



Bring About  
What You  
Think About





## Eddie LeMoine



- Canadian-born international bestselling author
- Keynote speaker
- Seminar leader and corporate trainer
- 40 plus years of experience



If you are like me

**I had a  
thought**





A woman with voluminous, curly, light brown hair is shown from the chest up. She is wearing a white, textured knit sweater. Her right hand is raised to her chin, with her index finger pointing upwards, suggesting a state of deep thought or contemplation. The background is a solid, neutral grey. On the right side of the image, large white text is overlaid. On the far left, there is a vertical orange bar with a yellow triangle at the top, and a small white URL is written vertically along it.

**What if I  
could find  
better way**



What if it was  
as easy as  
changing the  
way you  
think







# Stinking Thinking

**It all started at the Old Triangle Pub.....**





**I Noticed Changes**

**235 Pounds**





**I Noticed Changes**

**195 Pounds**





**I Noticed Changes**





**I Noticed Changes**





**I Noticed Changes**





# I Noticed Changes





I Noticed Changes





I Noticed Changes

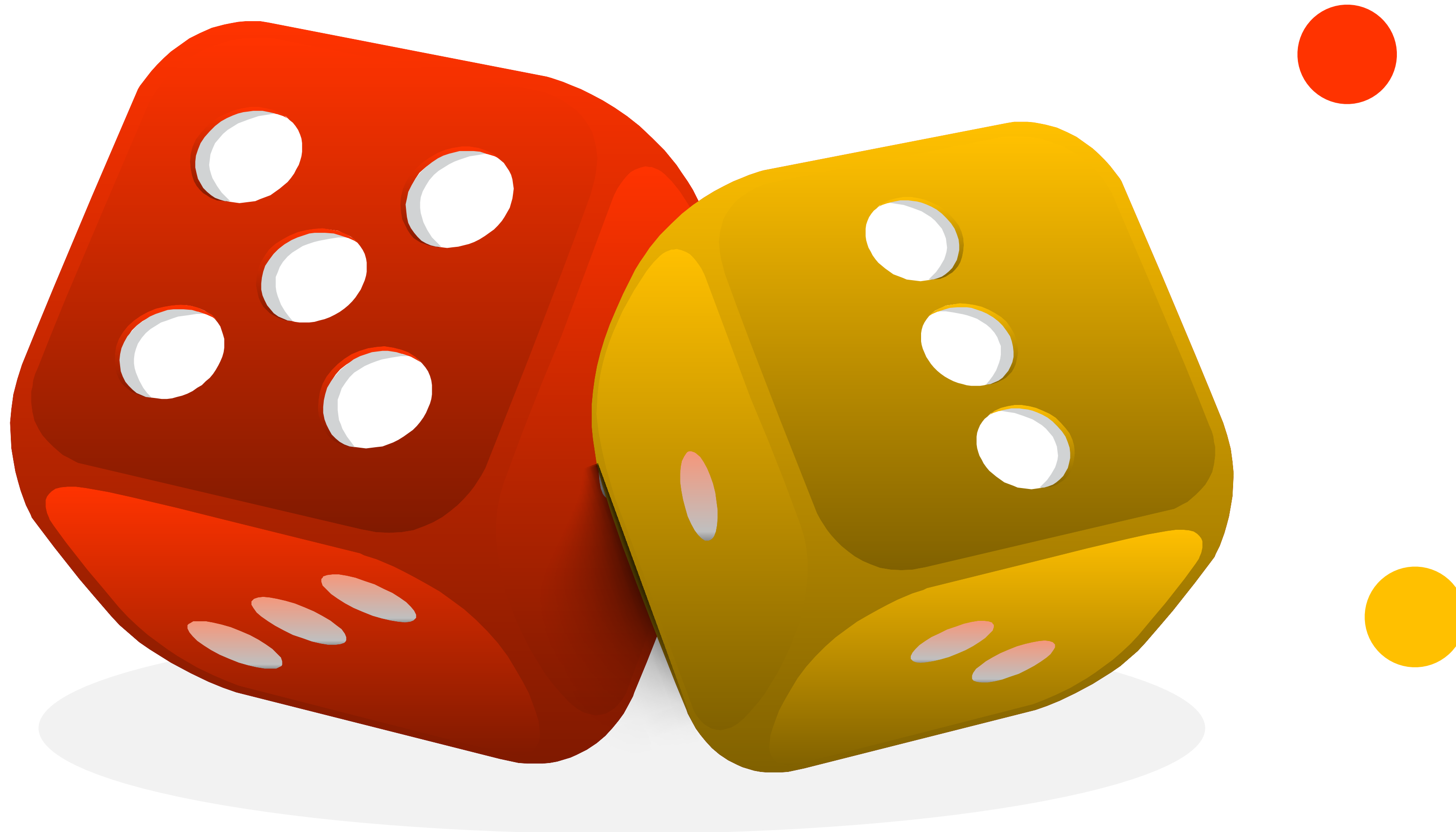




**Our clients**



**The problem with traditional goal setting  
is...**





# My Research



## Science

The way the brain works



## Psychology

The questions we ask



## Unexplainable

Things that happen we can't explain



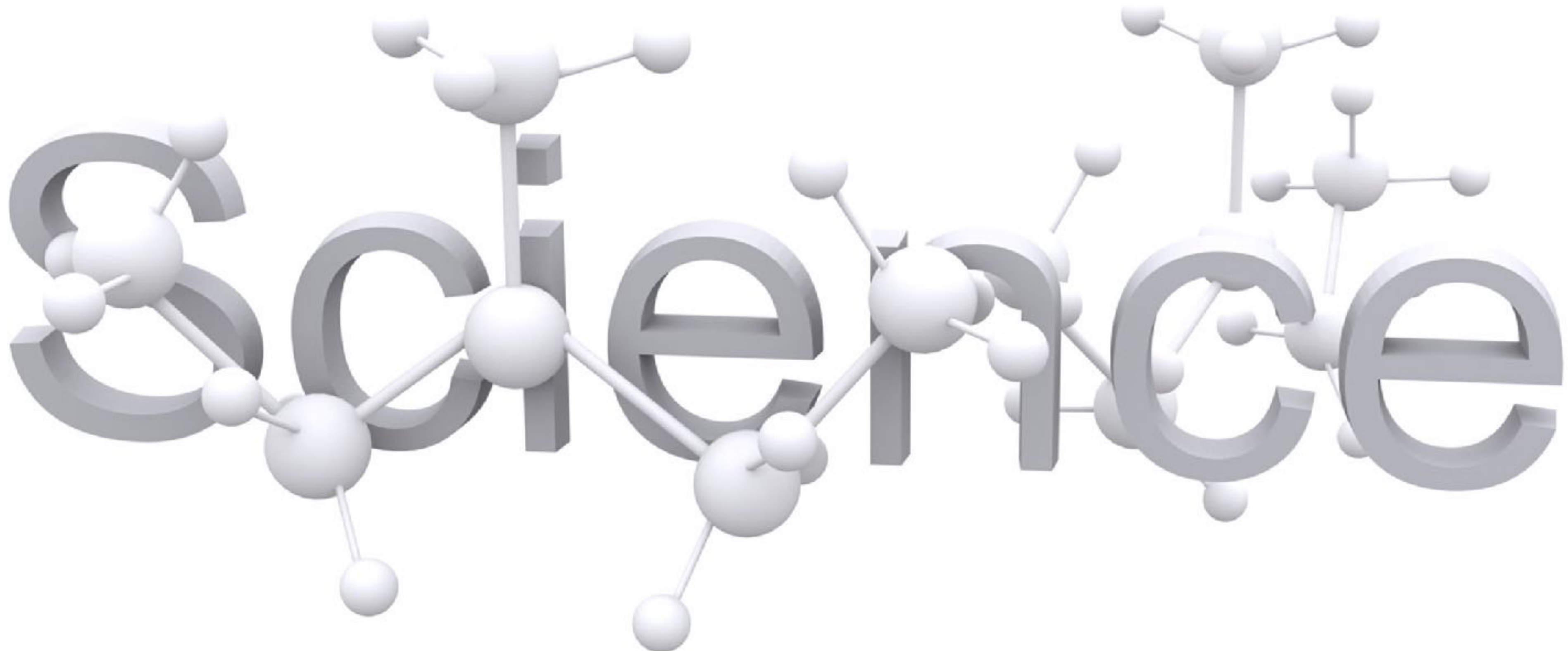


# My Research



## Science

The way the brain works





# Psychology

The questions we ask

ANSWERS

QUESTIONS

## My Research





# My Research

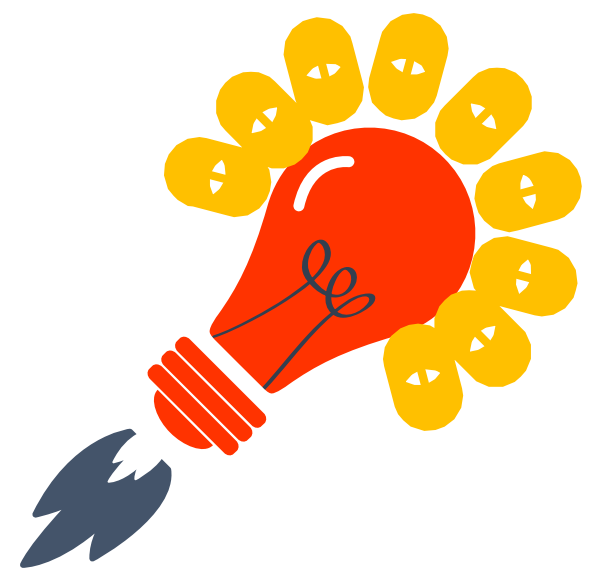


## Unexplainable

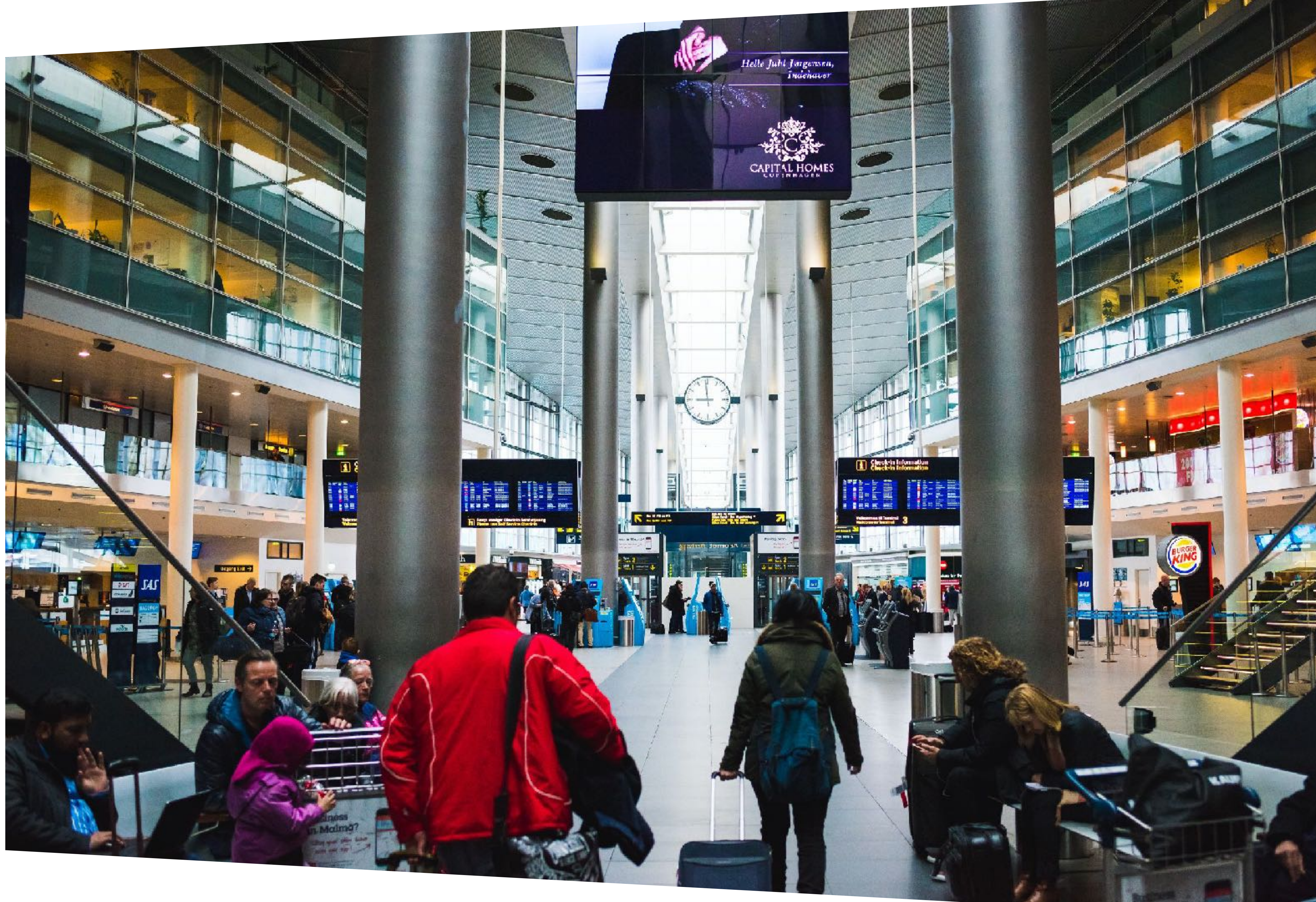
Thinks that happen we can't explain





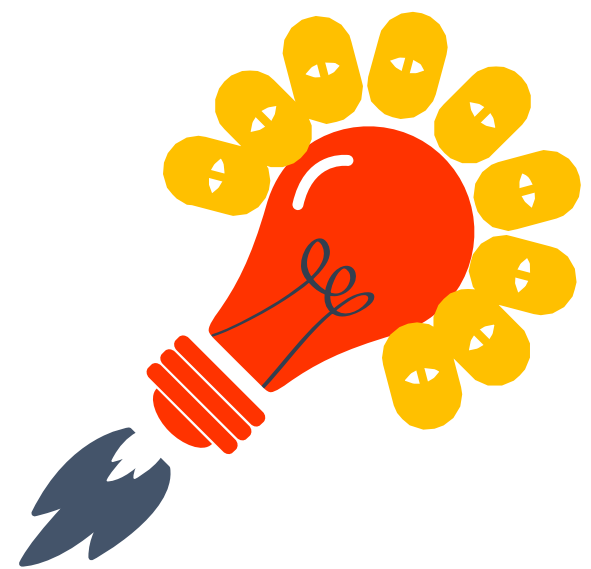


Unexplainable

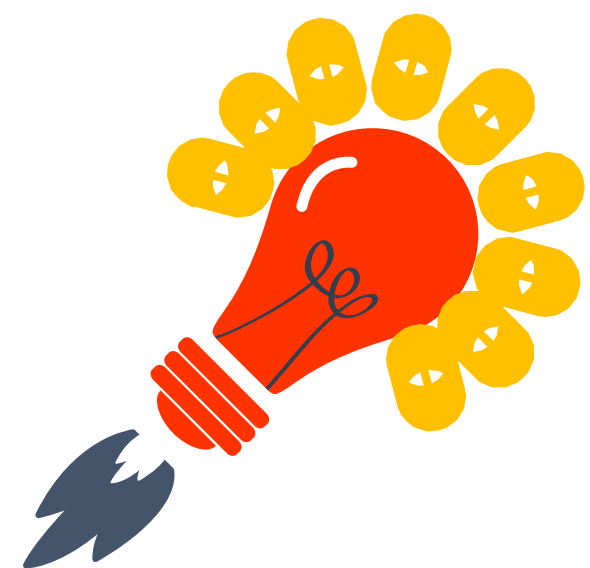




Unexplainable







They  
discovered  
they were  
sisters.





# WHERE IS YOUR ATTENTION?

“Whatever you focus your “*attention*” on and “*energy*” towards you “Bring” into your life.”





