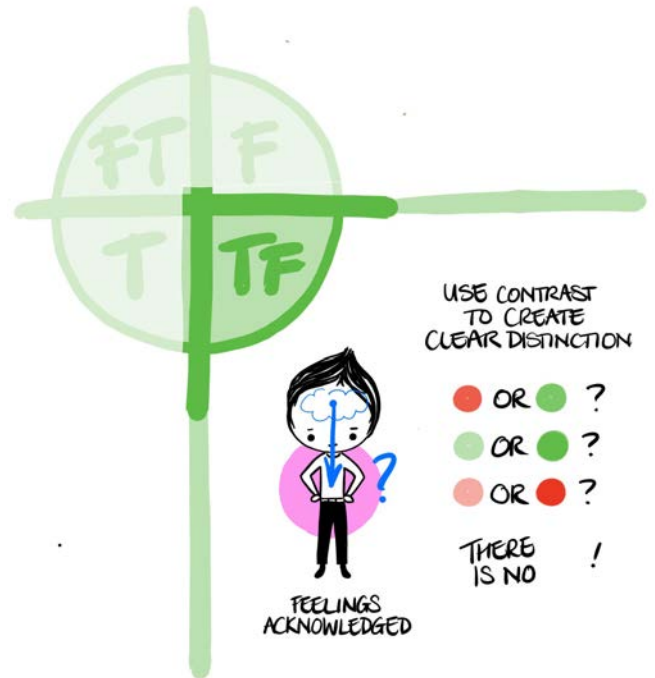
Internal Synergy: TF

the THINKING into your FEELINGS zone ...



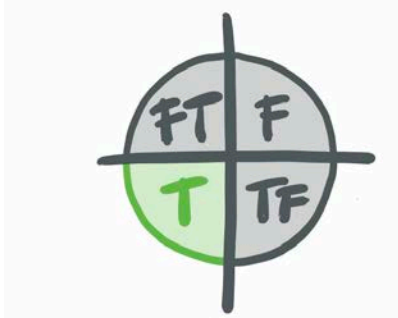
OBSERVING SELF

Aware of
Notice
Observe
Acknowledge
Accept
Appreciate
Own
Embrace
Feel into
Surrender to
Allow
Listen to
Amplify
Open to
Connect to
Ride the wave
Flow with
Use the energy of
Acknowledge & Guide
Notice & align



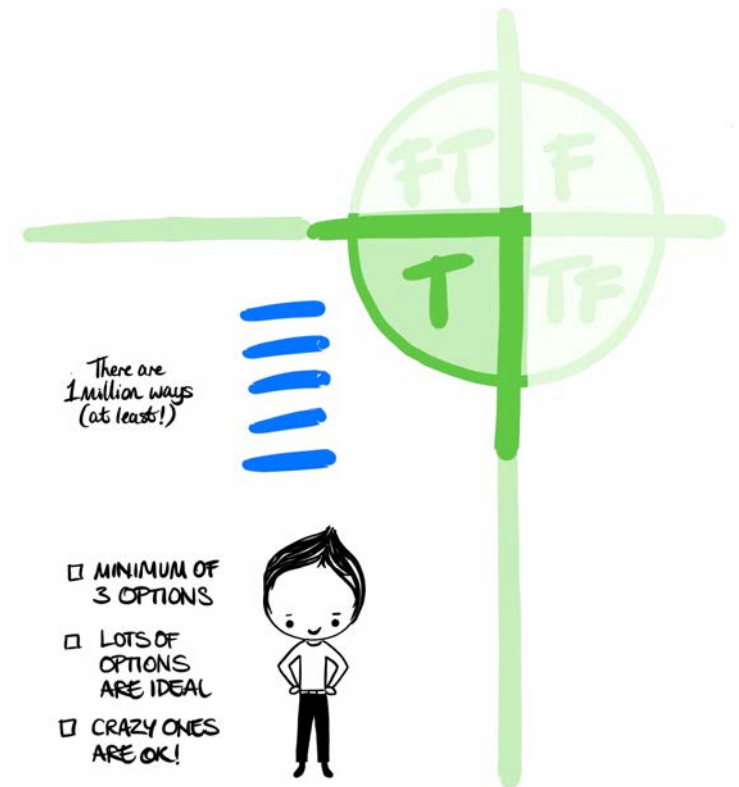
Internal Synergy: T

the green THINKING zone ...



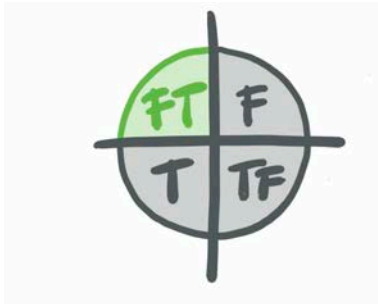
OPTION GENERATION

Brain storm
Question
Be creative
Seek Answers
Seek growth
Research
Create Ideas
Link Ideas
Invent
Remember
Check
 thinking
Question
 assumptions



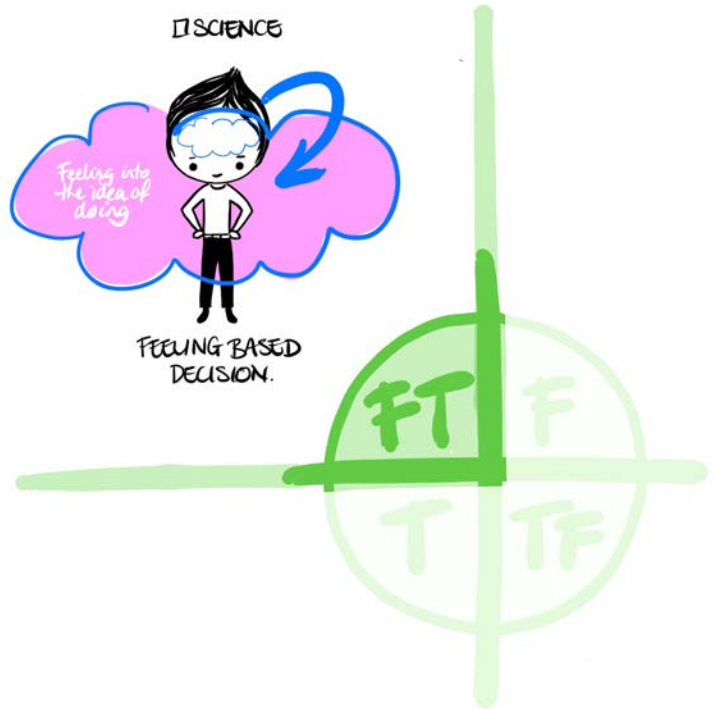
Internal Synergy: FT

the green FEELING into your THINKING zone ...



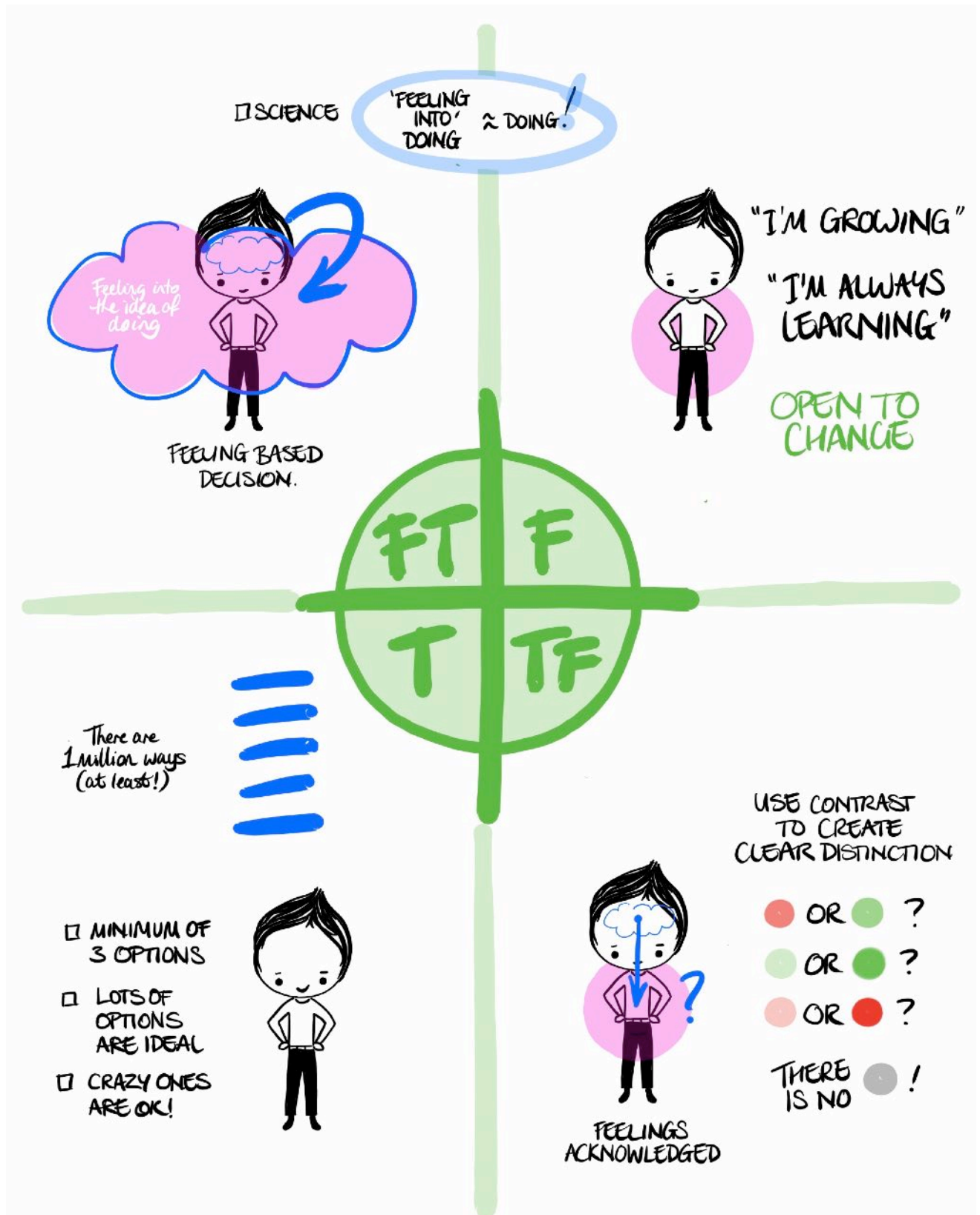
OPPORTUNITY CHECKING

Visualise
Imagine
Feel into
Believe
Look forward
Anticipate
Future Pace
Connect into
Have faith
Hope
Open to truth
Trusting self
assumptions



