



Bring About
What You
Think About

Mindset Mastery: From Employee Engagement to Personal Empowerment

Bring About What You Think About

Eddie LeMoine



Eddie LeMoine

- **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 gray. 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 on it.

**What if I
could find
better way**

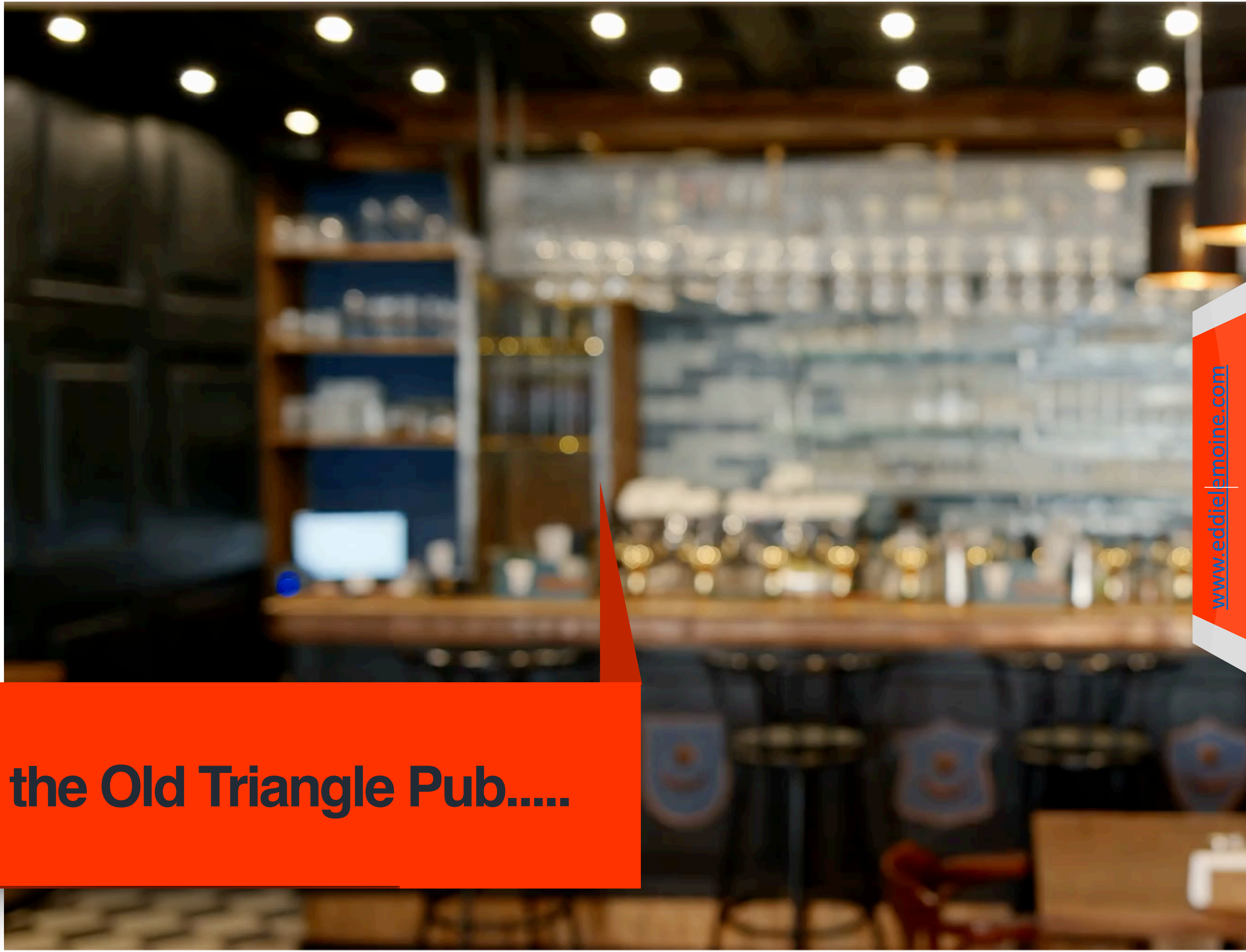