**Where is this impacting you?**



**“Your secret internal conversations are slowly shaping your destiny.”**



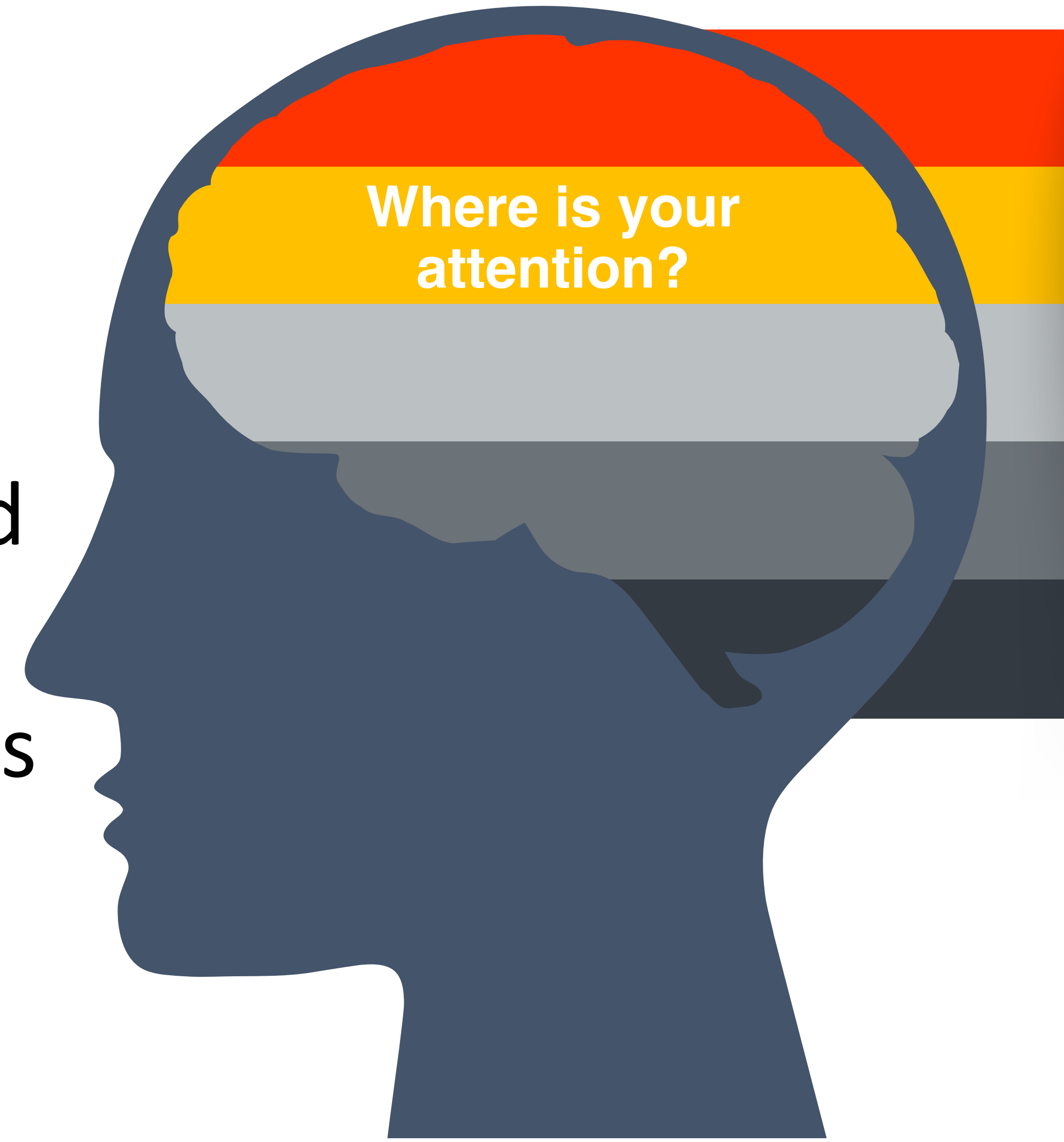


**“Your secret internal conversations are slowly shaping your destiny.”**

Conscious Mind can process about 40 bits of data per second

Subconscious Mind can process 40,000,000 bits of data in the exact second

“The subconscious mind is 1,000,000 times more powerful as an information processor than the conscious mind.”





