



# BRAIN R3FRAME

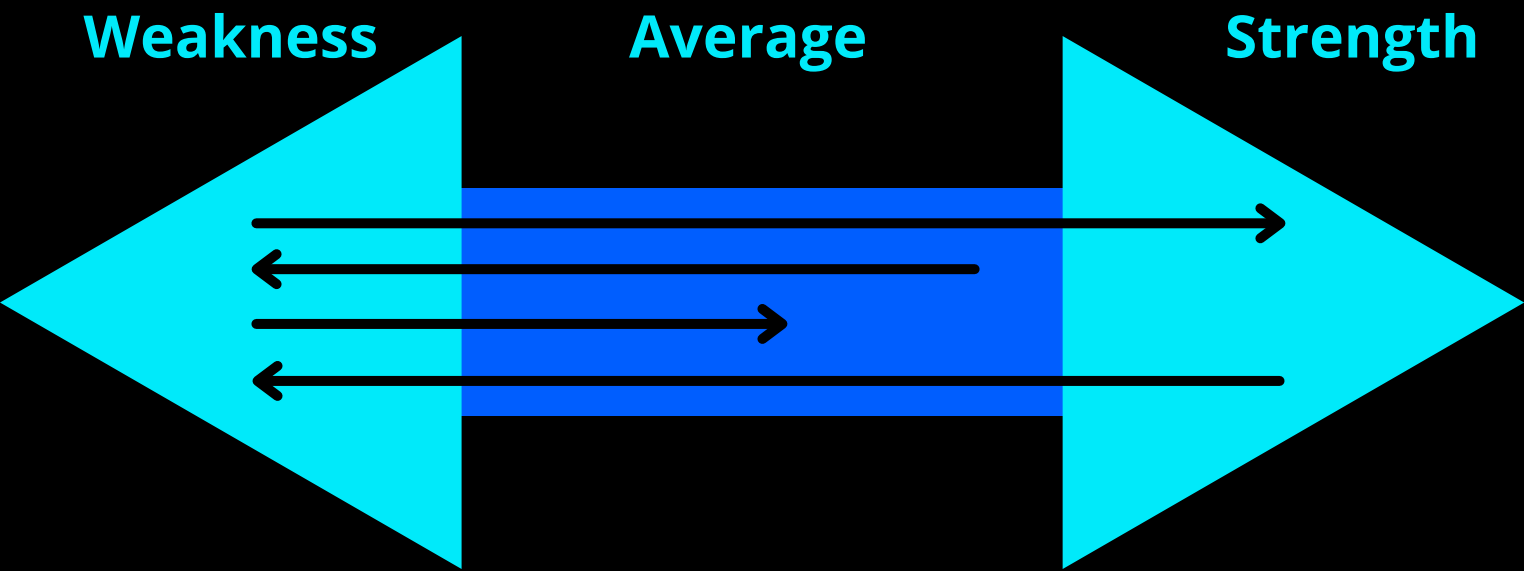


# Reprogram Your Brain

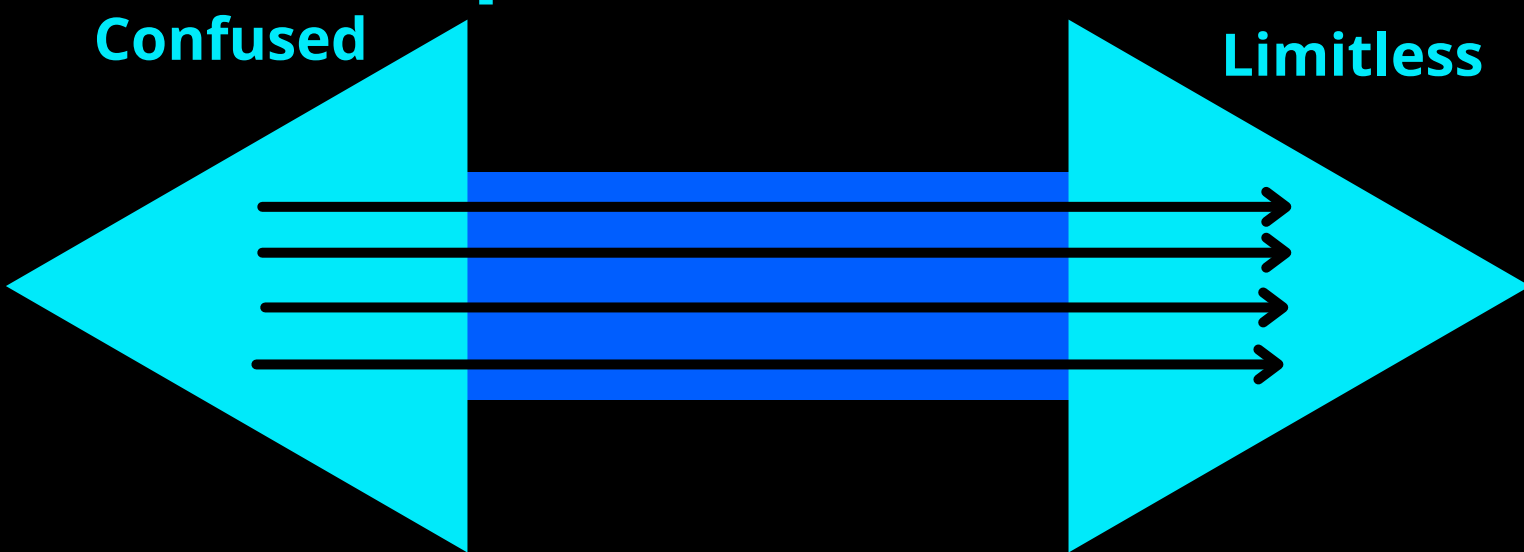
Become Limitless



# Average Brain



# Optimized Brain



The goal of this course is to introduce you to each "arrow" that effects your brain. Then help you realize how you can turn each arrow that is either at "weakness" or "average" level and turn it into a strength. When all arrows are strengths, you have the potential to be limitless. Being limitless means having all your focus on what matters. And what matters is different for everyone. For me, it's having fun. It can be different for everyone. I also find life more fun and enjoyable when I have lots of focus.