**What if it was
easy**

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

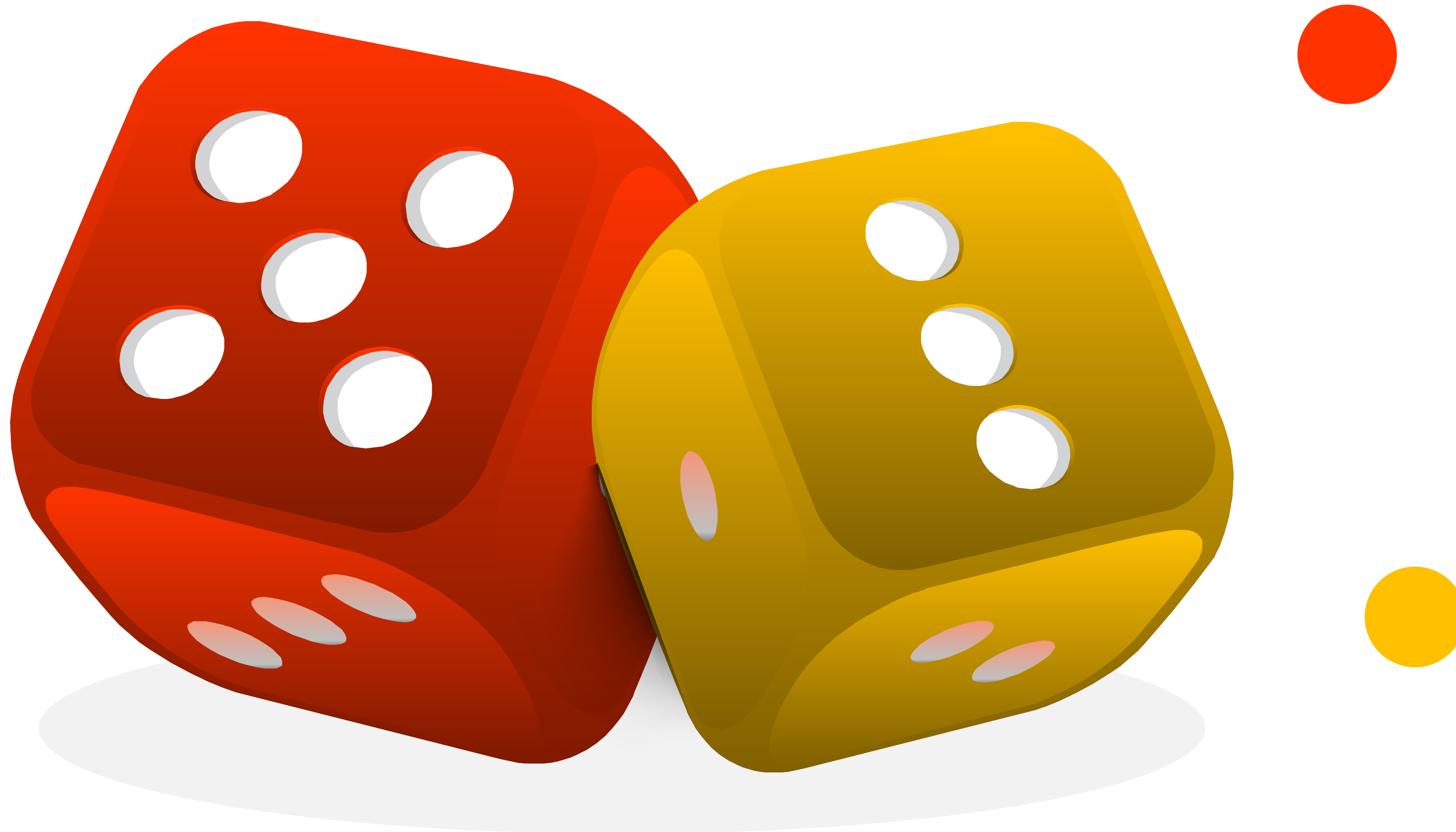


I Noticed Changes



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

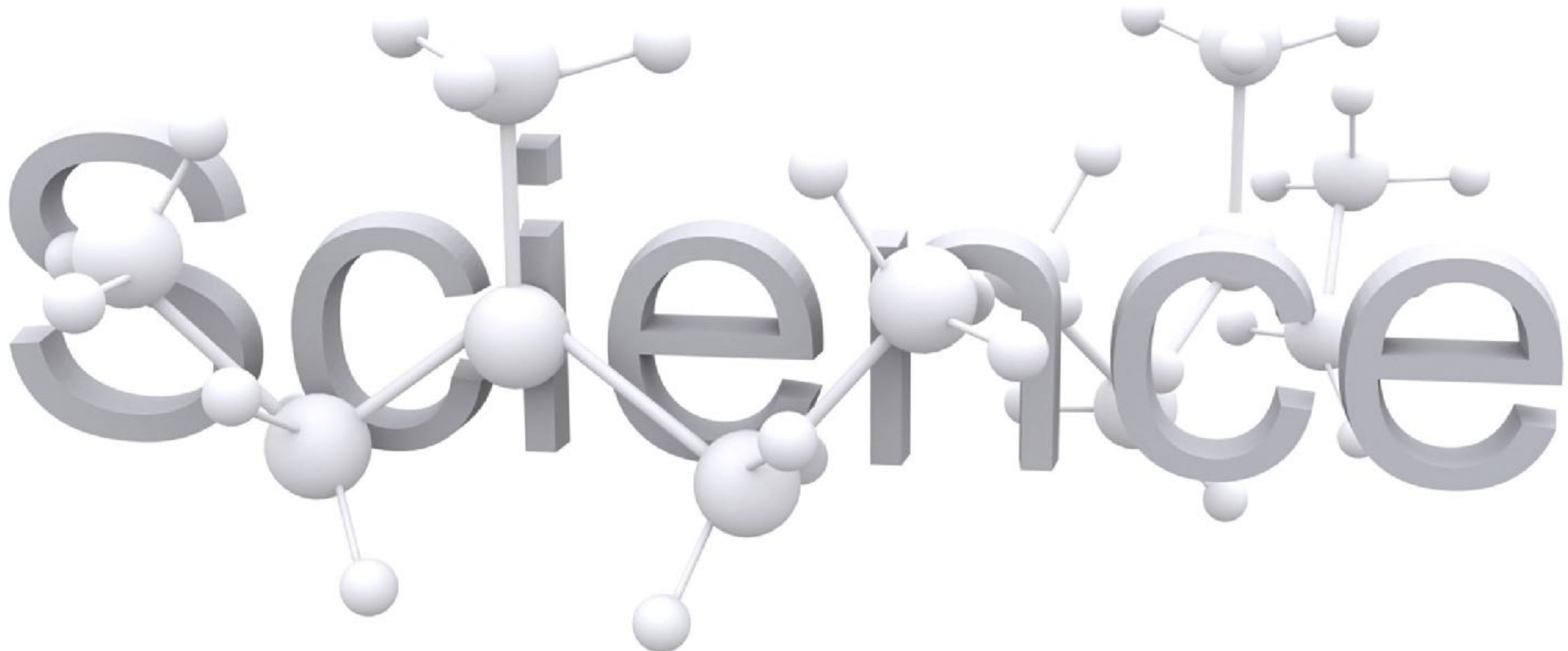


My Research



Science

The way the brain works



Psychology

The questions we ask

ANSWERS