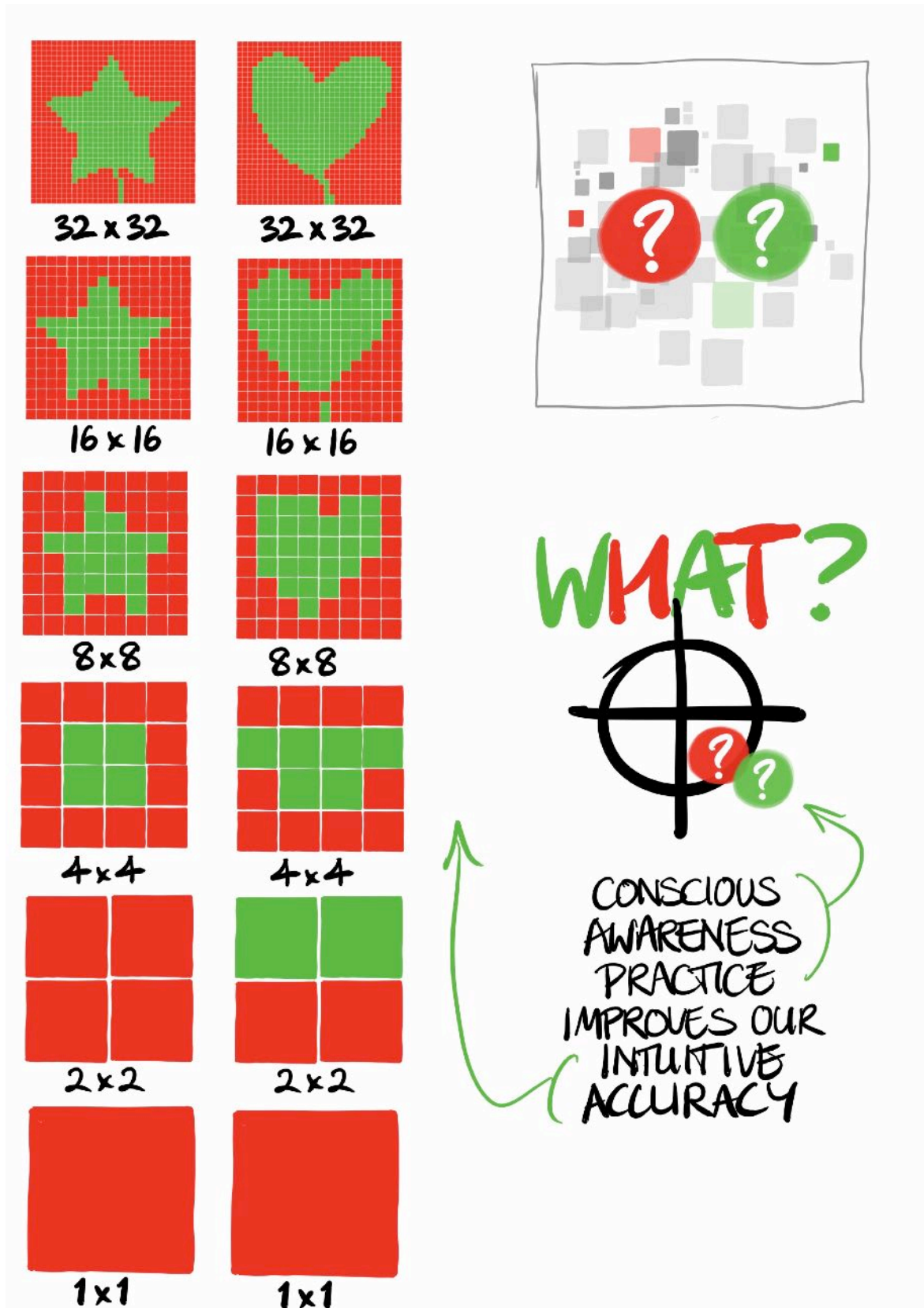
Internal Connection

how our THINKING and FEELING can inspire each other ...



Awareness Creates Accuracy

learning to feel accurately can be likened to learning to see accurately...



Wisdom Model

FLEXIBILITY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

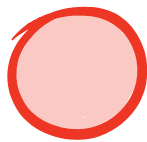
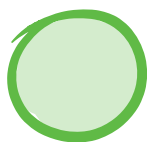
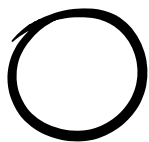
WHITE

0%

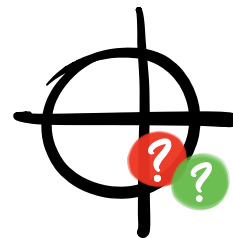
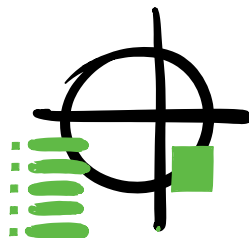
100%

PAST

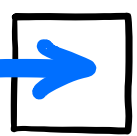
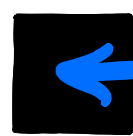
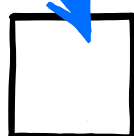
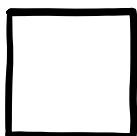
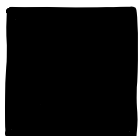
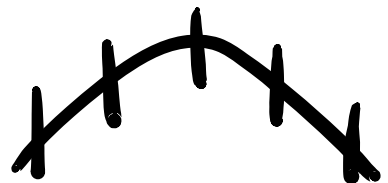
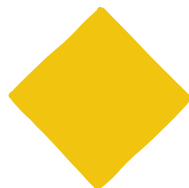
FUTURE



DDG
11 MILL BITS



3%
97%

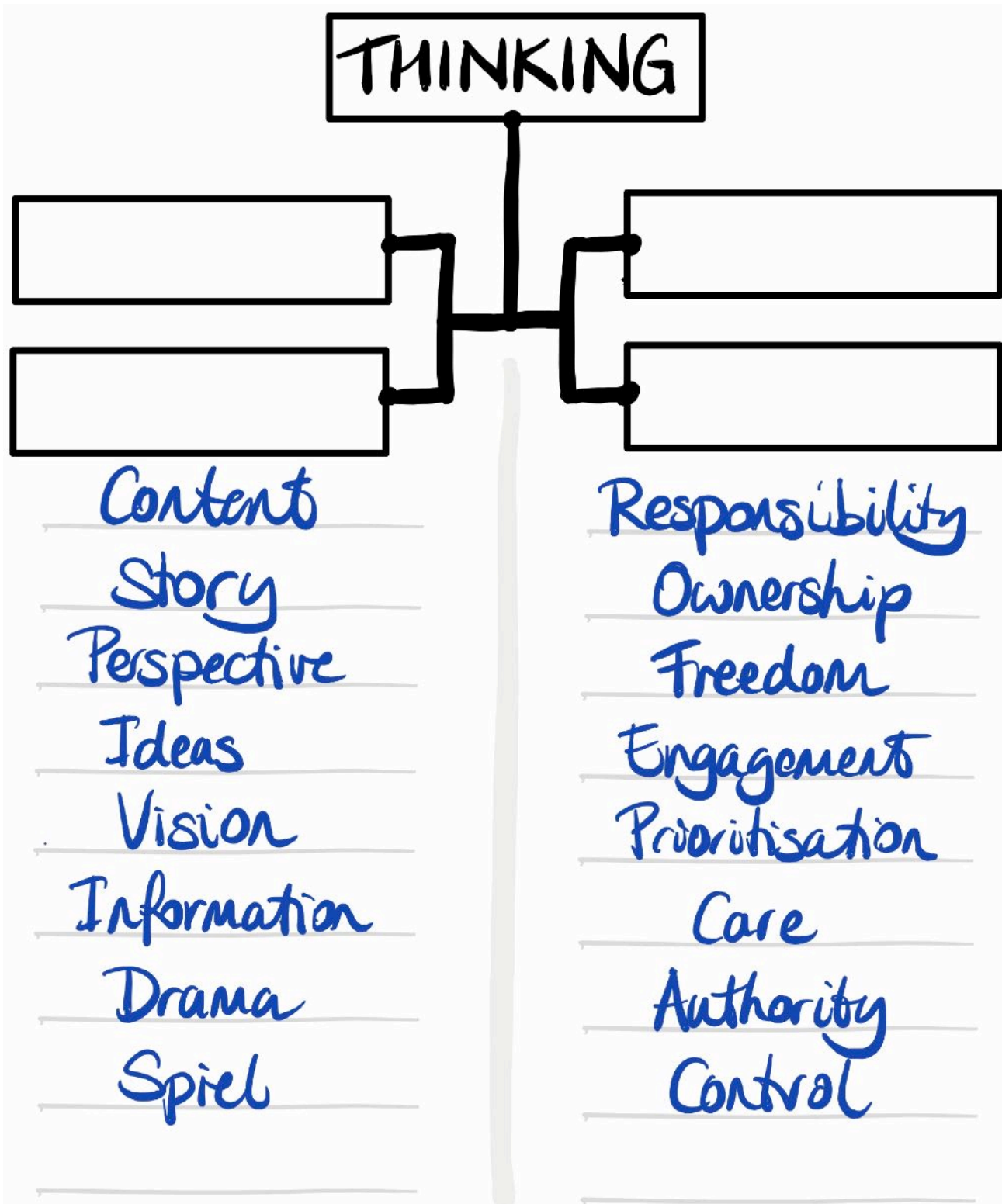


0%

100%

Element: THINKING

the foundations of robust logic...