**Russel Brand Video:**

<https://www.youtube.com/watch?v=cZCEVd1r-bU>



# Positivity

## Negative

-

Takes Away

Breaks Down

Removes

Deminishes

**Feels Bad**

## Positive

+

Adds On

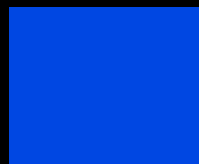
Builds Up

Encourages

Supports

**Feels Good**

Glass Is Either...

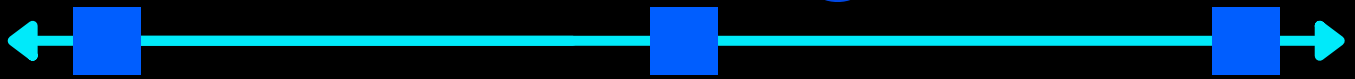


**Half Empty**

**Half Full**

# Positivity

Circle where are you on the Positive/Negative Scale? ●



**Very Negative**

**Average**

**Very Positive**

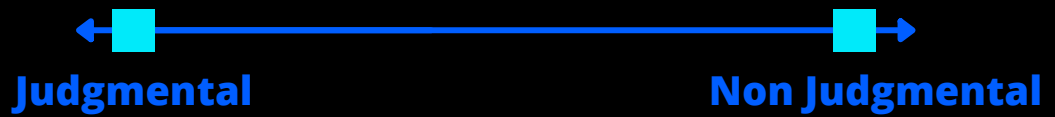
**How to download and install Positivity so it runs in the background without taking up any brain power.**

- 1) Realize every thought you think impacts how you feel.
- 2) Spend a day or two judging every thought you have as Positive Or Negative.
- 3) Spend 2-3 days or more only saying the positive thoughts. See how you feel while doing this.
- 4) Slowly bring back saying negative things. When you say negative things, see how you feel. By learning to preface negative things, you can say negative things that are either funny or don't make you or anyone feel bad.

**Goal: After doing this you will see how saying positive or negative things impacts how you and others feel in a big way.**

**Goal: You will also see how people mirror you. When you are positive and fun, they are positive and fun. People change around you right in front of your very eyes.**

# Judgment



Judgment comes from many places. Most places judgment comes from is not organically from your own ideas "**ME.**" Judgment a lot of the time comes from someone else thoughts, ideas, opinions, or beliefs. If you value that persons opinions, then you will likely accept what they say. It could be from Parents, Friends, Teachers, Youtubers, Gurus, Influencer, or Society.

One example is my dad hates tattoos. If someone has a tattoo, he writes that person off as a loser. I realized I was doing the same thing as he was and I was judging people for having tattoos. This judgment was not from my own personal views, it was passed on like genes or DNA.

Society passes along judgments to you like you need to have a partner, get married by "x" age. Be 6 foot tall. You need to make "x" amount of money. You need a nice apartment, new vehicle, and all the other things we are marketed on tv or radio. As you can see, it's all bullshit. Everything I said at the beginning of this article is garbage. It's not real. But it's true people have these ideas. Especially women, they are the most caught up in these ideas, but it makes the world go round. One example is how weddings cost exorbunents amounts of money, yet people still want them.

# Judgment

Judgment is good if you are trying to evaluate someone's potential when you are on a date or hiring a new employee.

Judgment is bad if you are trying to maximize your brain power and become limitless.

## What do you need to do?

1) Figure out what judgments are organically from your own true judgments. Write them down. Figure out what judgments are not your own, write them down. Figure out what judgments matter and what doesn't.

2) Stop judging others "harshly" which will in turn result in you to stop judging yourself. Imagine when you are in conversation thinking about the conversation, not what shoes or color shirt the other person is wearing.