# “Your secret internal conversations are slowly shaping your destiny.”

Thoughts



*“Sow a thought, reap an action.”*





# “Your secret internal conversations are slowly shaping your destiny.”

Thoughts

Habits

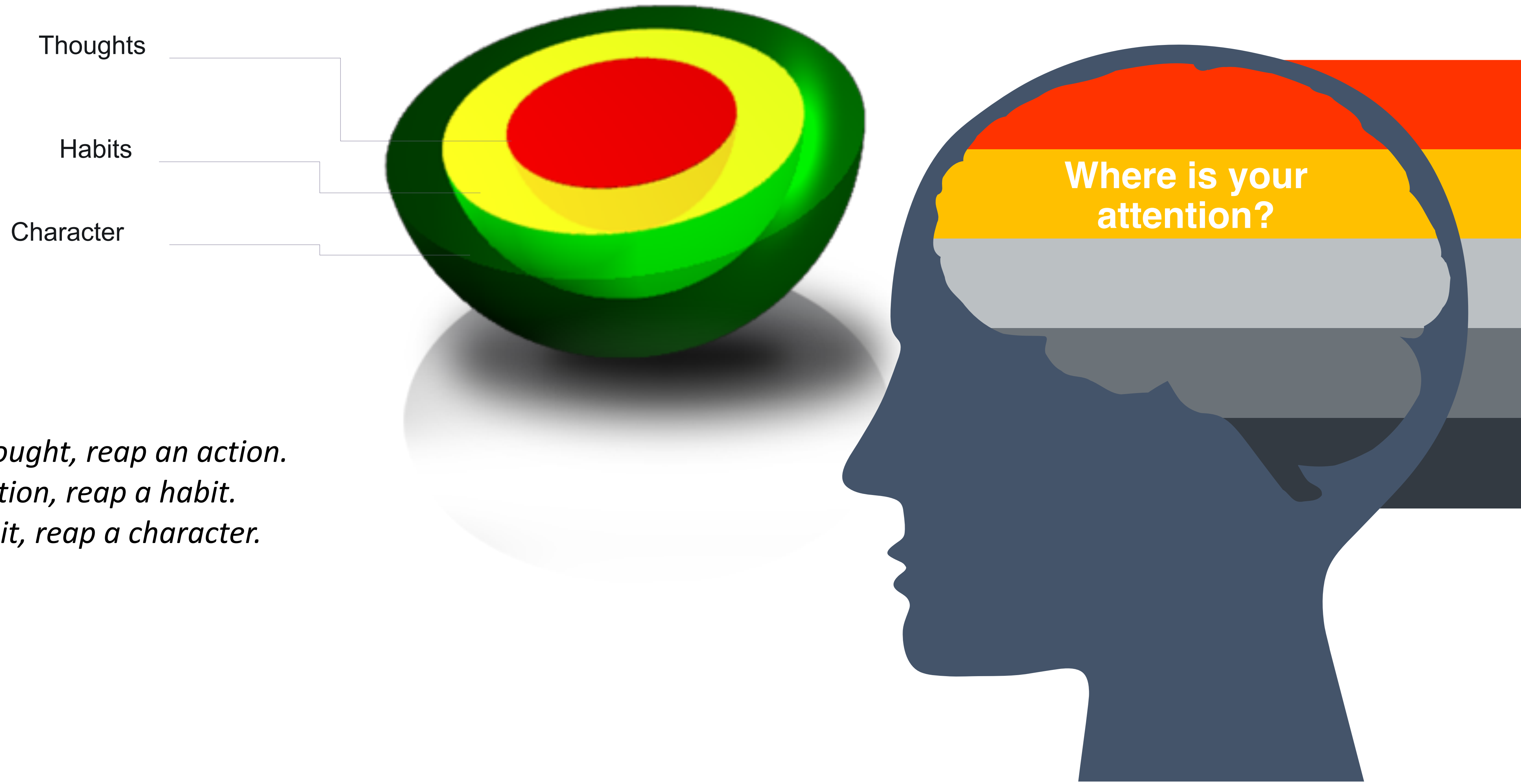


*“Sow a thought, reap an action.  
Sow an action, reap a habit.”*





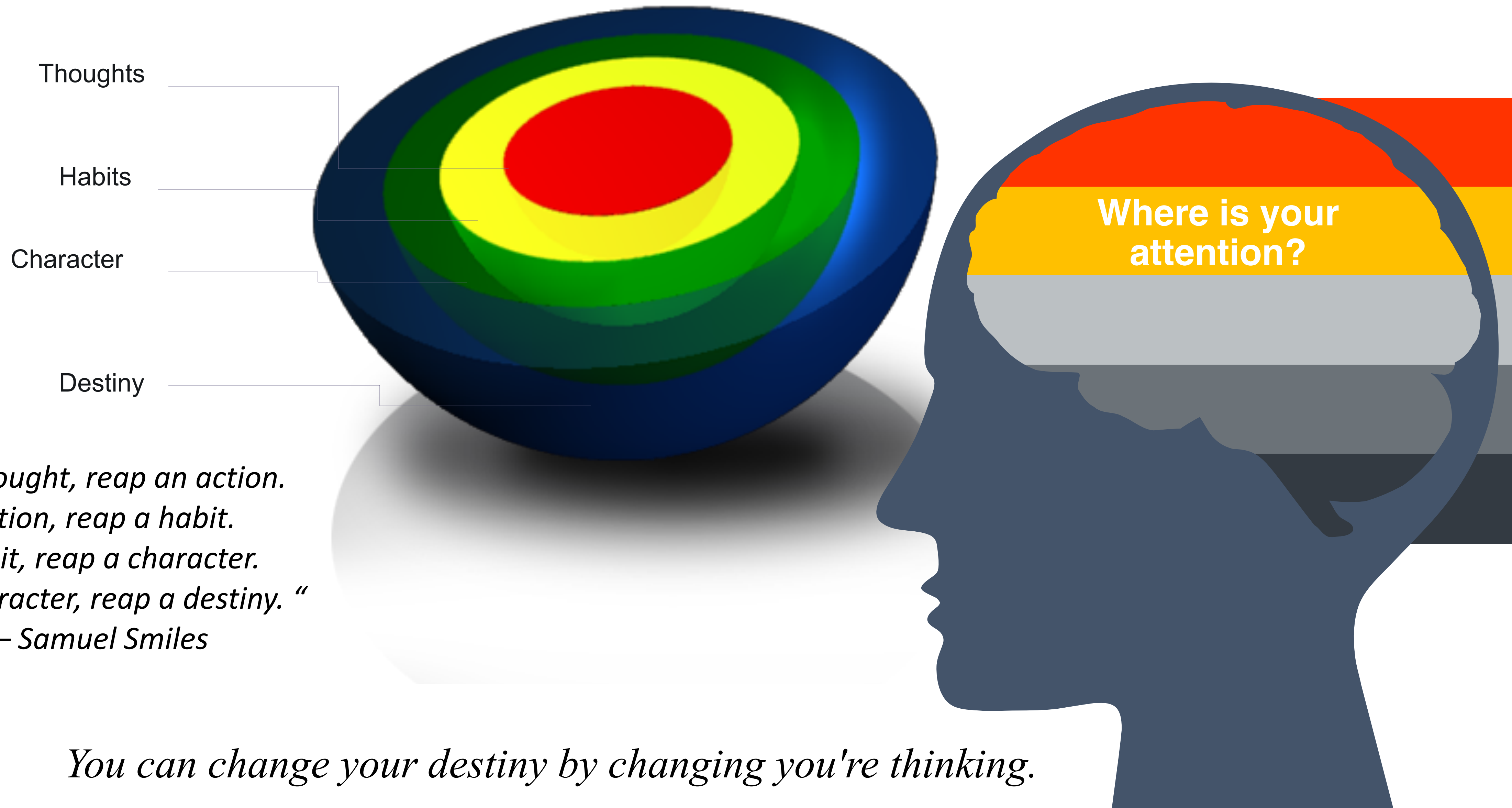