: THE CRITICAL INGREDIENT
TO TRULY INTELLIGENT THINKING

EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

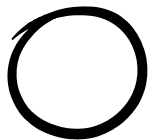
WHITE

0%

100%

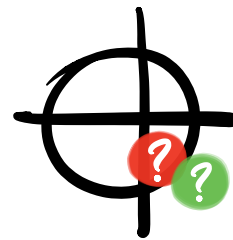
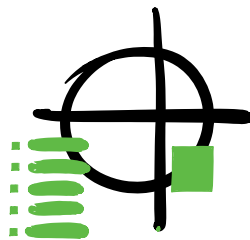
PAST

FUTURE

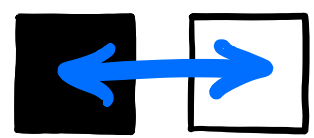
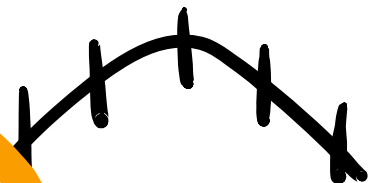


DDG
11 MILL BITS

Me Us Then The Rest



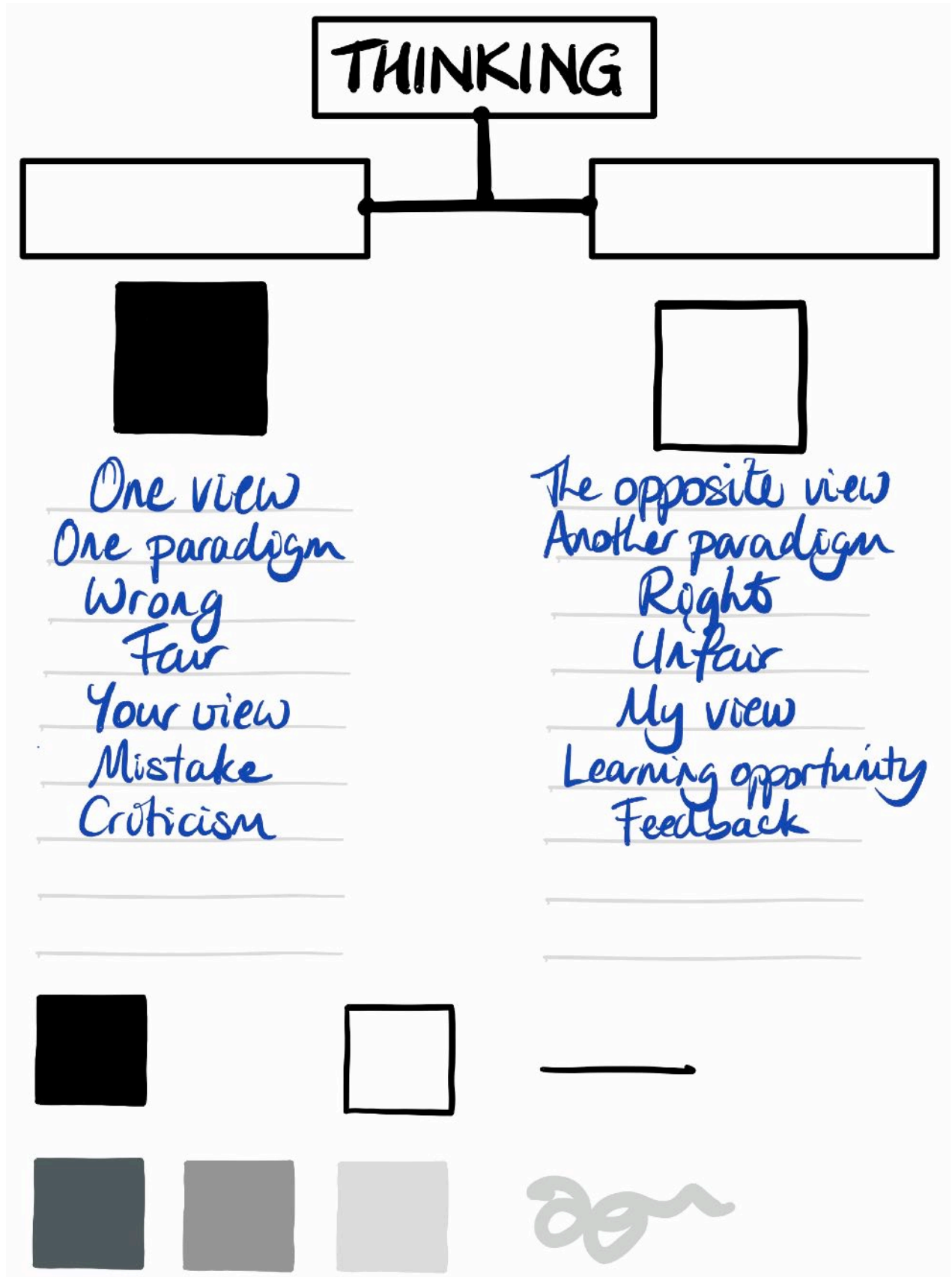
3%
97%



0% 100%

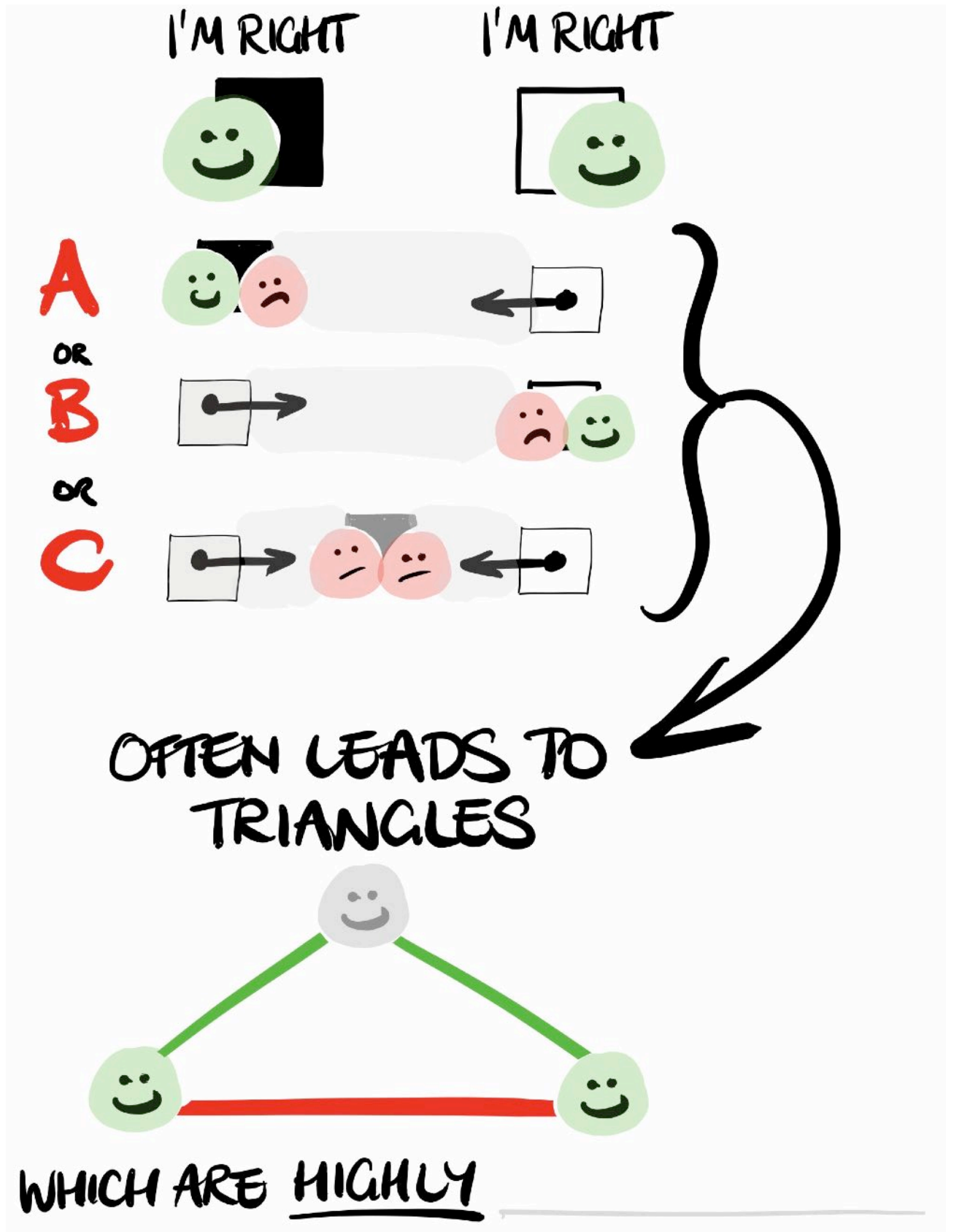
Elements: BLACK & WHITE (IQ)

simplifying life to the max (and thus making it far easier to navigate)...