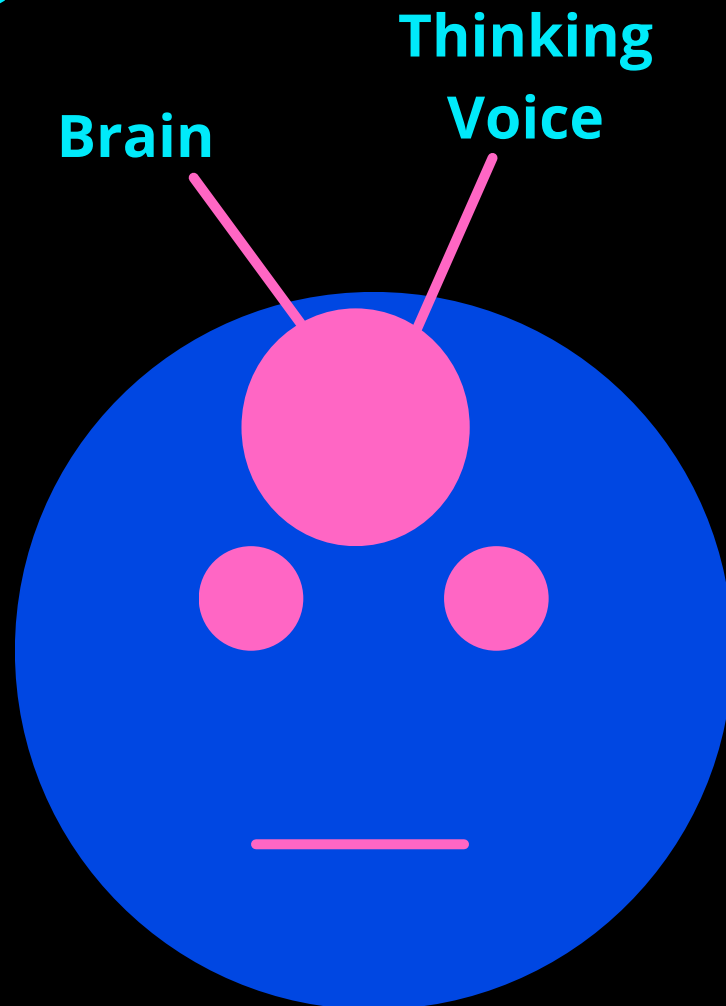
### Judging Someone Else



### Judging Myself



# Listening

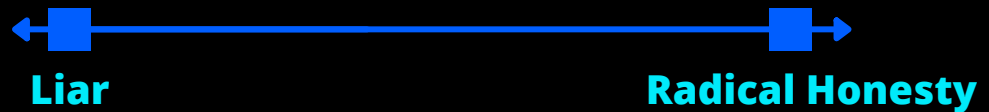


**Listening is something I was terrible at, but it gave me the opportunity to become great at it.**

Everyone has a "thinking voice" in your brain. It's this thinking voice that messes everything up.

- 1) Meditate or sit with your thinking voice off for as long as you can.
- 2) Go into a conversation and when the other person is talking, keep your brain silent, thinking voice off.
- 3) Always keep your brain silent in conversation and your brain will reward you by giving you the perfect thing to say! Listening is that simple.

# Honesty



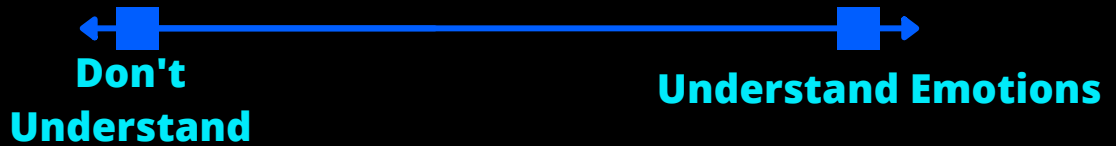
Honesty is something we can all be great at.

It just takes telling the truth. No matter how hard it can be. It takes being objective especially when it comes to these concepts to judge how am I doing with them. If you are honest, then you can say I'm doing great, or I am struggling with these concepts, I know I can do better.

Many people like to tell little white lies or aren't fully honest with themselves. I would recommend being fully honest with yourself. What is it that you want out of your professional, personal, and relational lives. Lets write down what you want below and be fully honest with yourself no matter if it feels good or bad.



# Emotions



**Emotions** = Energy in motion. When you have energy in motion you "feel" things. Sometimes you feel good. Sometimes at night you feel tired. You can ask yourself "how do I feel?" Anytime during the day and you will get a response telling you how you feel.

Emotions are huge for our well being. Especially since we want to feel good if we can over feeling bad. There are 8 negative emotions that we feel. They are **sadness, shame, helplessness, anger, embarrassment, disappointment, frustration, and vulnerability**. If we are able to anticipate feeling these bad emotions, they don't feel as bad.

I recommend overcoming bad or negative emotions in 90 seconds. Say something happens to you that makes you mad. Rather than being mad for 30 minutes, be mad for 90 seconds max. Fully let the anger soak in and feel it deep. Then, after 90 seconds, realize that it's a temporary state and let that anger go. Do this for 90 seconds, then 60 seconds, then 30 seconds until you barely let any emotion stick around at all.

# Emotions

I said there are 8 negative emotions. There is 1 positive emotion that you can create on your own. You are in charge of it. That is "fun." This can look like many different things. For me it looks like I am laughing with my friends, seeing everyone else laugh and have a fun time. That is my definition of fun. It feels really good. That's why I basically seek it all the time in conversation.

Let's say you hear something or are just thinking on your own and you have reoccurring memories pop up that seem to haunt you. I have those to. For the most part they revolve around me drinking alcohol doing something that I regret. Rather than trying to push that memory away or suppress it I recommend following these steps. I would recommend writing down the first memory then doing these steps in your head for other memories.

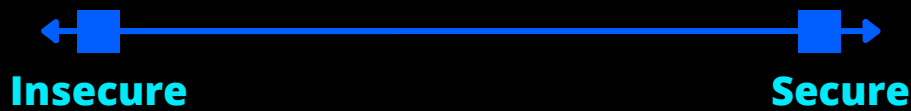
**What is the memory that comes up?**

**What happened?**

**How do I feel?** (8 negative emotions)

**What should I do in the future so this doesn't happen again?**

# Insecurities



Insecurities are simple, they are things we feel bad about. Like the emotional memories that haunt us, insecurities do the same until we **address, why, prove,** and **own** them.

The first thing we need to do is **address** our insecurities by writing down all of them. I had a lot. I filled up a whole sheet of paper. It started with having red hair, pasty white skin, not being able to remember names. Then, understand **why** you view them as insecurities.

Next I needed to **prove** that these insecurities really didn't matter. I did that for red hair by finding Conan who is one of the funniest guys on the planet. I also found a guy with red hair on YouTube who was really good with girls. There are plenty of guys who have pasty white skin that I could reference who give me confidence that you don't need to be tan to do things in this world. David Letterman and Russel Brand come to mind along with Conan. Ray Dalio, one of the smartest hedge fund guys worth ~20 billion dollars has said multiple times that he didn't have a good roat memory. He had trouble remembering names just like me.