QUESTIONS

My Research



My Research



Unexplainable

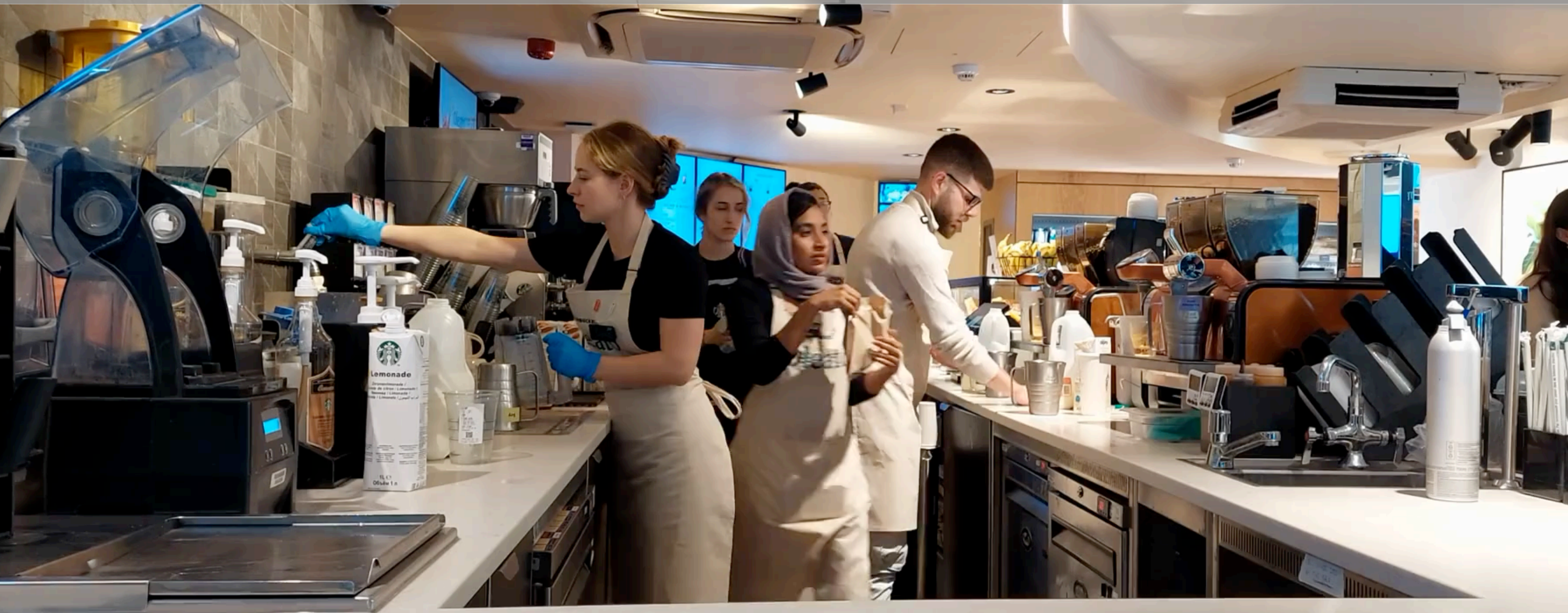
Thinks that happen we can't explain



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.”

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

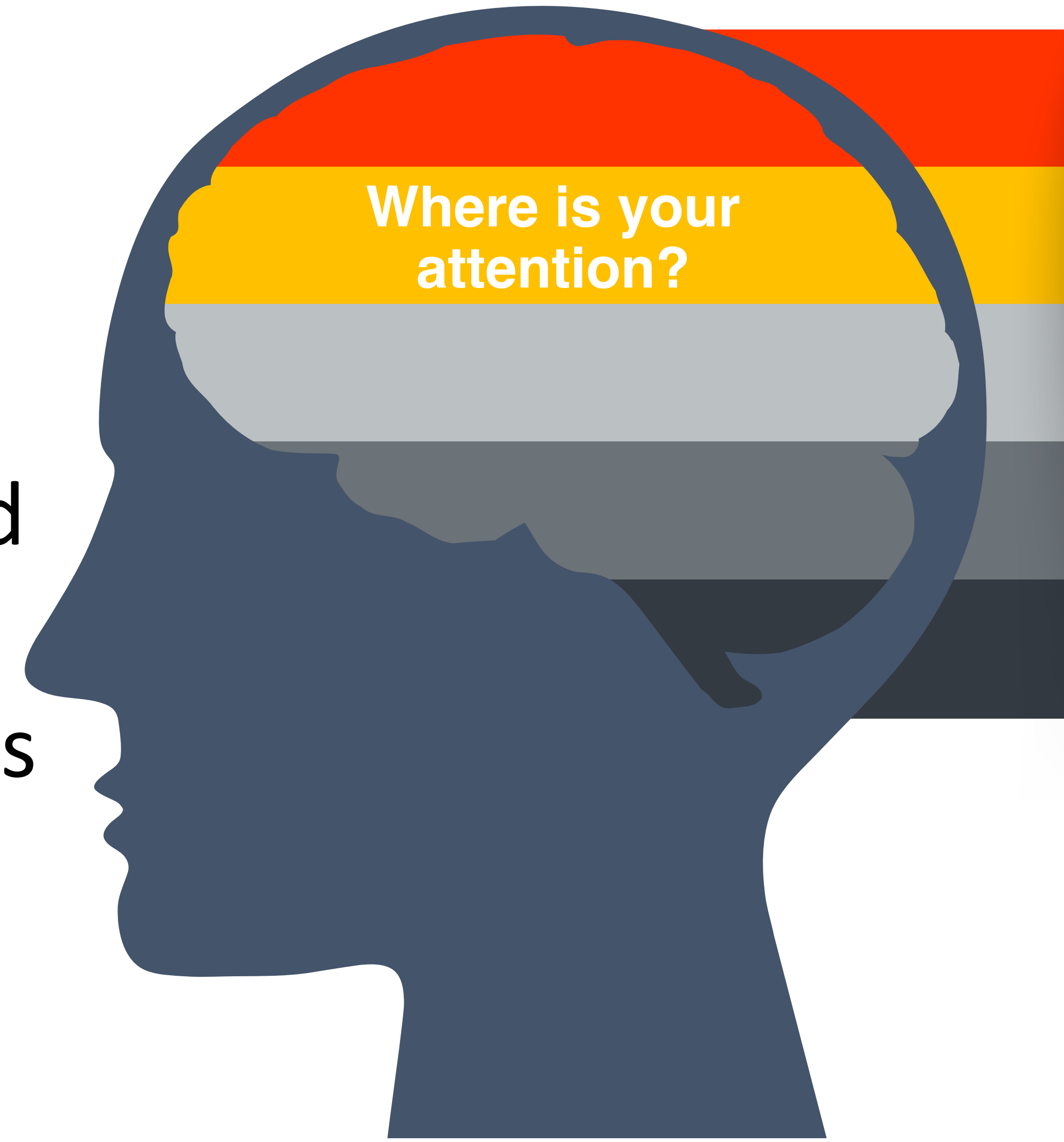


“Your secret internal conversations are slowly shaping your destiny.”