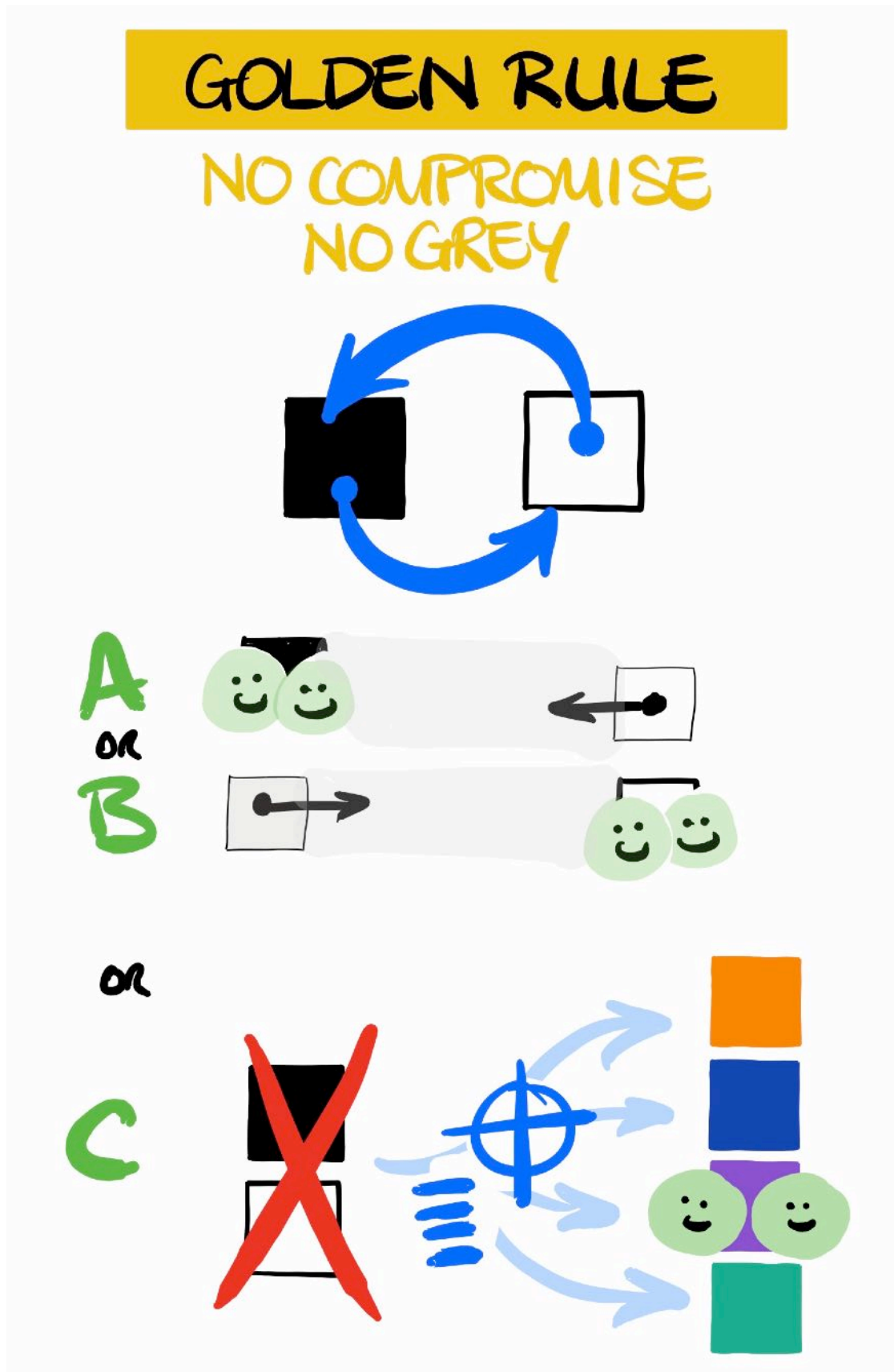
Common BLACK & WHITE Challenges

simply seeing what often happens...



Rapid Evolution

it may be easier said than done but the results are worth it...



Wisdom Model

RESPONSIBILITY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

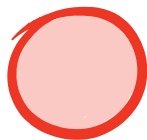
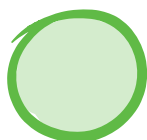
WHITE

0%

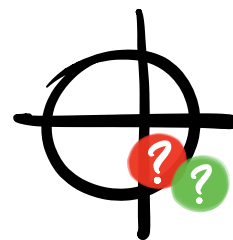
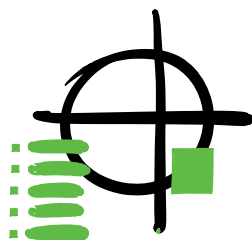
100%

PAST

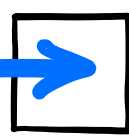
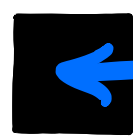
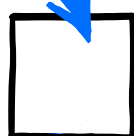
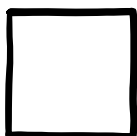
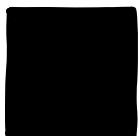
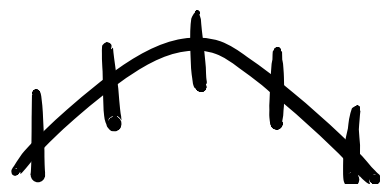
FUTURE