# Insecurities

Once you prove them out. I know for someone who had a big nose that he thought was debilitating. His mom printed photos of talented actors who also had big noses to help him realize people really don't focus on your nose like he was.

After going through the steps the last one is to **own** your insecurities. Rather than give them power over you, take your stance over them. Own them. Realize your insecurities make you unique. Realize when you own them you have power over them. They don't have power over you. I talked to a girl who has yellow stains on her front two teeth. People ask her all the time why she doesn't have them removed and it's because she likes the stains and how they make her unique. When we try to conform to be like everyone else, insecurities are more powerful. When we own and fall in love with who we are. Our uniqueness, then we can own who we are and prove we deserve everything that is coming to us.

Think about the people who are the most secure. Think Grandparents. Why? Their whole life isn't based on appearance. And we still love them. Ask your grandparents if they still have insecurities to see what they say. Parents are also good to talk to as well.

# Don't Compare



## Comparing

## Don't Compare

When I was at my most depressed point, I was comparing myself to the DJs I was following on Instagram. I was focused on how their life must be great. They get to travel, play music, have adoring fans. And I get to do essentially, nothing.

When my thoughts were focused on comparing myself to these DJs I was so jealous. I felt terrible. I felt powerless. It was in these moments when I felt terrible that I realized rather than being depressed and jealous, I need to be happy for these people's success. Then, I realized I can learn from them. Heck, I can try to make music like them. I realized I can try to, so I did try to make music, and it's really hard to do. I learned it's not for me.

I gained lots of appreciation for these DJs and what they do. I realized their job is in a studio making music mostly by themselves. They do travel the world but a lot of the time it's alone or only with a couple people so it gets tiresome and a little played out. Is it cool? Heck yeah. But the more you can understand what they do the more you realize it's not that glamorous and that it takes work, like anything. Then you stop idolizing and you can learn from them so you can find your thing that you want to do in your life.

# Being Present



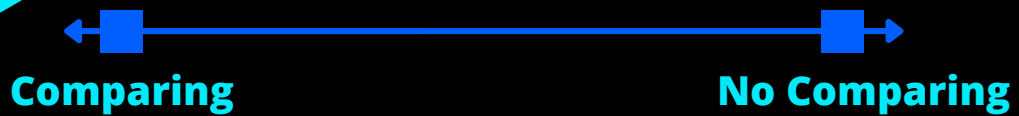
We exist on a continuum. Are you someone who lives in the past, present, or future. I know for myself I am someone who naturally didn't enjoy the present moment in high school and college so I was always thinking in the future 5-10 years. Where are you? It's best to not be in the past because you can't change the past. If you are in the future too much, you miss out on the present. Being in the present 90-95% of the time is going to be the best place for you. Then 5% in the future so you can make plans for trips, business, relationship planning. That's how it is for me. Yes, I am in the future but for the most part I am in the "here and now" or the "present." When you live in the present you can be engaged in conversations and feel fully alive. You won't regret ever living in the present because it feels good and you feel alive. This idea was first pushed forward by Eckhart Tolle and it's genius.

Being present means focusing on exactly what is happening right now. Not what happened 5 minutes ago or what will happen in 5 minutes. If you want to be good in conversation worrying only about one thing, what's being said right now. This is how I view conversation. Another way to become more present is to meditate or just focus on your breathing since your breathing is happening in the present moment.

# Being Present

Let's talk about what being present means on a different continuum rather than the past, present, future. Instead we are going to talk about presence based on your senses. We have taste, touch, hearing, smelling, and seeing. Let's close your eyes. Imagine you are outside. It's a sunny, windy day. You feel the sun on your skin warming you up. You feel the wind blowing on your skin. You hear the whisk of the wind blowing. It's spring so the flowers are blooming, you smell the delicious flowers smells. You put your hands in the grass and squeeze a handful of cold grass. Then, you open your eyes and see all the beauty around you. Being present isn't just for conversations, or being in the right time frame. Being present means awareness of your senses and using them to enrich your life. The more you value your senses the better your life is going to be. Sometimes it's good to just close you eyes and shut your brain off to focus on your breath or smells or something else that you like. Being present is something women are generally amazing at. For guys, it is sometimes harder because society generally cares more about guys as providers than us a people or conversationalists. But once a guy becomes present it's a powerful move!

# Excuses



Excuses. How many of you make excuses or have friends that make excuses constantly. Why didn't you work on your thing? "I didn't have time." Why didn't you have time? "Because I was playing video games." I feel like I hear this all the time and it drives me nuts.

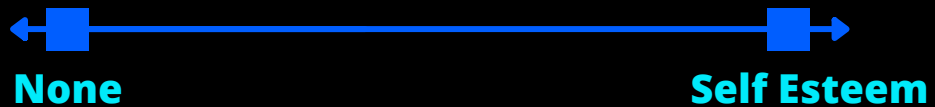
All excuses are justifying lazy behavior and it needs to stop. Especially, if you want to do something in this world. By using excuses they are just reasons and justification for why you are failing. They make failing seem ok. When in reality, it's not.

The only thing that we can do with excuses is pay attention to them. If someone at work asks you a question like "why didn't you do this?" Recognize what you say. Is it the honest to god truth or do you blame your co-worker Suzy for side tracking you with something that made it impossible for you to actually do what you were supposed to do?

Start asking yourself and others daily why didn't I get this done? Why didn't I do what I needed to do? See what your body says. Ask your friends these questions to see what they say. I'm sure you will find out which friends get shit done and which make excuses and blame others for their problems.



