



# EVOLVE AND THRIVE

*Building a Mindset to Win  
in Any Situation.*

Presented by: Jason Jones, Ph.D.

$\sin(x+y) = \sin x \cos y + \sin y \cos x$   $(\ln(x))' = \frac{1}{x}$   $\frac{a}{\sin A} = \frac{a}{\sin B}$   $\sin \alpha = 0,5$   $\int \frac{dx}{\sqrt{x^2+a^2}} = \ln|x+$   
 $3+2i$   $(1+x)^\alpha = 1 + \sum_{n=1}^{\infty} \binom{\alpha}{n} \cdot x^n$   $e^{i\pi} + 1 = 0$   $\pi =$   
 $\text{Re} \binom{\alpha}{n} = C_n^\alpha = \frac{n!}{(n-\alpha)! \alpha!}$   $\begin{vmatrix} \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \end{vmatrix} = - \begin{vmatrix} \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \end{vmatrix} + \begin{vmatrix} \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \end{vmatrix}$   $\sin^2 \alpha + \cos^2 \alpha = 1$

$+f(x_{n-1})\Delta x$   $x \in (-\infty; -2)$   $(e^x)' = e^x$   $\lim_{x \rightarrow 0} \frac{\sin x}{x} = 1$   
 $a^2 = b^2 + c^2 - 2bc \cos A$   $y = \sin x$   $\begin{pmatrix} a_1 & b_1 \\ a_2 & b_2 \end{pmatrix} \cdot \begin{pmatrix} c_1 \\ c_2 \end{pmatrix} = \begin{pmatrix} a_1 c_1 + b_1 c_2 \\ a_2 c_1 + b_2 c_2 \end{pmatrix}$

$\frac{1}{2^n} = 2$   $e^x = 1 + \sum_{n=1}^{\infty} \frac{x^n}{n!}$   $\int$   
 $\sin x = \text{Im}\{e^{ix}\}$   $D = b^2 - 4ac$   
 $\cosh(x) = \frac{e^x + e^{-x}}{2}$

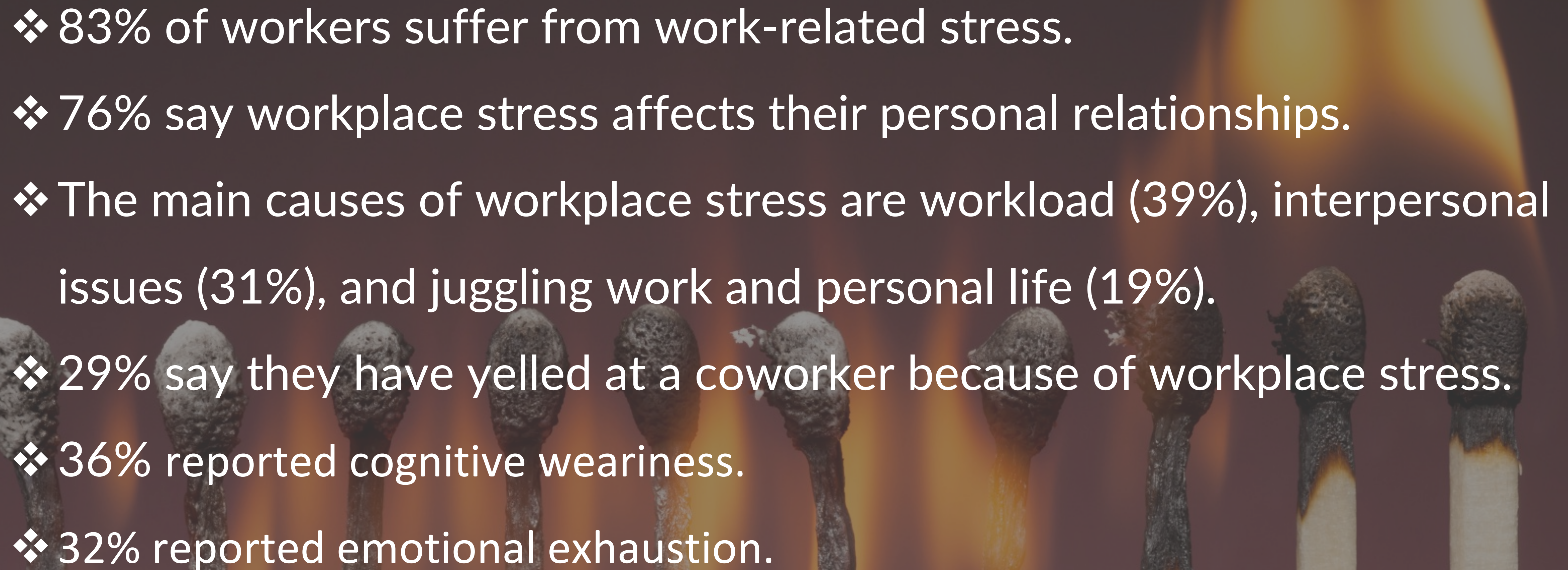
$X = 1$   $\log_a a^p X = \frac{1}{p} \log_a X$   $y = x^2$   
 $X! = 1 \cdot 2 \cdot \dots \cdot X$   $\lim_{n \rightarrow \infty} \left(1 + \frac{1}{n}\right)^n = e$   $\cos 2\alpha = 2 \cos \alpha$   
 $a \cap b = \emptyset$   $\begin{matrix} 1 & & & & \\ 1 & 1 & & & \\ 1 & 2 & 1 & & \\ 1 & 3 & 3 & 1 & \\ 1 & 4 & 6 & 4 & 1 \\ 1 & 5 & 10 & 10 & 5 & 1 \\ 1 & 6 & 15 & 20 & 15 & 6 & 1 \end{matrix}$