# “Your secret internal conversations are slowly shaping your destiny.”



*“Sow a thought, reap an action.  
Sow an action, reap a habit.  
Sow a habit, reap a character.”*



# “Your secret internal conversations are slowly shaping your destiny.”



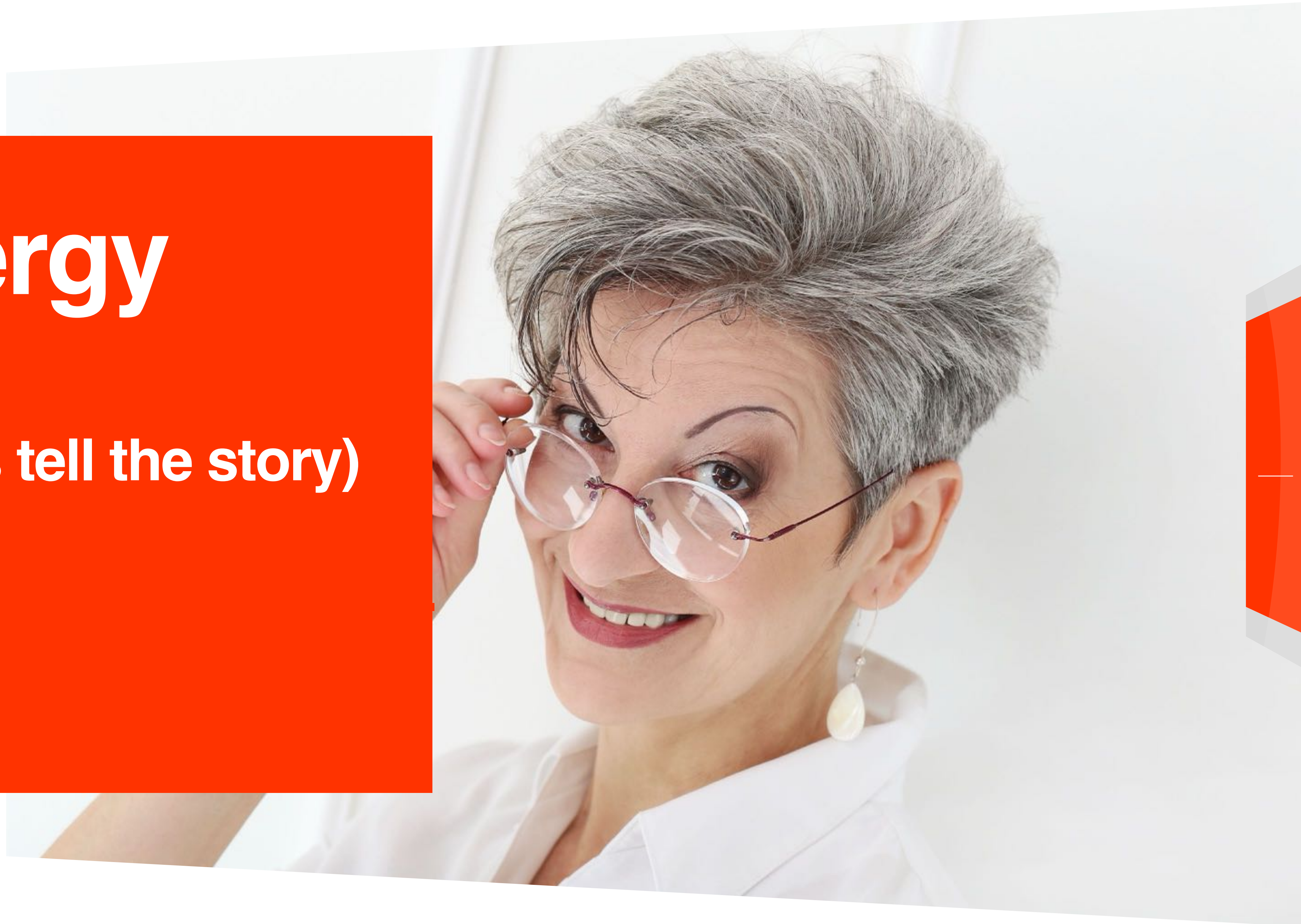
*“Sow a thought, reap an action.  
Sow an action, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny. “*  
– Samuel Smiles