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

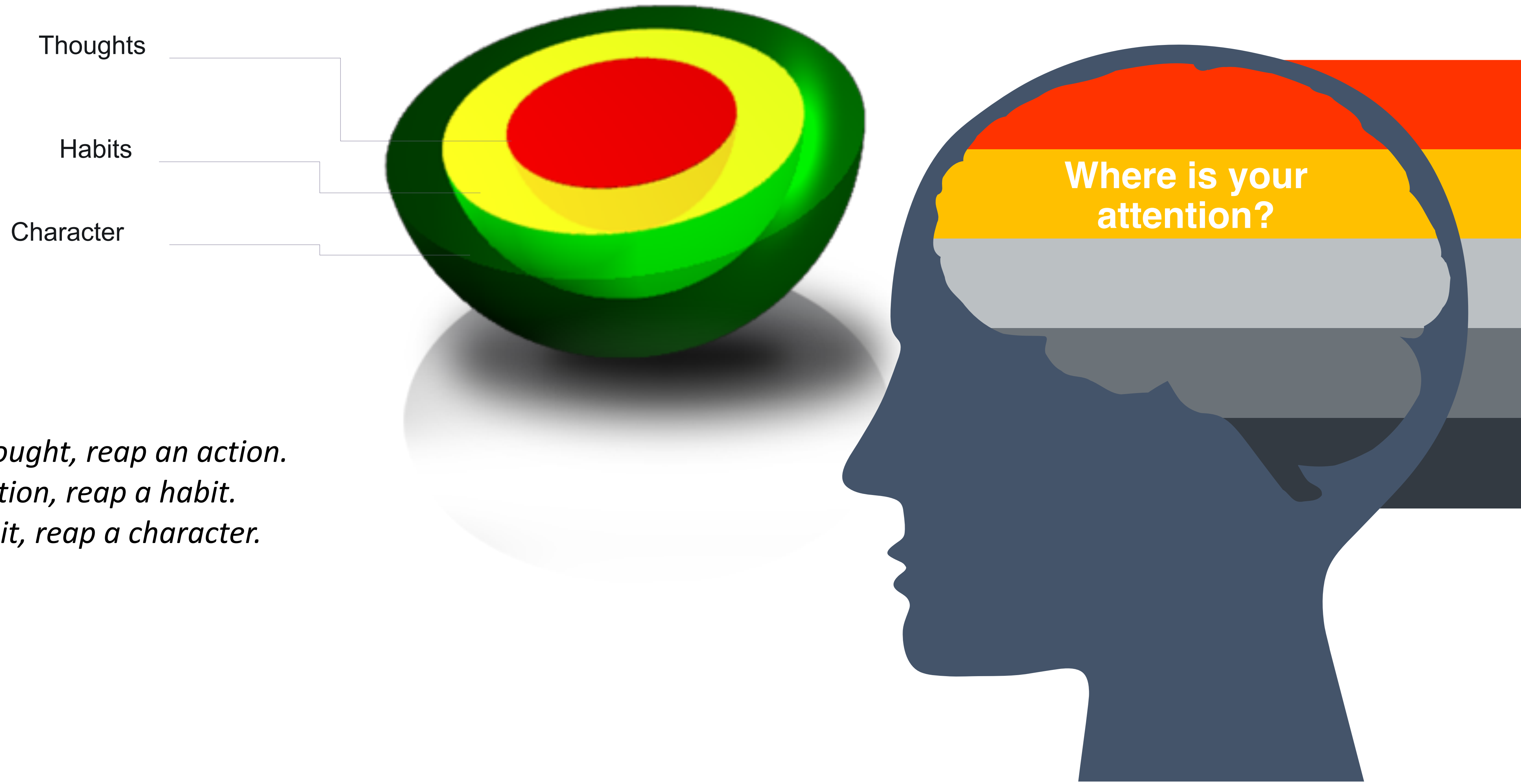
Habits



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

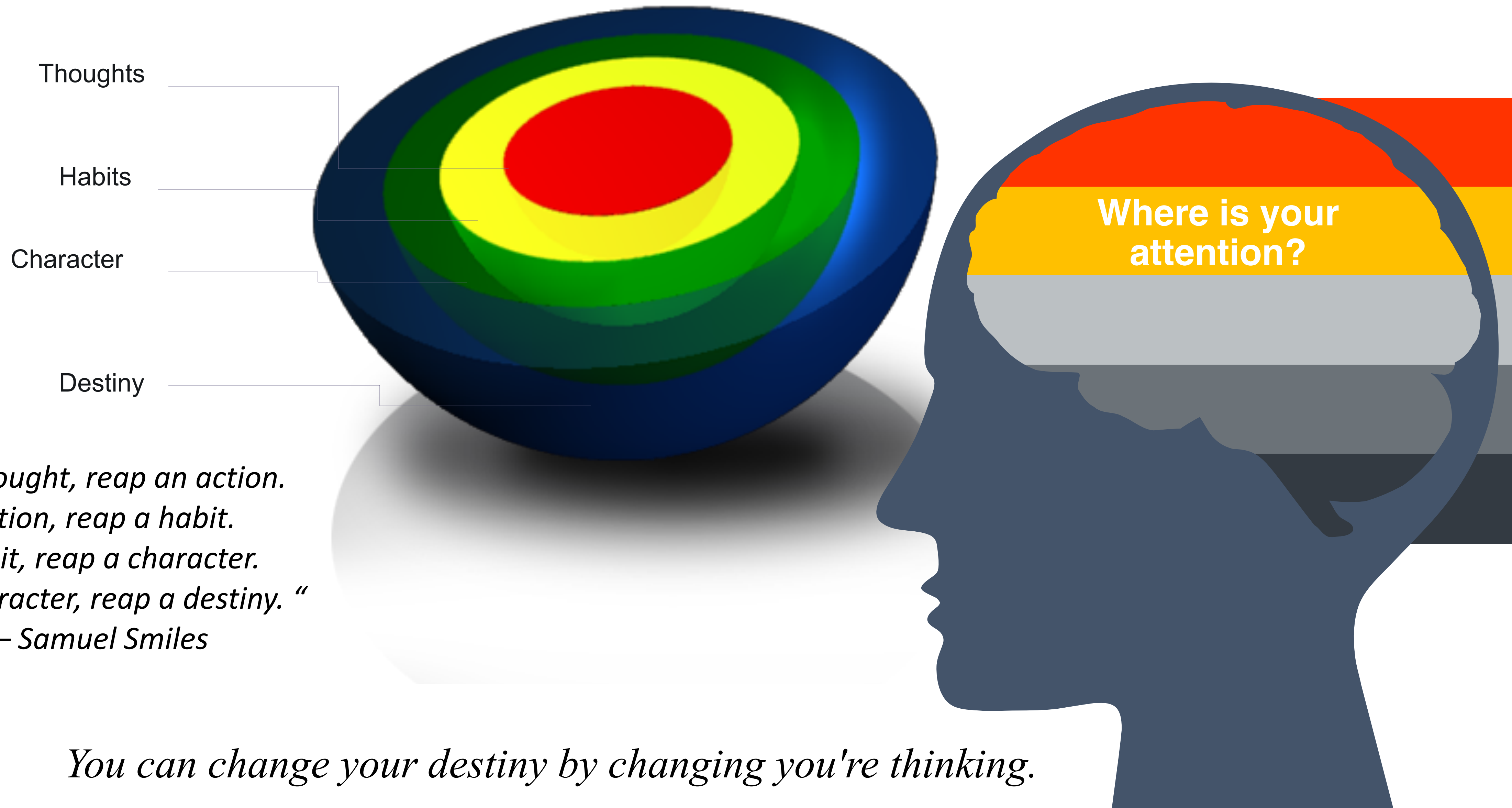


“Your secret internal conversations are slowly shaping your destiny.”