# Self Esteem



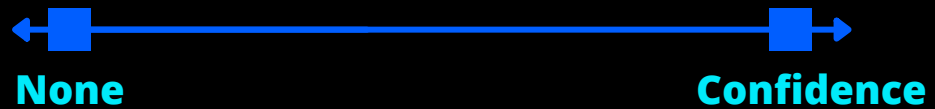
I really like self esteem. The google definition of self esteem is: confidence in one's own worth or abilities. I would say this is part of self esteem but I see it in a different manner. Say you are an artist and you make a new painting. An artist with no self esteem will say, "I made a new painting." An artist with self esteem will say, "Look at this awesome new painting I made."

Self esteem is the ability to validate and gain energy from the stuff you do. It allows you to gain stoke or energy from whatever it is you do. For me, I gain energy from funny things I say. I'll say to myself, "that was really funny." That's it. That's all self esteem is.

Let's practice enacting self esteem in your life. What is it you do that you can say "what I did was awesome." Maybe you are at work and you send an awesome email, pat yourself on the back and say, "wow, I put a lot of thought to write that perfect email. Great job!"

**Self Esteem: Record 10x Cool Things You've Done!**

# Confidence



Confidence is a great word. I think it is incredibly misinterpreted and can easily be faked. Fake confidence looks like someone who makes eye contact, has a strong handshake, and takes up a ton of room when they are sitting at a table. Are these the signs of a truly confident person? I would say they aren't.

Then, we've all asked someone what girls are looking for and they respond, a confident guy...ok what does this mean, this section will skew male, but I would say confidence is similar for women, too.

I would say a confident guy has a backbone. Someone can give him shit and he is able to stay cool and respond in a calm manner. I would say a confident person has a voice. They are comfortable communicating via conversation. They are even able to interject with some personality by adding in some ideas, beliefs, opinions, or thoughts. A really confident person will add in some humor like Justin Timberlake was able to make some jokes when he was doing a press conference for the super bowl halftime show.

These things I am saying above can be distilled further into being comfortable with yourself. Comfortable with your insecurities. Being able to smile and enjoy life a bit. Feeling comfortable with people you've just met is also a great sign of a confident person.

# Confidence

I want to help make you confident. So I am going to give you several things to do or learn. First thing I will add is that by going through this course, you are going to gain confidence in yourself, no doubt. BUT I want to go above and beyond to ensure you are on the right track to becoming the cool confident person who's not afraid to exercise his or her personality.

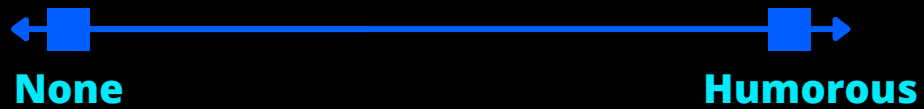
Search "shit tests" on YouTube. Learn what these are. It's like if someone came up to me and said they hated red hard. I could get mad or I could respond calmly and say why, and smile?

How to "Find Your Voice" blog. Having a voice with strong confident thoughts, ideas, beliefs, and opinions is needed in this day and age. Use this blog to work on this.

<https://themizuvida.wixsite.com/thehygini/post/how-to-find-your-voice>

This is something I did and it made a huge impact on my life. I had a couple different friend groups I was apart of. With one friend group I was so calm, fun, and relaxed. I would say anything and not worry about being judged. I want you to think about who you are closest with that you can say anything around, without the **filter**. I want you to practice being that comfortable everywhere. At work, friends, family, parties, and most importantly, with people you don't know. By doing this, you'll become comfortable with yourself and others!

# Humor



Humor is one of my favorite things in the world. It is definitely one of my favorite topics that we go over. I love being funny and joking around. I am probably one of the least serious people. Partly it's because I was a very serious person growing up while going to school. Partly it's because I just love hanging around, laughing at things and having a good time. I remember being in school and this was when I had acne. When I didn't have acne or my skin felt cleared up, I had this incredible sarcasm that I was really confident with. But when my acne came back, I would turn it off and not be very sarcastic at all. I could tell I always wanted to be popular. I wanted to be funny. I wanted to be the life of the party.

It was this innate desire to be funny that helped me get to where I am at today. I think anyone can get there but it does take time and practice. I have actually done stand up comedy a couple times. It was definitely scary and I realized being funny on stage is much different and much less fun at least for me than being funny in conversation with someone.

How does one become funny? Well it's going to take understanding what your current style is. Maybe it's sarcasm or maybe you don't really have a style. That's ok. I would recommend watching "Charisma On Command" videos about humor where he analyzes celebrities' humor. For example, I remember watching his video on Conan O'Brien or Ellen DeGeneres. Use the playlist below to find them and more.

<https://www.youtube.com/playlistlist=PLefV978fp07dqsgcxRNQITnahKaSFgp96>

# Humor

Watching guys and gals do stand up like Dave Chapelle are great to. Jamie Foxx has really good standup.

Learning to mirror people like Kevin Hart by watching his YouTube channel. Mirror means you see someone do something so you do it as well. I am really good at observing someone do some type of comedy, then unconsciously doing it without even knowing it.

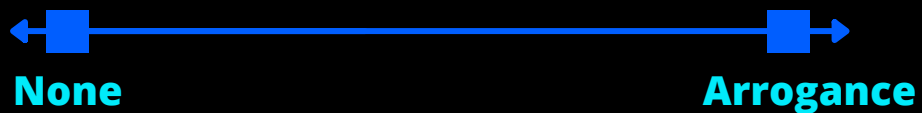
You have to be able to analyze people's humor. So understanding what type of humor you have is important along with knowing what other types of humor exist. Here are 9 types of humor I got from this article below: physical, self deprecating, surreal, improvisational, wit-wordplay, topical, observational, bodily, dark.