*You can change your destiny by changing you're thinking.*



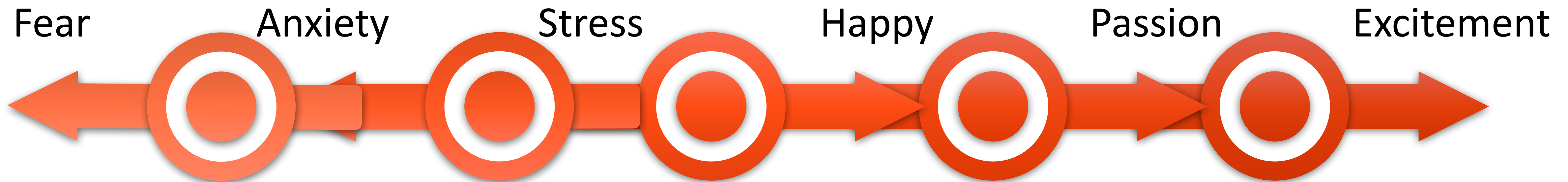
# Energy

(Our emotions tell the story)





# Energy Our emotions tell the story



- Challenging to achieve your goals
- Hard to change your habits

- Your goals come to you easily
- Easy to form new empowering habits



# Your emotions are your guidance system.



Area of your life you would like to change.

Area of your life that is on track.



# Your emotions are your guidance system.



Area of your life you would like to change.

Area of your life that is on track.



A man with a beard and glasses is shown in a dimly lit room, resting his chin on his hand and looking at a laptop screen. The background is dark, and the only light source is the laptop screen, which is visible as a bright area in the lower part of the frame. The man is wearing a blue shirt.

**Let's take  
a look  
At your  
stress**





## Lets get the facts

- Over 80% of doctor visits are stress-related.
- The cost to the economy is in the billions of dollars.
- Rising health care costs and stress are linked.
- Technology is increasing stress

“Over 80% of doctor visits are stress-related.”