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

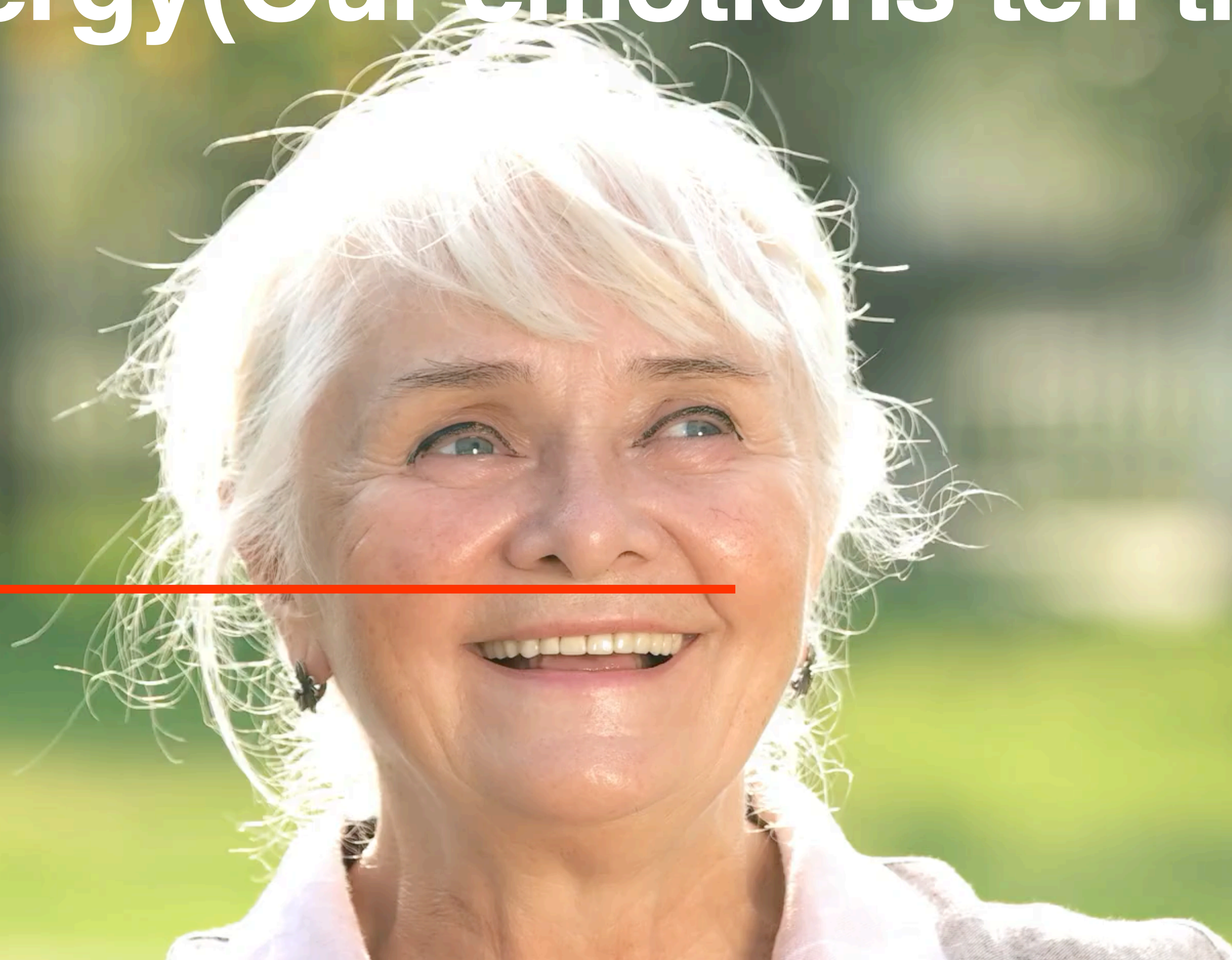
“Your secret internal conversations are slowly shaping your destiny.”



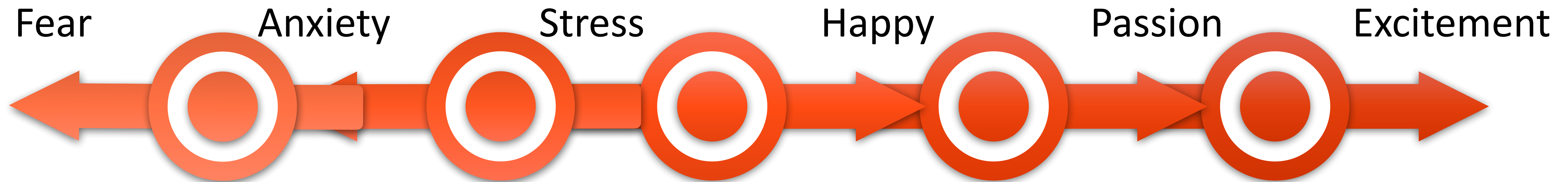
*“Sow a thought, reap an action.
Sow an action, reap a habit.
Sow a habit, reap a character.
Sow a character, reap a destiny. “*
– Samuel Smiles

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

Energy(Our emotions tell the story)