[huffingtonpost.com.au/2017/07/19/there-are-nine-different-types-of-humour-which-one-are-you\\_a\\_23036626/](http://huffingtonpost.com.au/2017/07/19/there-are-nine-different-types-of-humour-which-one-are-you_a_23036626/)

I can tell I have a little bit of each of the 9 different topics. I would add that I am a very self amusing person. This means I am someone who goes through life thinking about jokes in my head constantly just to say things that make me laugh and feel good. I think the fact that fun topics are always on my mind has helped me get funnier and funnier and practice it more and more. One of my favorite people to observe is Russel Brand. I had you watch a video of him from "Morning Joe" and that video makes me laugh every single time. Russel and I have similar humor...so I watch a lot of his videos.

<https://www.youtube.com/watch?v=cZCEVd1r-bU>

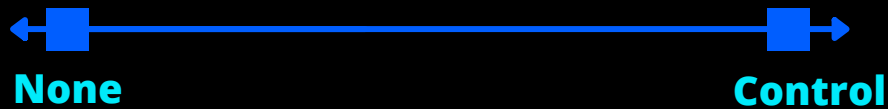
# Arrogance



Arrogance is a bitter sweet word for me. I was once out at a bar talking to a couple girls and one girl was honest with me and called me arrogant. It was a little astounding that I was being arrogant. Thank god she told me. It did sting, but thank god. When you become more confident it can be a bit of a catch 22 because you gain confidence. You might become a bit cocky. You might put someone else down in order to prop yourself up. Or you make someone else feel bad in order to be funny or make yourself look better.

You just need to be cognizant that you aren't making anyone feel bad by doing or saying things. This will take time to practice and get a feel for jokes or things you could say that could negatively impact someone else. It sort of comes with the territory. I am here just warning you that you will have this potential so you don't have to get called out like I was. Instead, view the potential to be arrogant as a privilege rather than a negative thing you are going to try so hard to avoid. Since many people never actually have the chance to be arrogant, it is good to have that potential. With time you will get used to it and won't have anything to worry about.

# Control



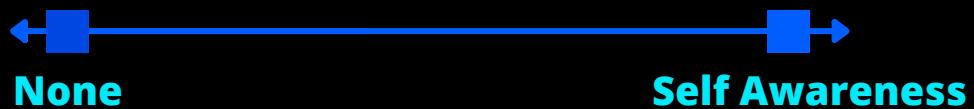
Control is great. Unfortunately, people have a bad perception of control. They think it is somehow creepy or weird that you would want to be a control freak. Well, the truth is many people who are ultra successful are control freaks. They understand what it is they can do and then they stay in their lane to do and control those things.

How do you figure out what is in your control? Well, it takes knowing what you can do. Can you code on the computer, well then you could make an application or software. Can you speak clearly, well then you could start an awesome podcast. That is how you figure out what is in your control.

It's also helpful to know what you can control so that you can hire people or partner with people who have different areas of expertise.

I know when I am the most stressed out it's because I am out of control. When I am out of control I feel powerless and weak. By becoming organized. Getting everything back under control. I gain my confidence, competence, and my stress goes away. This is probably the best aspect of control. It also allows you to take on more responsibility than you ever thought you could because once you take on more responsibility and get it under control. Then you can do it again and again and again. That's how the CEOs of the top companies are able to manage so much.

# Self Awareness



Self awareness is incredibly important yet it's something we don't teach often or understand. In order to have control or know who you are, you need, I mean you must have self awareness. Self awareness isn't always pretty. I actually did a blog on self awareness. It's not pretty because we love knowing and thinking about our strengths because they make us feel good. We don't like knowing and thinking about our weaknesses because they make us feel bad. Here is the link to my blog on self awareness.

<https://themizuvida.wixsite.com/thehygini/post/30-emotional-intelligence>

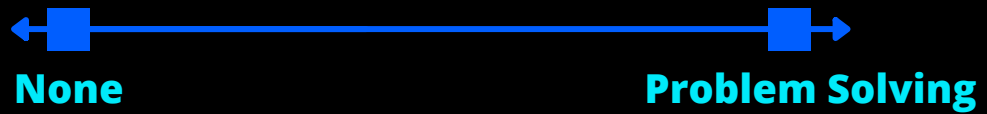
What I would recommend you do, I have done this in my own life. Write down a list of your strengths and weaknesses. Then make a plan to work on and improve all of your weakness. Realize, weaknesses are areas you can improve. They are a great opportunity to better yourself to become a better human or employee. Weaknesses are better than strengths because we have the opportunity to improve them, grow, and become better.

The Enneagram test is another great way to understand your personality on another level. I think it's a way to gain more self awareness. Understanding why you are the way you are. Here is a link to a blog I did on the Enneagram test.

<https://themizuvida.wixsite.com/thehygini/post/15-the-enneagram-test>



# Problem Solving

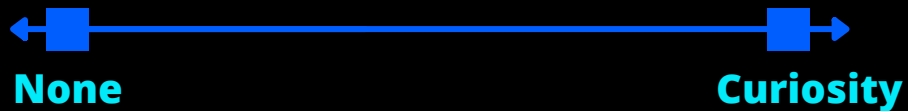


Problem solving is what makes the world go round. Every major company or wealthy person you have heard of has most likely solved a big problem. Facebook solved the human connection problem over the internet. Verizon helps people connect with messages through cell phones. Apple makes the best hardware and computers for people to use to browse the internet or Facetime each other.