DDG
11 MILL BITS



3%
97%

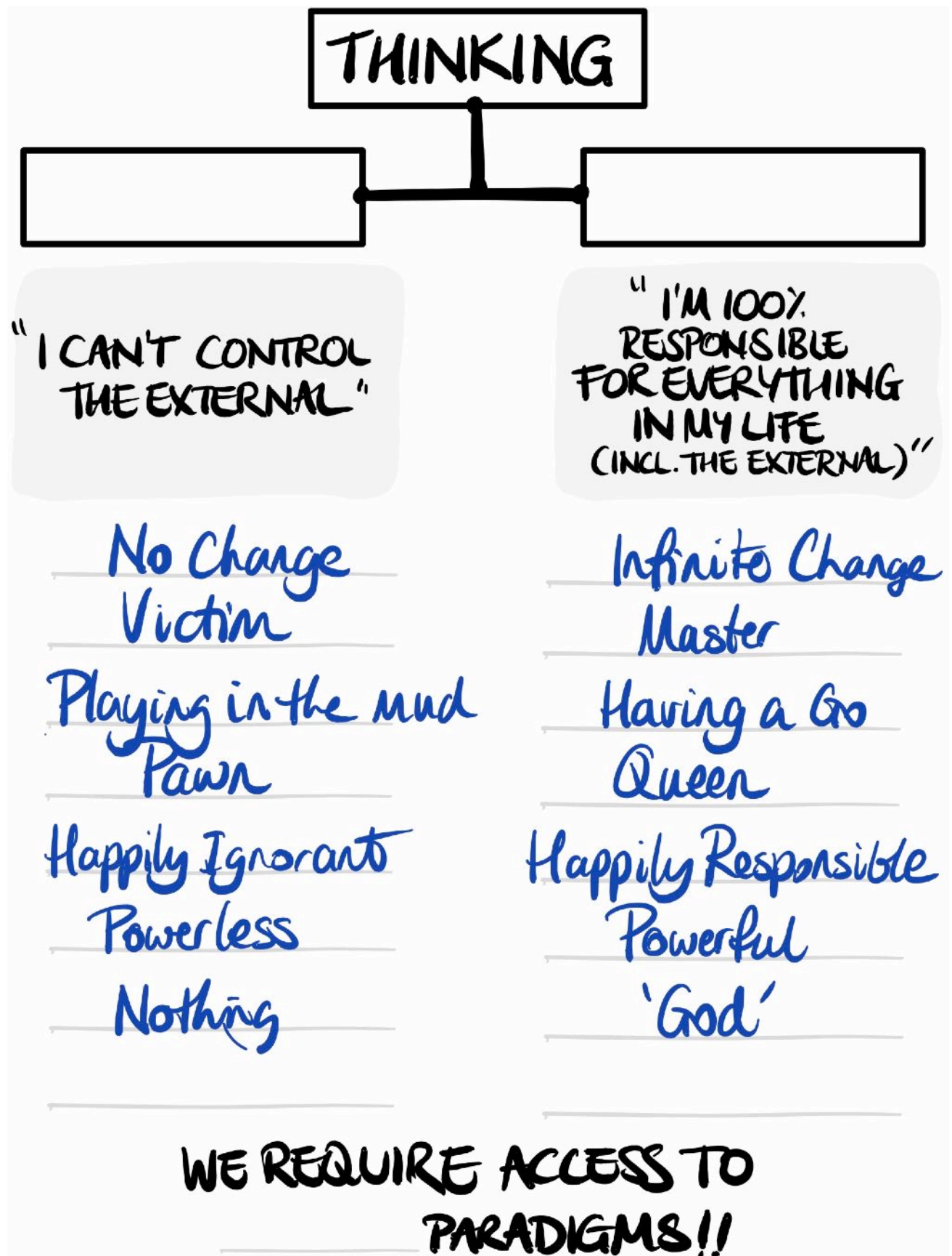


0%

100%

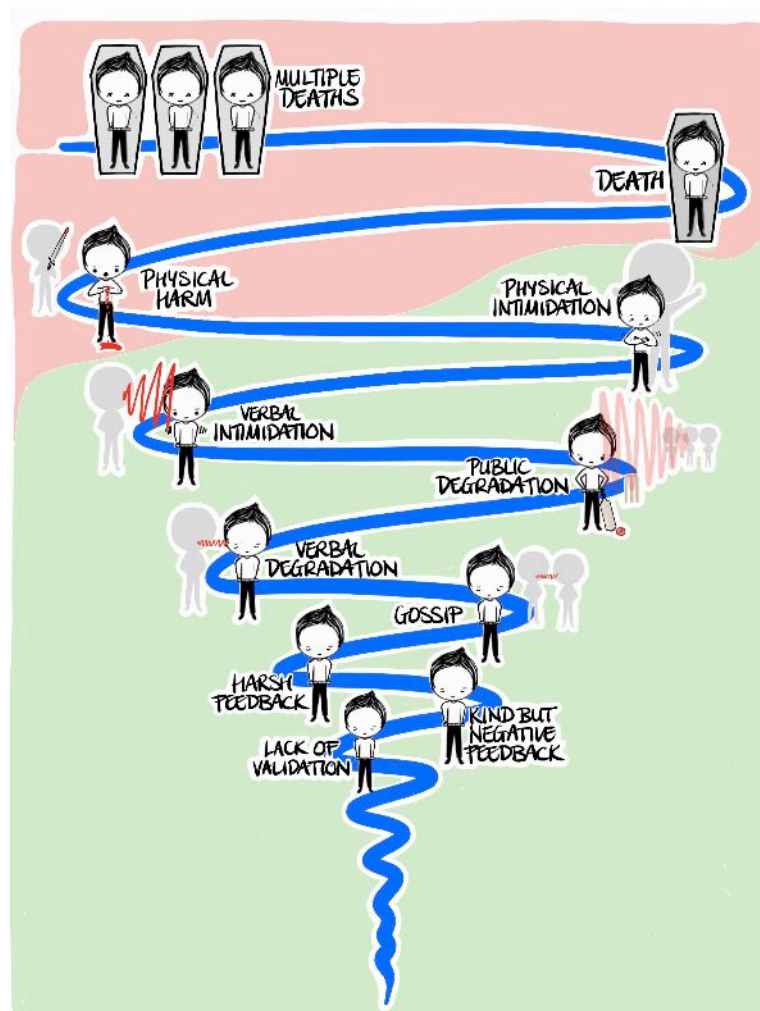
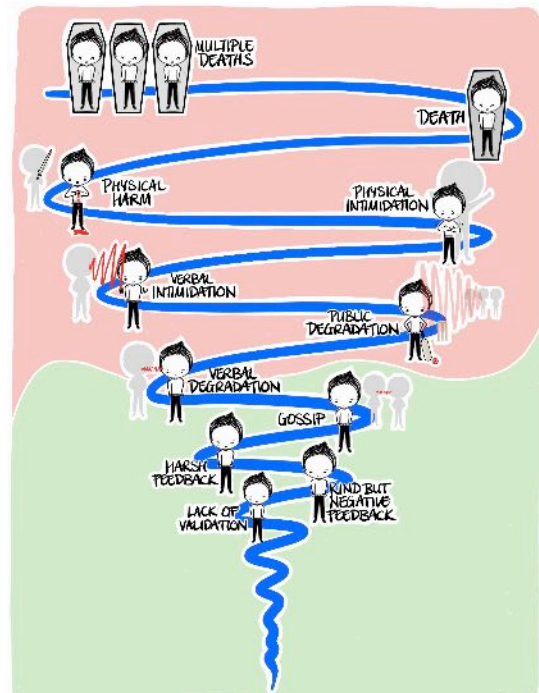
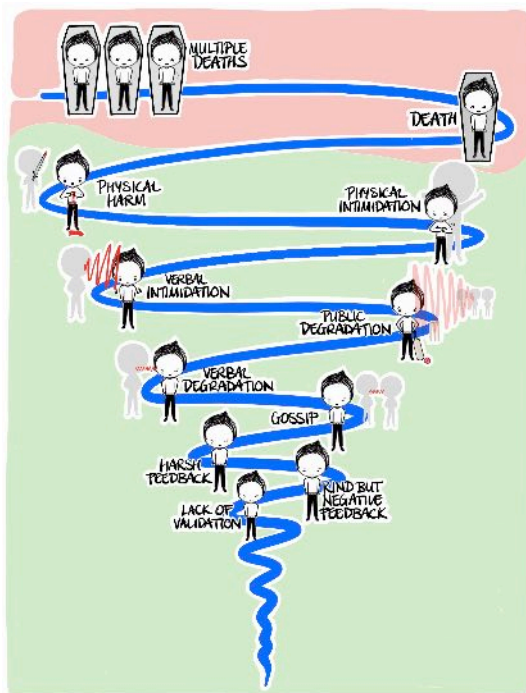
Elements: 0% & 100% RESPONSIBILITY (AQ)

the elements of personal control...



Social Resilience

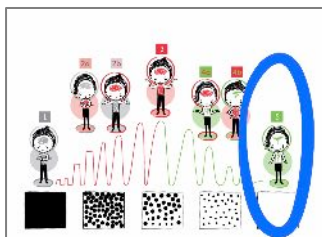
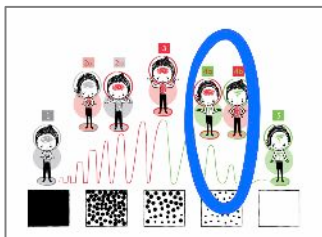
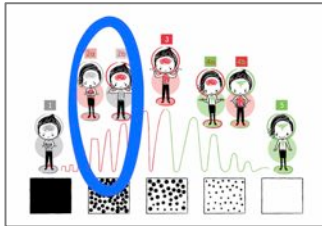
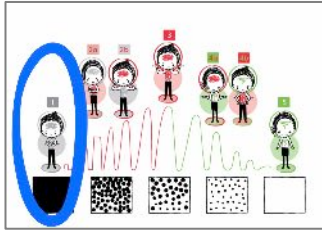
preparing ourselves (and our children) for the (not so ideal) real world...



Element: 0% RESPONSIBILITY

accepting the possibility of one extreme...

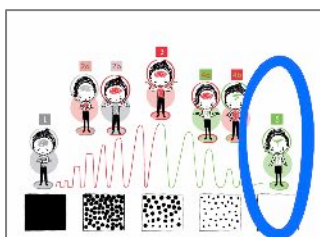
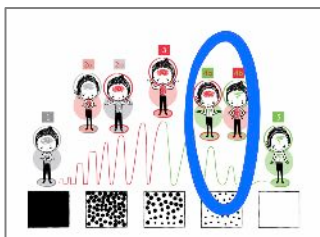
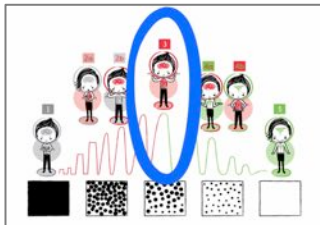
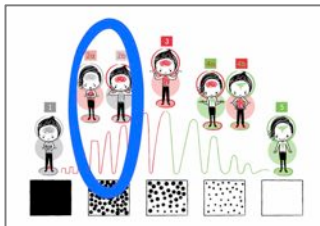
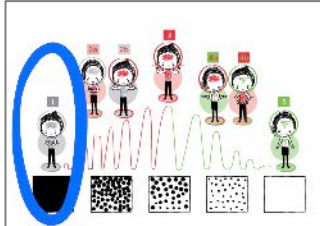
"I can't control the EXTERNAL"



Element: 100% RESPONSIBILITY

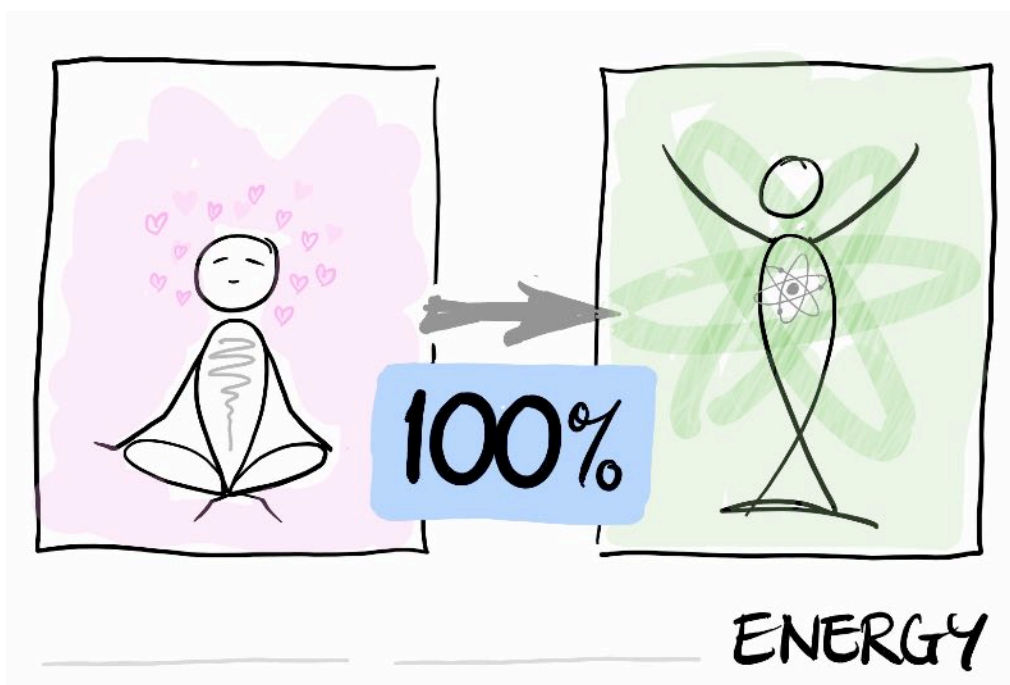
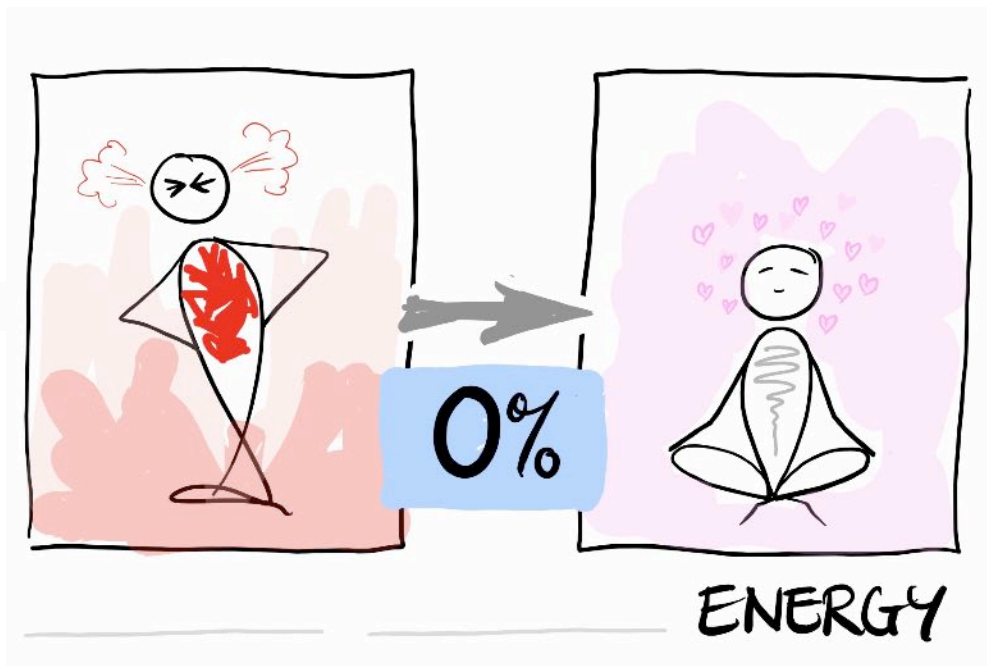
accepting the possibility of the other extreme...