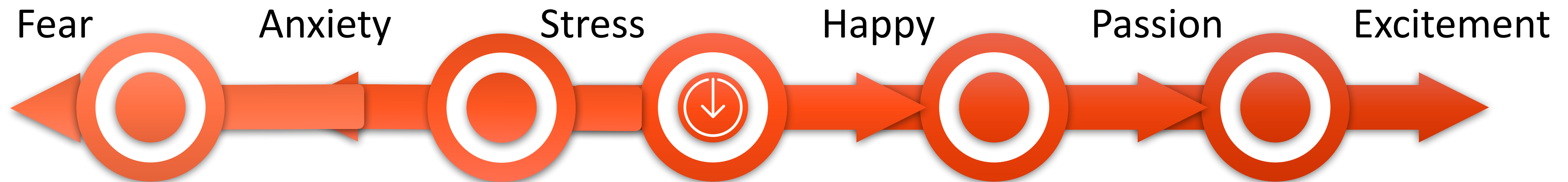
Energy Our emotions tell the story



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

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

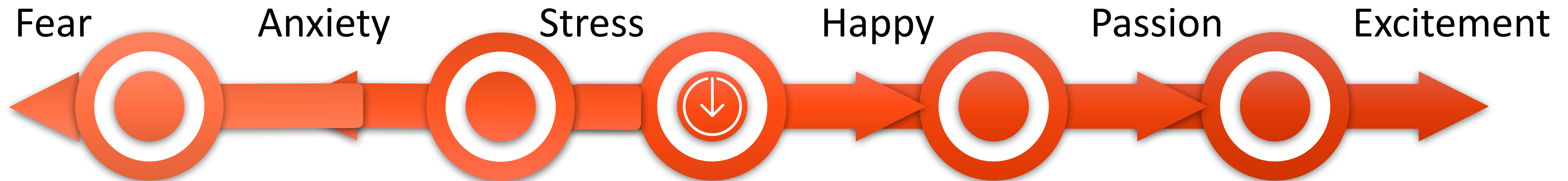
Your emotions are your guidance system.



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.



**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

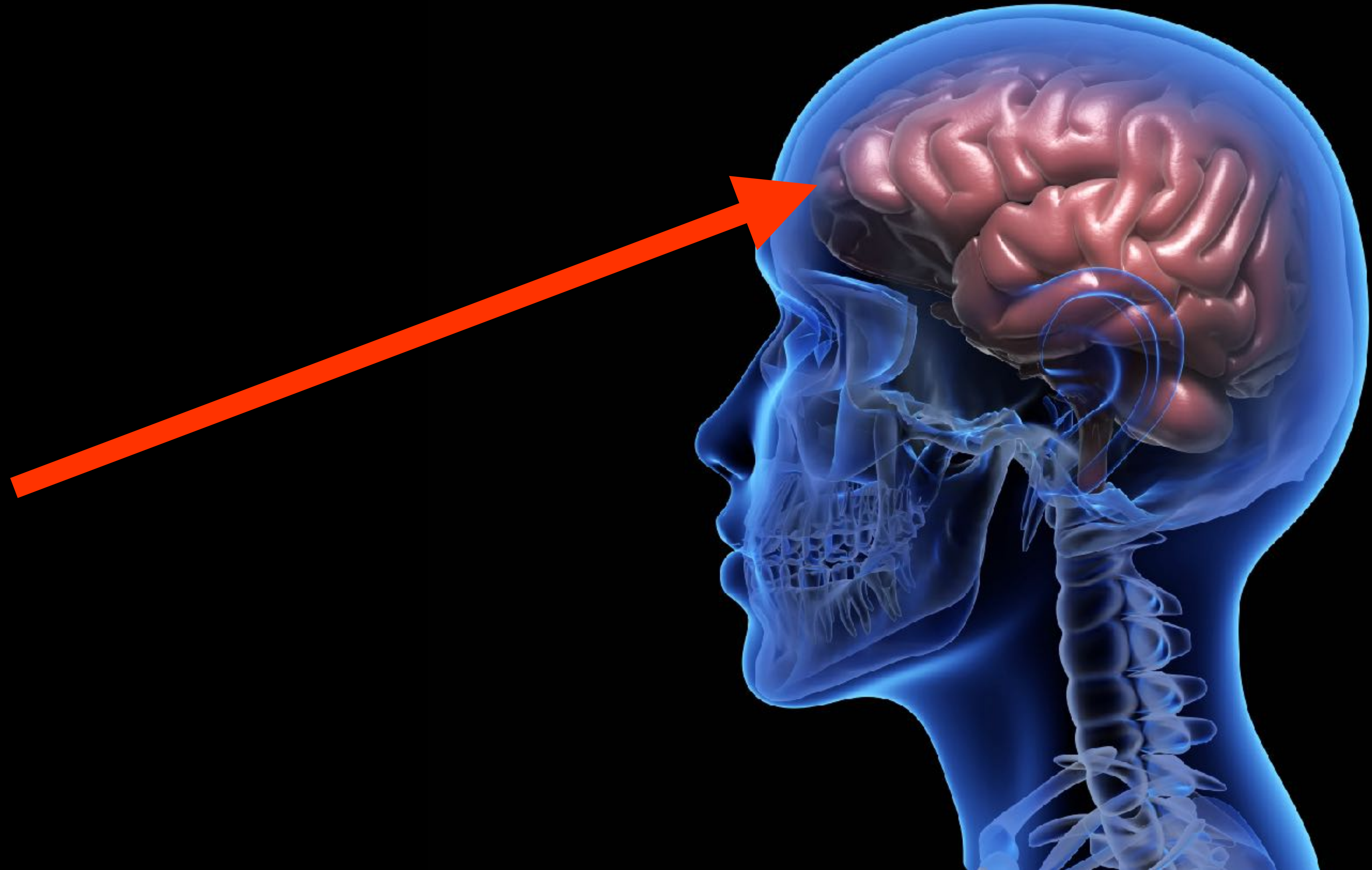
“Over 80% of doctor visits are stress-related.”



Would you like a hug

Oxytocin: The "Cuddle Hormone"

Oxytocin



Oxytocin: Unleash the “Cuddle Hormone”

- ***Share Your Feelings*** - Open up about stress with those involved.
- ***Seek Trusted Support*** - Talk about your challenges with close friends and confidantes.





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.