**Would you like a hug**



# Oxytocin: The "Cuddle Hormone"

Oxytocin







**Look to your friends and family**









**Change Your Focus**  
***Change Your Thinking Change***  
***Your Future***

**“ All the complaining, worrying and talking about what you don’t want will never attract what you do want.”**





**I am going to love every student.**

**But she knew it was not true.**

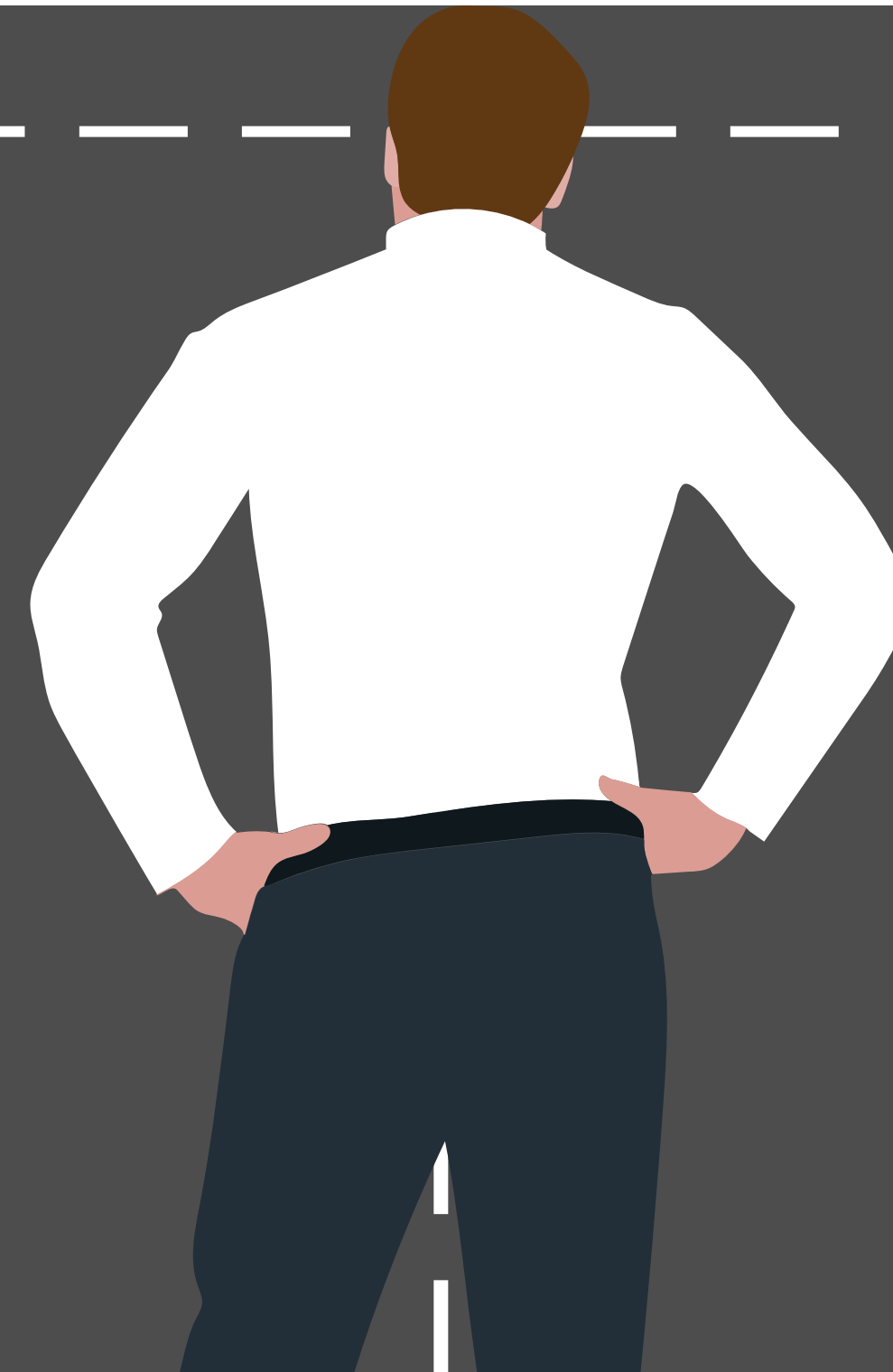


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# Making it work!



**The Hard Way**



**The Easy Way**



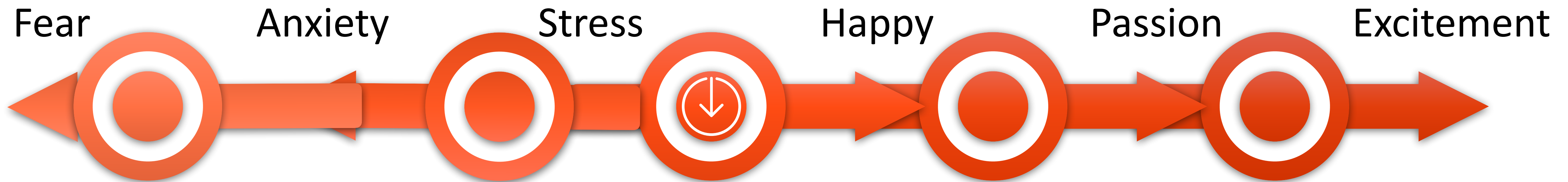
Step 1

# Identify Your Goals





# Your emotions are your guidance system.



Area of your life you would like to change.

Area of your life that is on track.