Why do I bring problem solving up? Well, in order to create a new product that revolutionizes the world, you need to first identify the problem. You do this by problem solving. When you understand the wealthiest people are the best problem solvers, you can then start to view the world in the way they do, and begin to make changes that make the world a better place to live!

I want to add this quote from Albert Einstein. He said, "if I had 60 minutes to solve a problem, I would spend the first 55 minutes defining the problem, and the last 5 minutes solving the problem." The best problem solvers take the time needed and do the due diligence to fully understand the problem before solving it. It's like you need to listen fully to what someone says so you can be rewarded with the right things to say. You need to define the problem fully so you can be rewarded with the perfect solution. We need more problem solvers in this world because there are tons of problems. When you start making problems your focus rather than other things, it will only be a matter of time until you either find a unique problem or a problem someone only solved 75-95%.

# Curiosity



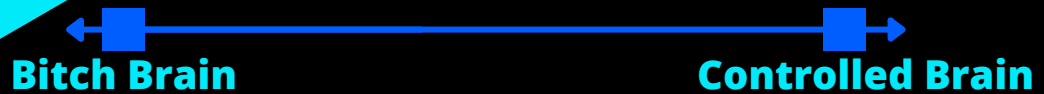
If there were spices to life like pepper and salt. Throw a little more pepper in here, more salt there. Curiosity is like pepper and salt. Throw it in here, throw it in there. When you add more curiosity your life becomes enriched. Life smells better. Life tastes better. I dream to be a 70, 80, 90 year old man who is more fascinated and curious with life than a 20, 30, or 40 year old man.

Be curious with everything. Whether it's sports, life, business, people. Ask questions. Find things out. There is so much to learn. So many people with stories that are just waiting or even dying to tell them. All you need to do is be curious and add inquisitiveness, aka asking question.

I talked about problem solving in the previous section. In order to problem solve, it takes asking questions. Understanding the WHY and understanding the HOW are two important questions you must ask and must answer. You can also ask who, what, where, when to make sure you are understanding the full picture.

Also, I will add that you can ask questions to people to be funny or put yourself in the power position. I remember Obama did an interview with prince Harry. At the beginning Obama asked Harry, "Do I need to use an English accent?" This question threw Harry off his game and had him back peddling right from the get go. Then Harry could feel Obama's confidence, power, and charisma. Harry would subsequently seek Obama's validation throughout the interview. Last, I will add to ask yourself questions. Ask how do I feel? What do I think? This will help you stay grounded and in control.

# Bitch Brain



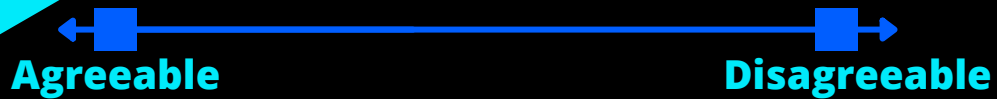
We are all born with brains. One of the greatest tools on the planet if not the greatest. How the brain works in a rudimentary fashion is your senses see a stimulus and that creates a response in your brain. Some responses in our brain are good. Some are bad. The truth is that you can -with some work- control what thoughts you have in your brain.

For example, when I would go to the gym, I would see girls everywhere with butts, boobs, and tight close. I was having trouble focusing on my work out because my brain was just pointing out butts, boobs, ect. I realized if I was going to be a decent human and have a chance at finishing my workout, I needed to do something about this. I basically said to myself, "I need to not comment or notice every girl or their features in this gym." Then every time I called something out or noticed a feature, I would say "Stop pointing these features out, because it is degrading and it's making me feel bad." After doing this for a week I was able to go to the gym and do my workout without noticing and commenting on all the women there.

Another example is the inner critic in the brain. You don't look good in this, blah, blah, blah. When you get those negative critiques, call them out. Say hey, "stop critiquing me." Repeat it 10x. "Start being kind to me. I love myself." By repeating these over and over you will begin to fall in love with yourself and take control of the bitch brain. A great tool when it's on your side.

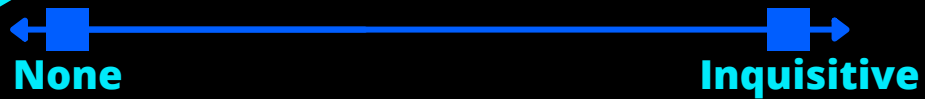
Furthermore, the brain will listen to you if you give it the right instructions. I know you need to be direct with the brain. "Start thinking this." "Stop thinking this." Repeat each instruction 10x in your head for your subconscious to take note of it.

# Agreeableness



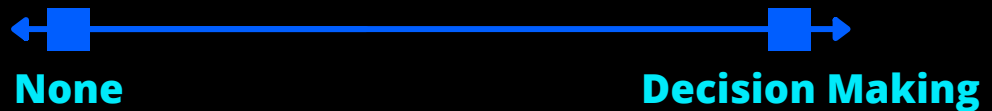
People these days are incredibly agreeable. This means they don't think about what they are being told. Put another way they don't think critically about the things they hear. Agreeableness is not good because it means you don't have a backbone. Whether you are at work or are living in your everyday life it pays to be a bit disagreeable. Having a bit of disagreeability means you are able to stand up for yourself. You have a voice if you will. This allows you to challenge other people and have some fun. It can become boring and mundane if you are always agreeing with what people say. By disagreeing you can throw people out of their comfort zone and see what it is they know. Whether it is at work or on a date being disagreeable is a great tool to have.