*"I am 100% responsible for everything in my life
(including the EXTERNAL!)"*



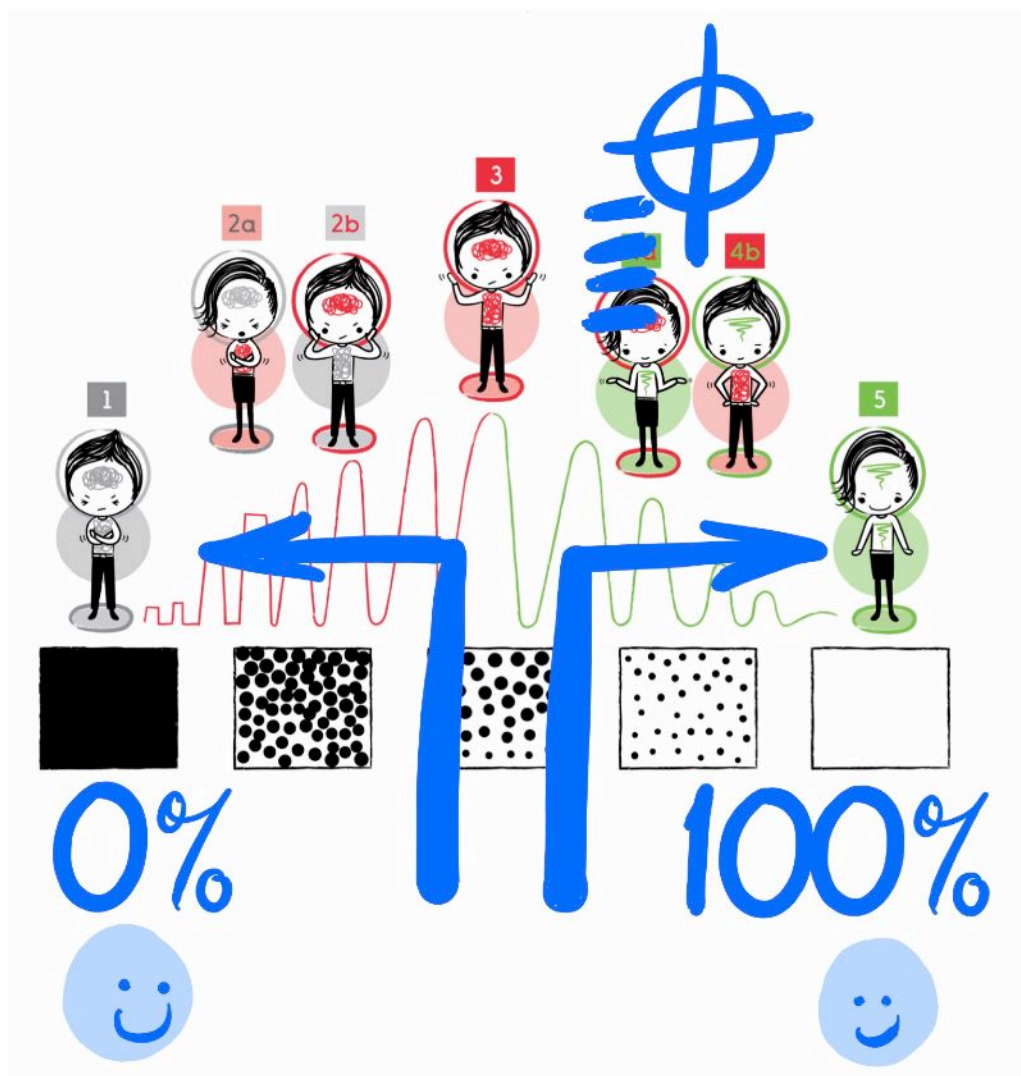
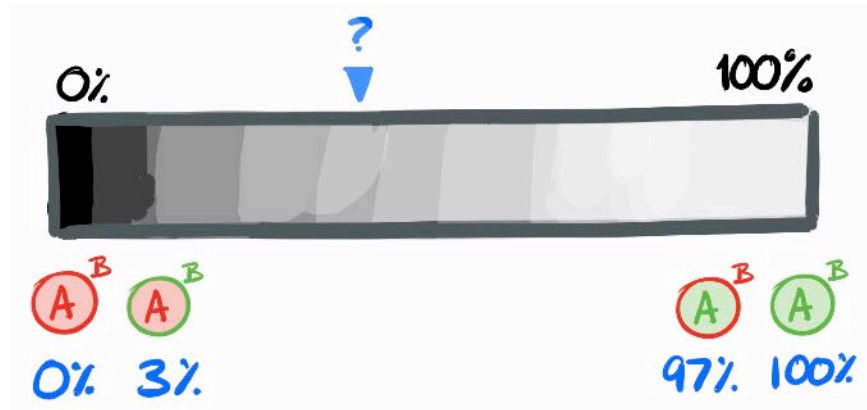
0% & 100% Elements in Action

always apply the element that sees you **FEELING** in control...



Normal vs. Powerful

superior THINKING returns superior results...



Wisdom Model

SYNERGY



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

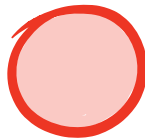
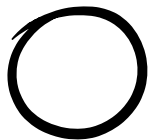
WHITE

0%

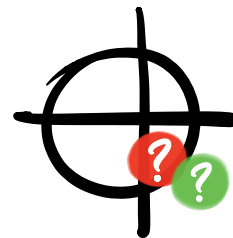
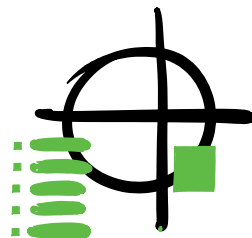
100%

PAST

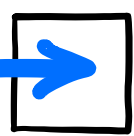
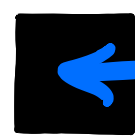
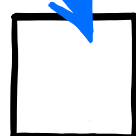
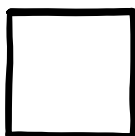
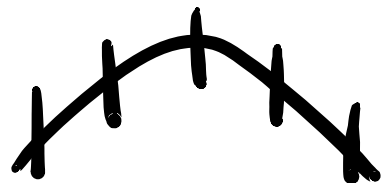
FUTURE



DDG
11 MILL BITS



3%
97%



0%

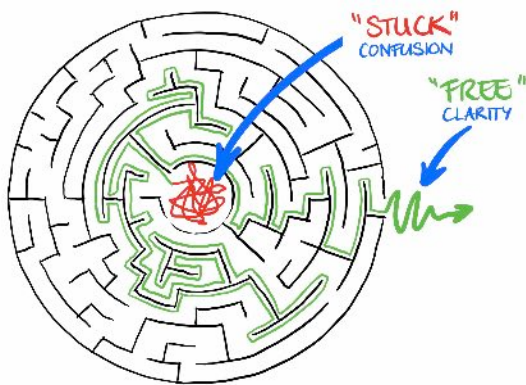
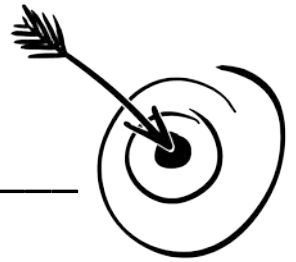
100%

Element: HAPPINESS & Pre-Purpose

Fast track to INTERNAL HAPPINESS and connecting to your purpose...

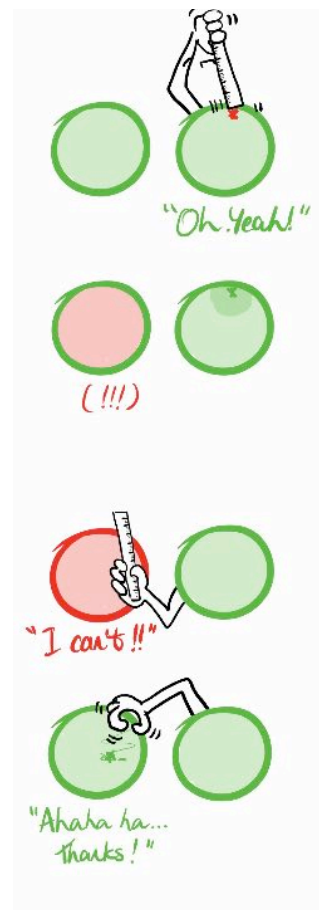
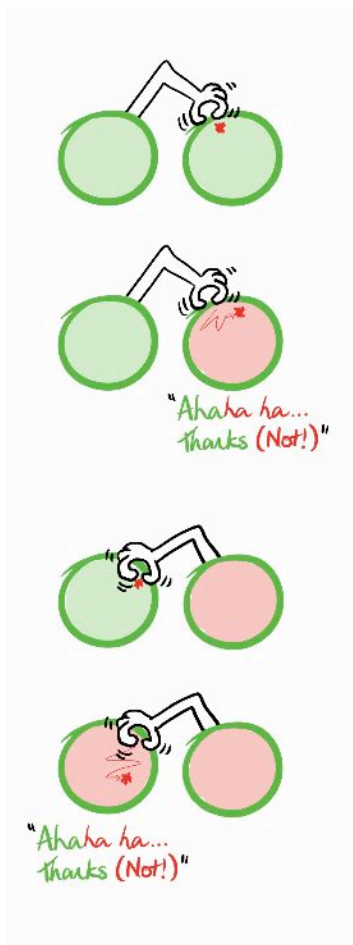
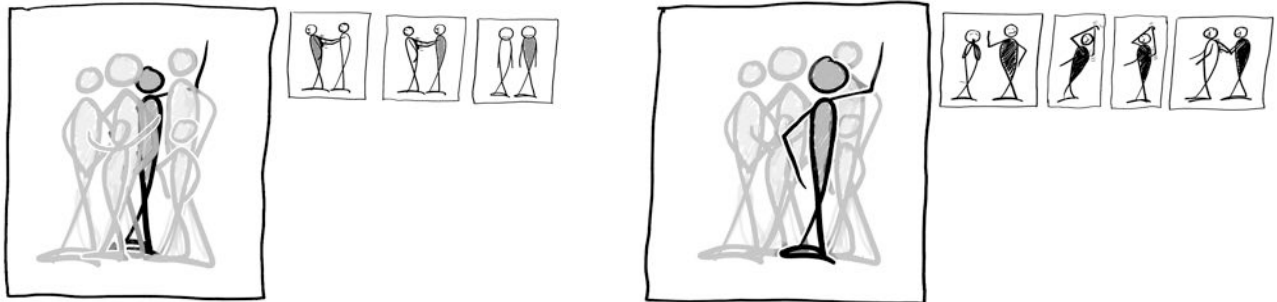
To create _____ and _____
for _____