# Dream Sheet

- Education
- Relationships
- Finance
- Travel
- Health
- Spirituality







**I would like to Manifest a Horse**

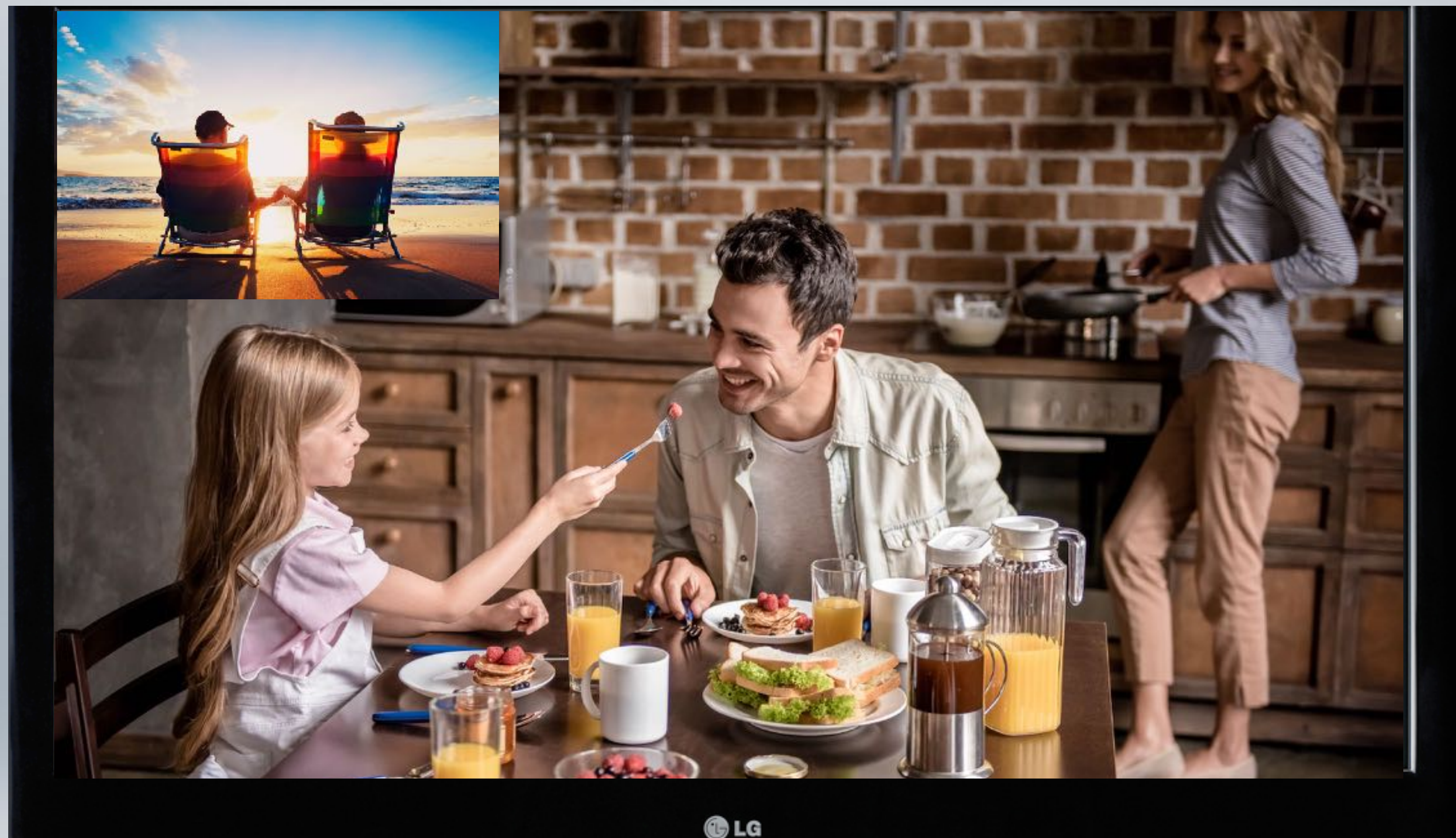




**I would like to**

**Manifest a Horse**





CREATE A VISION  
of the future





CREATE A VISION  
of the future



## Step 2

BELIEVE IN YOURSELF

**You will not achieve your goals if you don't believe you can**





Step 3

**Become the  
person you  
would be if  
you already  
had your  
goals.**







## Positive Attitude

It's more than a positive attitude 📖



Why is it not here  
yet?





**Become  
Detached**





# Limiting beliefs

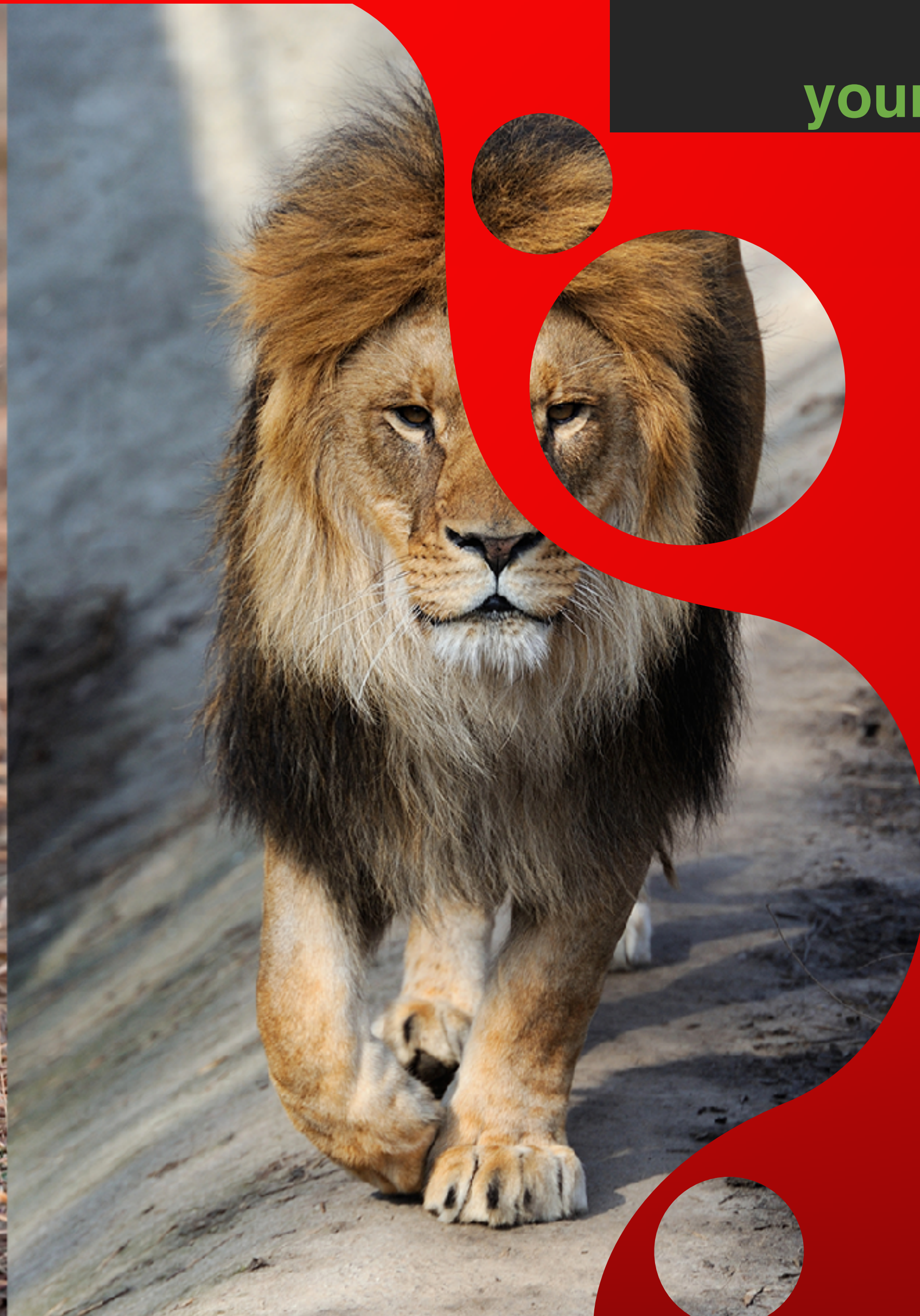
S U C C E S S

M I N D S E T

4



**Your reality today  
vs  
your desires**





"You should be far more concerned with your current trajectory than with your current results."

James Clear  
From the Book Atomic Habits





G I V I N G



G<sub>2</sub> R<sub>1</sub> A<sub>1</sub> T<sub>1</sub> I<sub>1</sub> T<sub>1</sub> U<sub>1</sub> D<sub>2</sub> E<sub>1</sub>

I<sub>1</sub> S<sub>1</sub>

T<sub>1</sub> H<sub>4</sub> E<sub>1</sub>

B<sub>3</sub> E<sub>1</sub> S<sub>1</sub> T<sub>1</sub>

A<sub>1</sub> T<sub>1</sub> T<sub>1</sub> I<sub>1</sub> T<sub>1</sub> U<sub>1</sub> D<sub>2</sub> E<sub>1</sub>





# Eddie LeMoine



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Thank You!

The following link will allow you access to the items Eddie mentioned in his presentation

<https://eddielemoine.com/wcb-program-eddie-lemoine/>