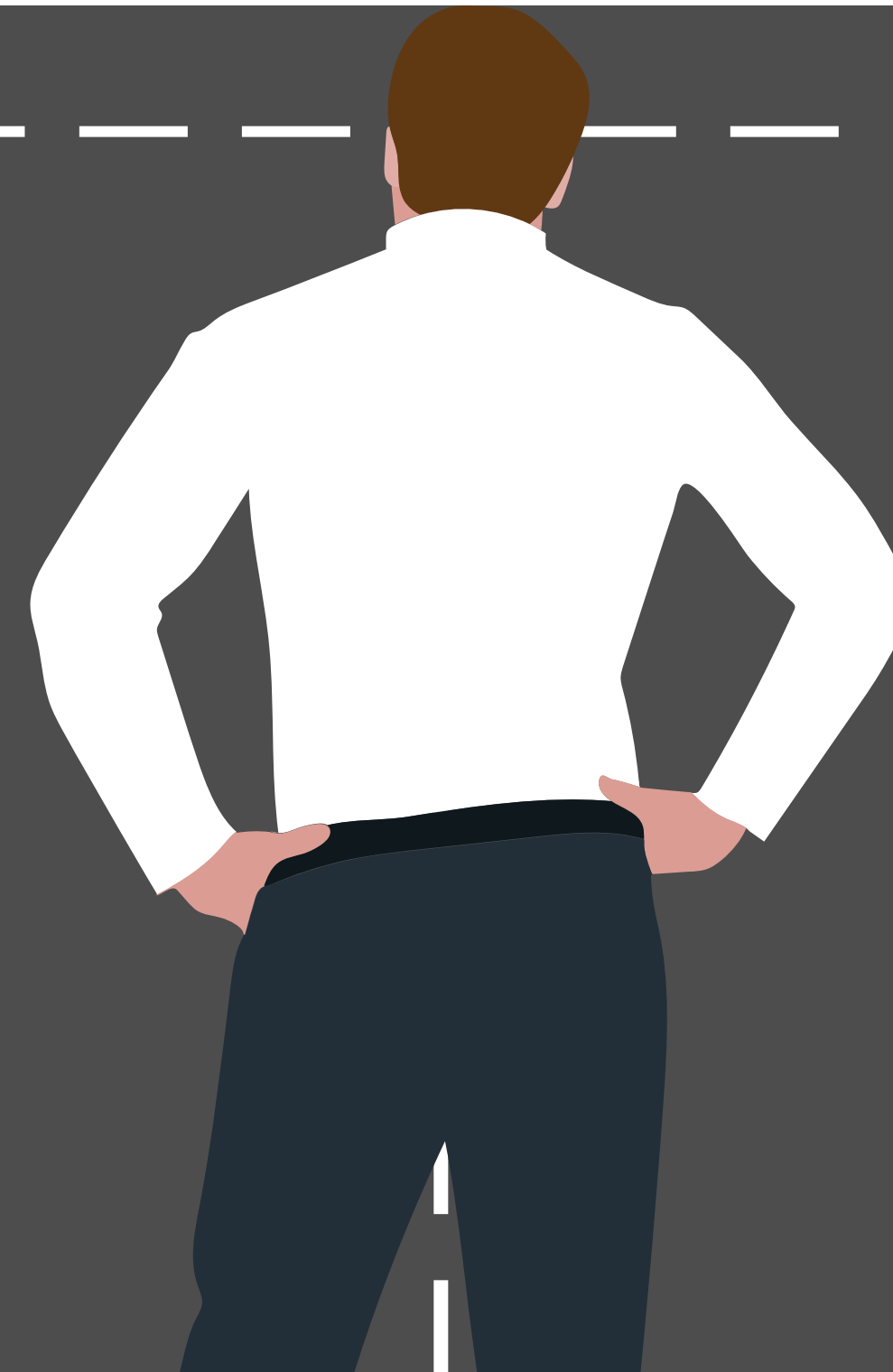
A little boy

Billie

Making it work!