(& then others).



Back Scratching

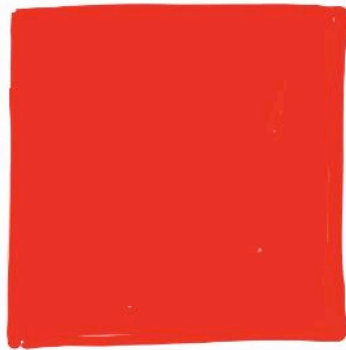
why looking after others first creates a lose, lose situation...



Framework: Red & Green Squares

how to practically use your feelings...

THE EASIEST WAY
TO CONSCIOUSLY OWN
OUR FEELINGS



RED
SQUARE



GREEN
SQUARE

WHAT'S THE DIFFERENCE BETWEEN ○ & ■

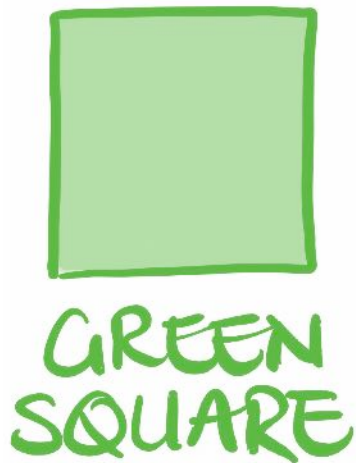




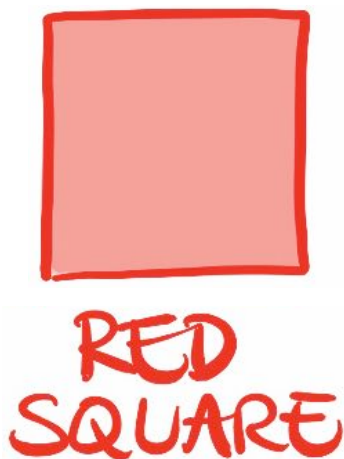
Making Purposeful Decisions

the key to making the best decision for yourself and others...

FUNCTIONAL

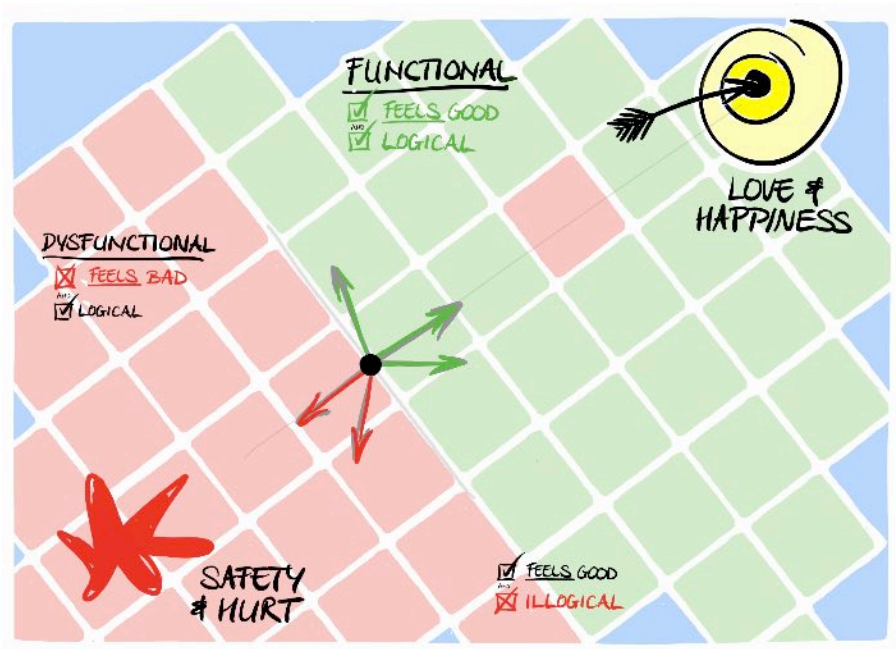


DYSFUNCTIONAL

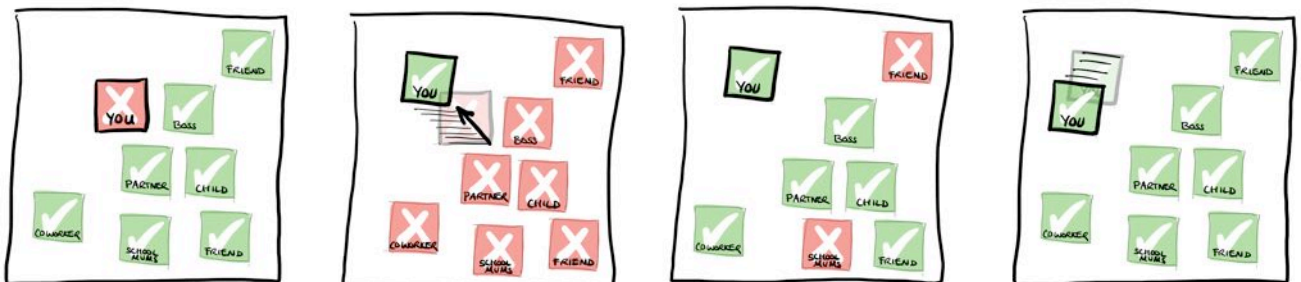


Our Biological GPS

if you're not going backwards, you're heading in a good direction...

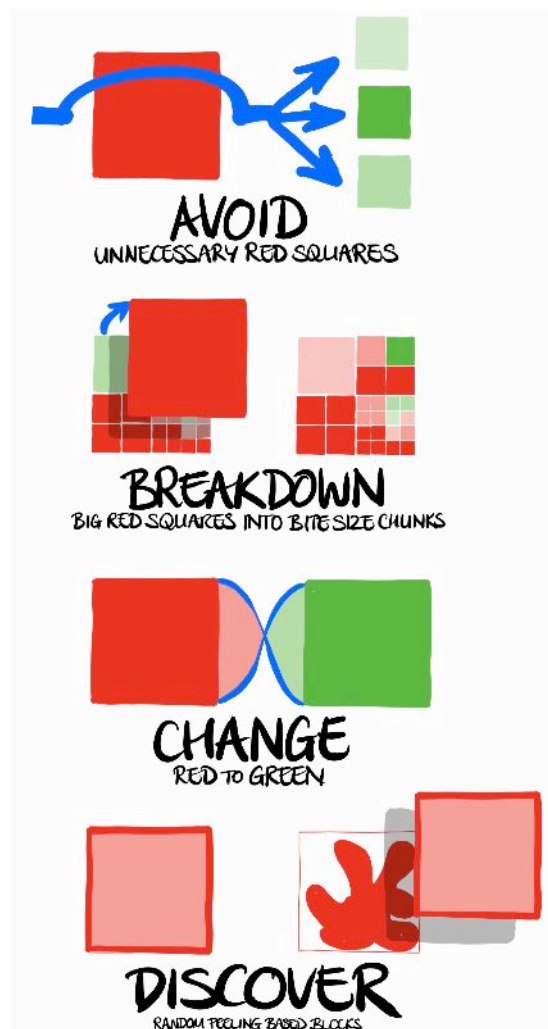
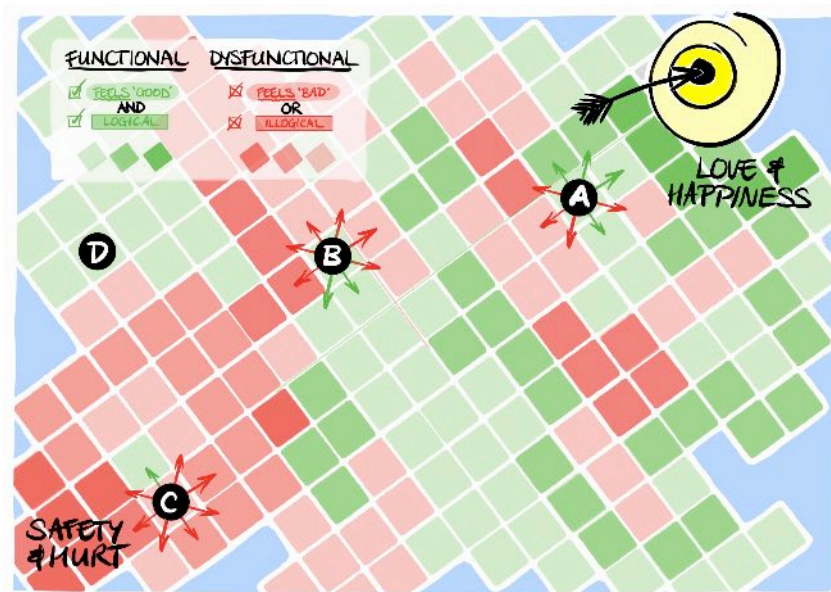


Putting your own oxygen mask on first
not only saves lives, it creates more happiness too



Your Starting Point & Your Options

no matter your starting point, life can get a whole lot better...