# Inquisitive



By asking questions or being inquisitive you can begin to think about the world around you. This means you can question things like why does Mcdonalds have so many customers. Why does everyone love Amazon. Why do people love eating at Chipotle. These are simple questions that can help you begin to understand the “Why’s” of life. Then you can start asking how. How do I do something in this world that is going to make a difference. How can I start thinking about what it is that I enjoy doing. How am I uniquely capable to take on this challenge I see before my eyes. How can I find a problem that hasn’t been solved yet. How do I begin to solve this problem I see before me. See how many times you can ask why and how and come up with new answers and approaches. By asking questions you can get outside your comfort zone and think critically about things.

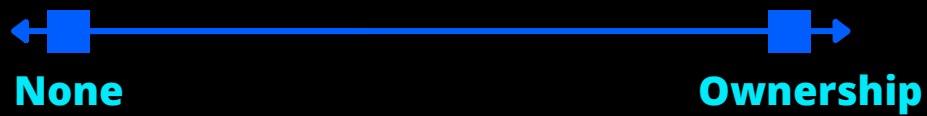
# Decision Making



Decision making can be tough. I wanted to break it down into an easy to use algorithm so that you can run any decision through it to make sure you aren't missing anything.

- 1) What are our potential decisions?
- 2) How can we break the BIG decision down into smaller ones?
- 3) What is our gut telling us?
- 4) What are the pros and cons for each decision?
- 5) What are the different options, information, and patterns associated with each decision?
- 6) What are the facts and observations we are missing?
- 7) Are we thinking critically?
- 8) What are potential outcomes? What decision has the least risk associated with it?
- 9) Intuitively, what do we feel the best decision is?
- 10) How will this decision impact others? What's our gut tell us?
- 11) How can we be negative to find faults in our potential decision?
- 12) Listen to everyone and use consensus to make the best risk adjusted decision?

# Ownership

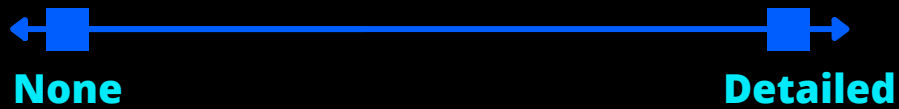


Radical ownership takes the blame and responsibility for everything that you do. You don't even consider anything that is in your control to be the fault of anyone but you. I know this sounds radical and scary but it's what all the guys do that run companies. You have to. You can't take shortcuts with these things. Anything that's in your realm of control is your fault. It might have been someone else in the company that screwed up, but at the end of the day, if they are under you, it's your fault. That's radical ownership. A good example was the CEO of Wells Fargo getting in trouble because his employees were opening extra accounts for people who didn't need them. He didn't do the crime, but he did the time and was fired.

Now, I want to shift how we approach ownership to thinking about anything we say being in our control. Thus, we take ownership for any of our thoughts, beliefs, ideas, and opinions. We don't apologize for the things we say or do. Instead we own them. Now we don't always say the perfect thing. That's ok, we make mistakes. We are human. I want you to watch a guy like Kevin Hart. Search him on youtube if you have to. He has many crazy ideas and opinions but he owns all of them. He doesn't apologize for the things he says. He knows his opinions can be weird yet he is comfortable sharing them with people. He doesn't have a filter and isn't afraid to be weird or unique. That's confidence. The only way he can do that is with radical ownership and not apologizing for what he says. Apologizing also makes you look weak, so I never do it and recommend to people who apologize for everything to stop.

I want to also point out that Kevin has conviction when he speaks. In my opinion it means he speaks with energy or the things he says are backed up with reasons. Without having radical ownership of the things he says he wouldn't have conviction and be the confident, cool, unique person people love.

# Details



Attention to detail is one of the most important skills you can have. Many of the top business men, athletes, and entertainers have a sharp eye for details that set them apart and help them succeed.

Attention to detail can be developed through a series of exercises that helped me develop my attention to detail. I am going to write down a series of numbers and letters. I want you to copy these numbers down on paper. Then re read through these numbers to make sure you got the numbers and letters correct. When you can copy these numbers down carefully it will increase your ability to be detail oriented which will help in all areas of your life like when you are texting your friends or writing an email.

**4567578**

**342456hu5677j**

**533fera**

**6ju6k89o**

**5ergrerfrw**

**456567u78i8i**

**65y45y5**

**545t5**

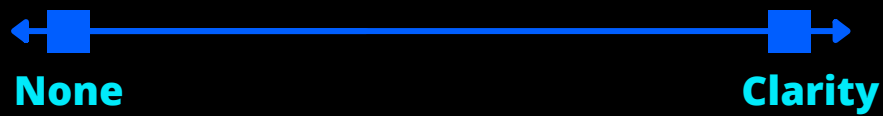
**5t454**

**7u7u7u7**

After writing down these numbers and letters, go back through them carefully number by number, letter by letter to confirm you copied them 110% accurately. Always be sure to use this attention to detail when writing so you sound sharp and professional!



# Clarity



Having clarity means understanding yourself. This could mean many things. How you interact with the professional, personal, and relational realms.

It's mostly thinking and reflecting about what you want out of this world. You just need to sit in your seat or go for a walk and project yourself in the next year, 3 years, 5 years, 10 years. Once you have clarity you will understand what your future looks like and can go out to accomplish it.

It will also take some people longer to develop clarity than others depending on what it is you are looking for. The more direct and detailed you are, the better it will be.

- What am I looking for in my life in the next year?**
- How can I make my life 100x better in the next year?**
- What am I looking for out of life in the next 3 years?**
- How can I make my life 100x better in the next 3 years?**
- What am I looking for out of life in the next 5 years?**
- How can I make my life 100x better in the next 5 years?**

I would be happy to discuss any of the topics that I went over in this course. Especially, if you need further clarification on how things work, or what it is you are looking for. I am here to help you succeed, that is my goal and what brings fulfillment to my life.