The Hard Way



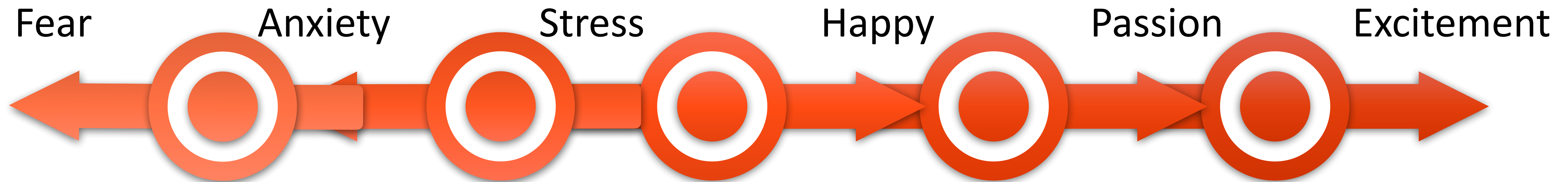
The Easy Way

Step 1

Identify Your Goals



Energy Our emotions tell the story



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



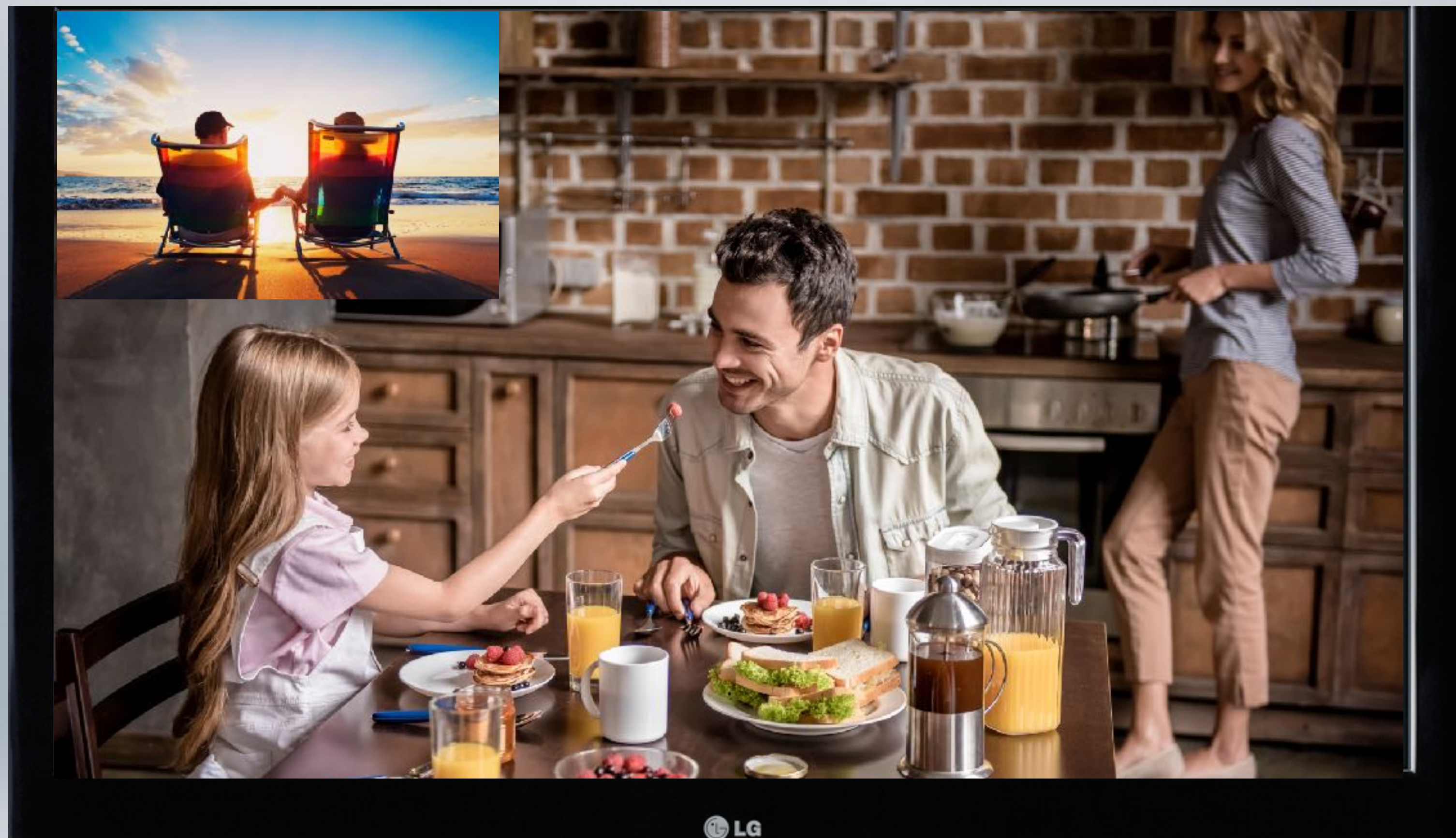


I would like to Manifest a Horse



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**



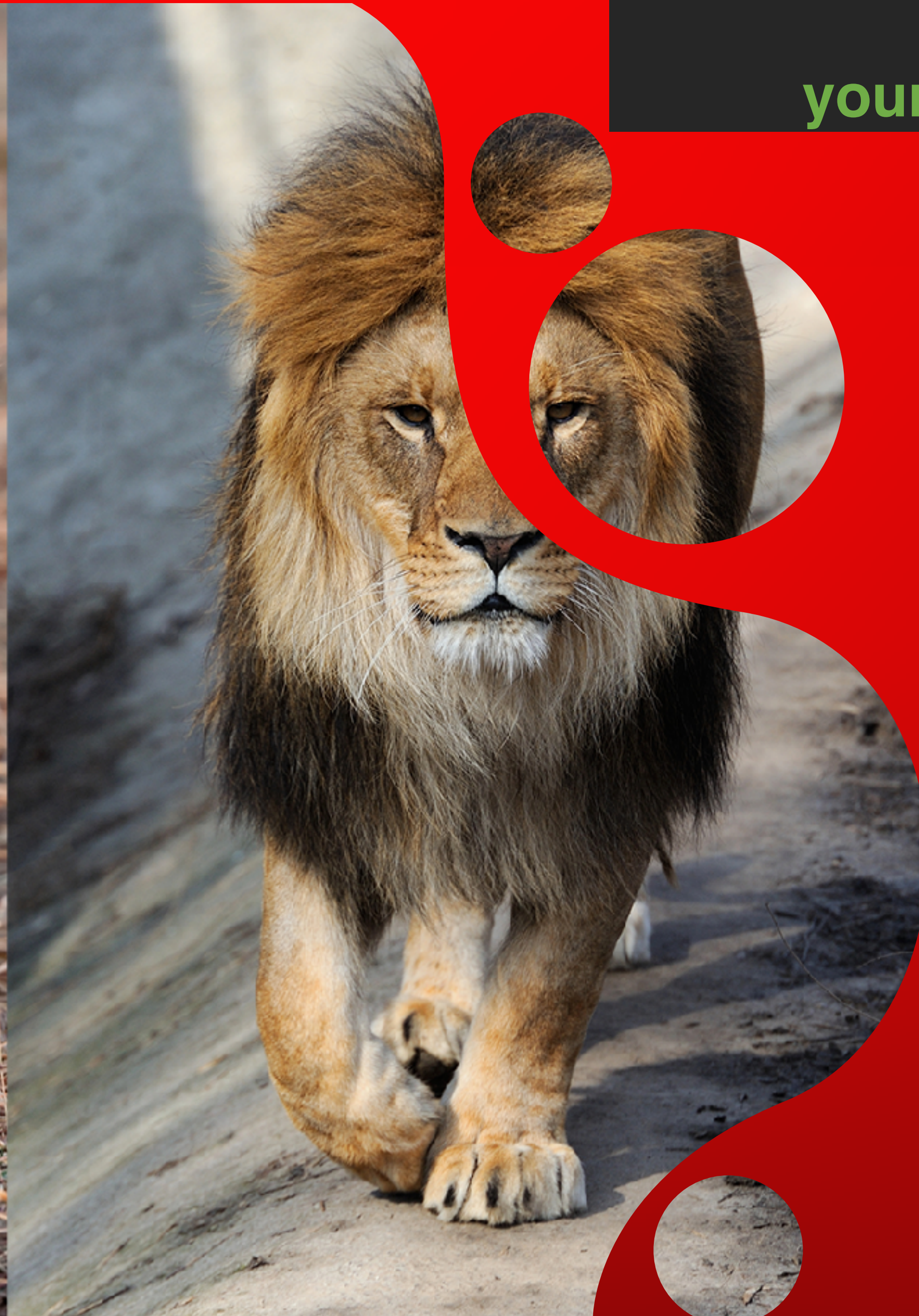
Limiting beliefs

S U C C E S S

M I N D S E T

4

**Your reality today
vs
your desires**



G I V I N G

G₂ R₁ A₁ T₁ I₁ T₁ U₁ D₂ E₁

I₁ S₁

T₁ H₄ E₁

B₃ E₁ S₁ T₁

A₁ T₁ T₁ I₁ T₁ U₁ D₂ E₁





Thank You!

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