EXTERNAL

INTERNAL

FEELING

HAPPINESS

LOVE

SAFETY

HURT

THINKING

BLACK

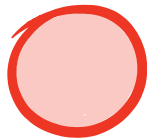
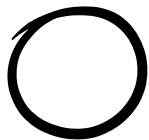
WHITE

0%

100%

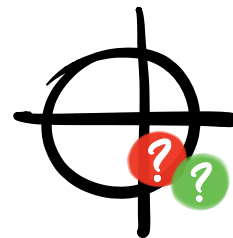
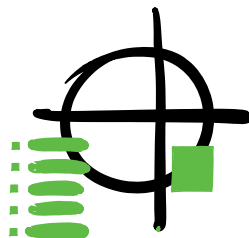
PAST

FUTURE

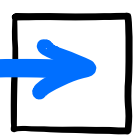
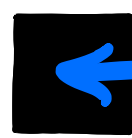
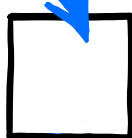
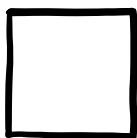
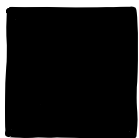
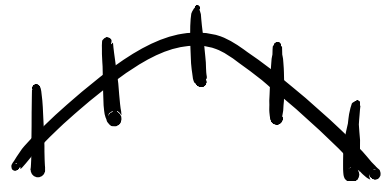


DDG
11 MILL BITS

Me Us Then
The Rest



3%
97%

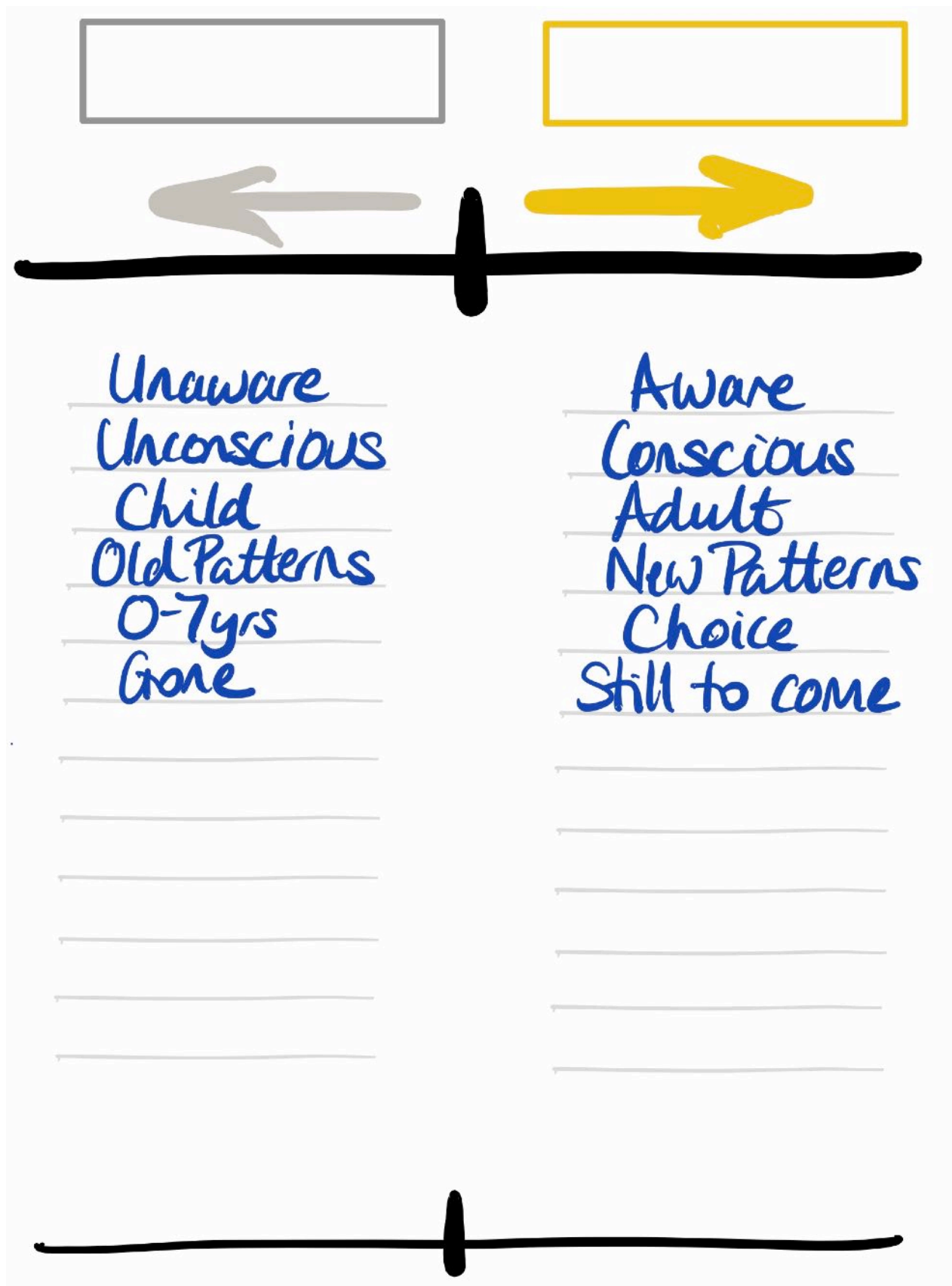


0%

100%

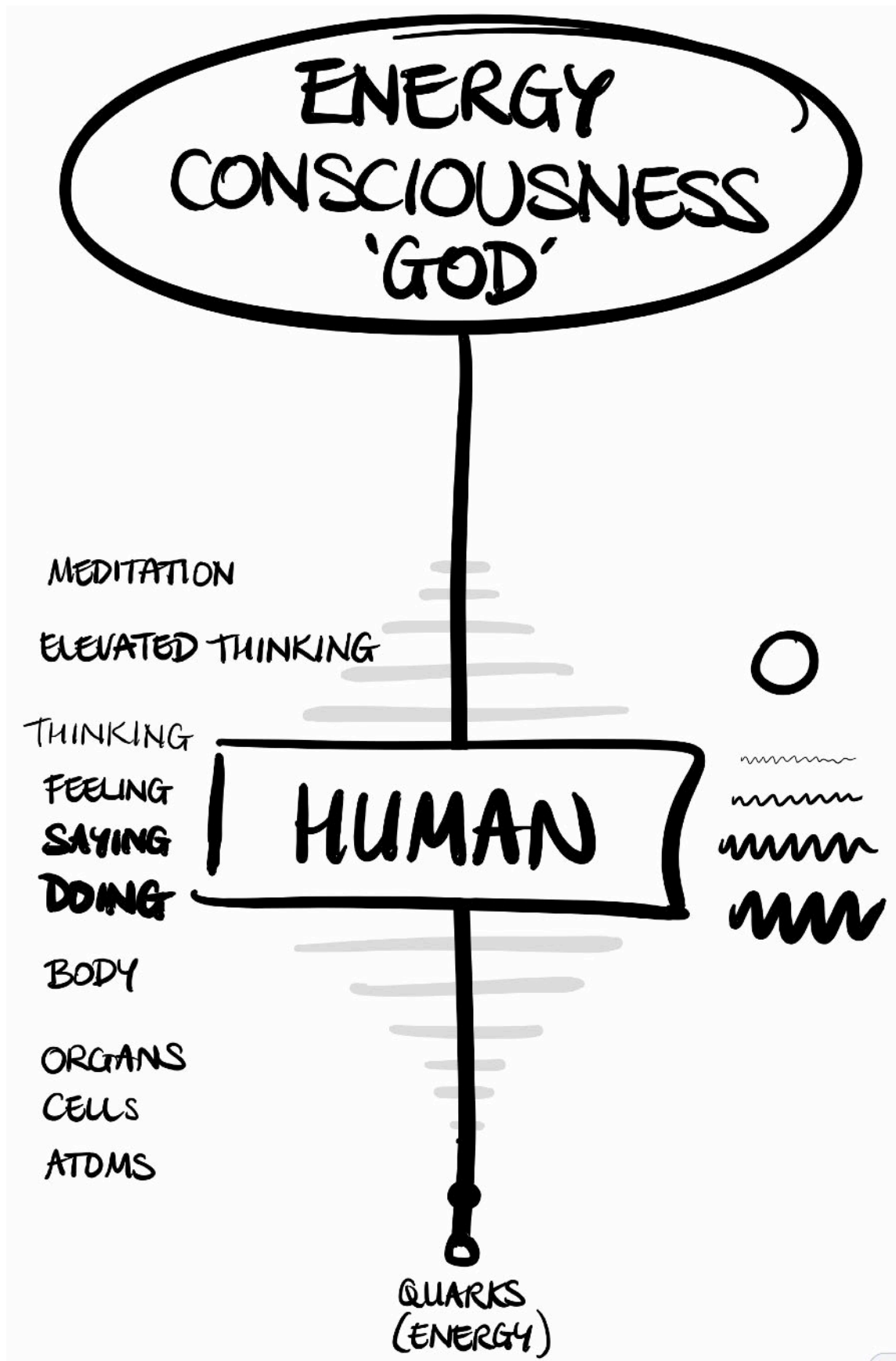
Elements: PAST & FUTURE

a very important paradigm...



A Powerful Perspective

a personal map for challenging times...





P: 1300 663 003

+61 3 9775 3074 (International)

admin@inspiretribe.com.au

Mornington Peninsula, Victoria, Australia