$\text{tg } \alpha = \frac{\sin \alpha}{\cos \alpha}$   $\sqrt[n]{x_1 x_2 \dots x_n} \leq \frac{x_1 + x_2 + \dots + x_n}{n}$







- 
- ❖ 83% of workers suffer from work-related stress.
  - ❖ 76% say workplace stress affects their personal relationships.
  - ❖ The main causes of workplace stress are workload (39%), interpersonal issues (31%), and juggling work and personal life (19%).
  - ❖ 29% say they have yelled at a coworker because of workplace stress.
  - ❖ 36% reported cognitive weariness.
  - ❖ 32% reported emotional exhaustion.





OUR MIND CONTROLS OUR BRAIN

OUR BRAIN IS WIRED TO CONNECT SOCIALLY

YOUR BRAIN CAN BE LIT UP TO THRIVE

# THE 3 PRACTICES OF ACTIVATORS

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CONNECTING

COACHING

CULTURING

---



**EVOLVE & THRIVE**

EVOLVE YOUR THINKING

# THE POWER OF THINKING

(METACOGNITION)



Your thinking creates proteins that form new neurons and connections.

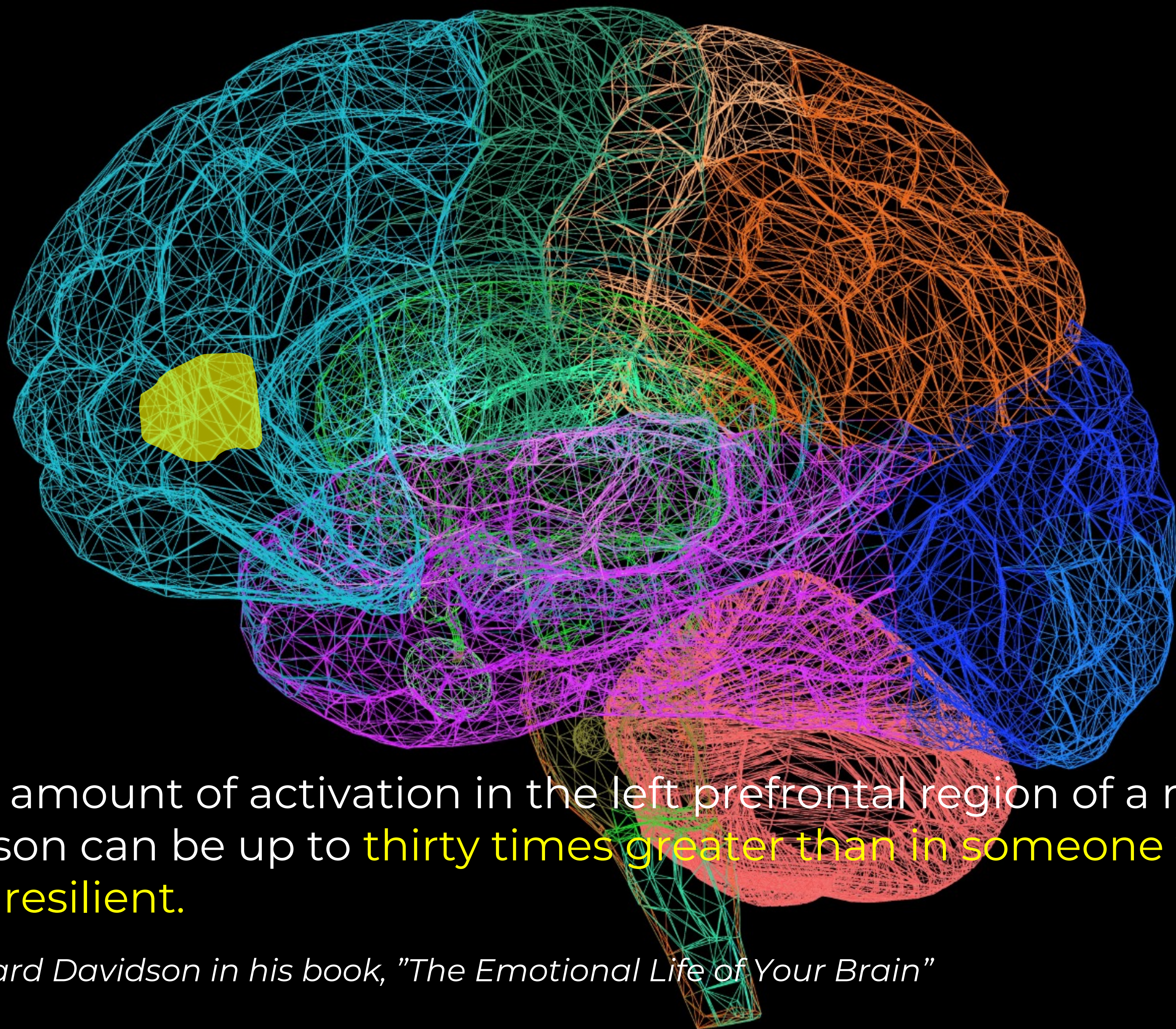


Your thinking stimulates chemical and hormone release.



Your thinking wires mindsets and thought patterns.





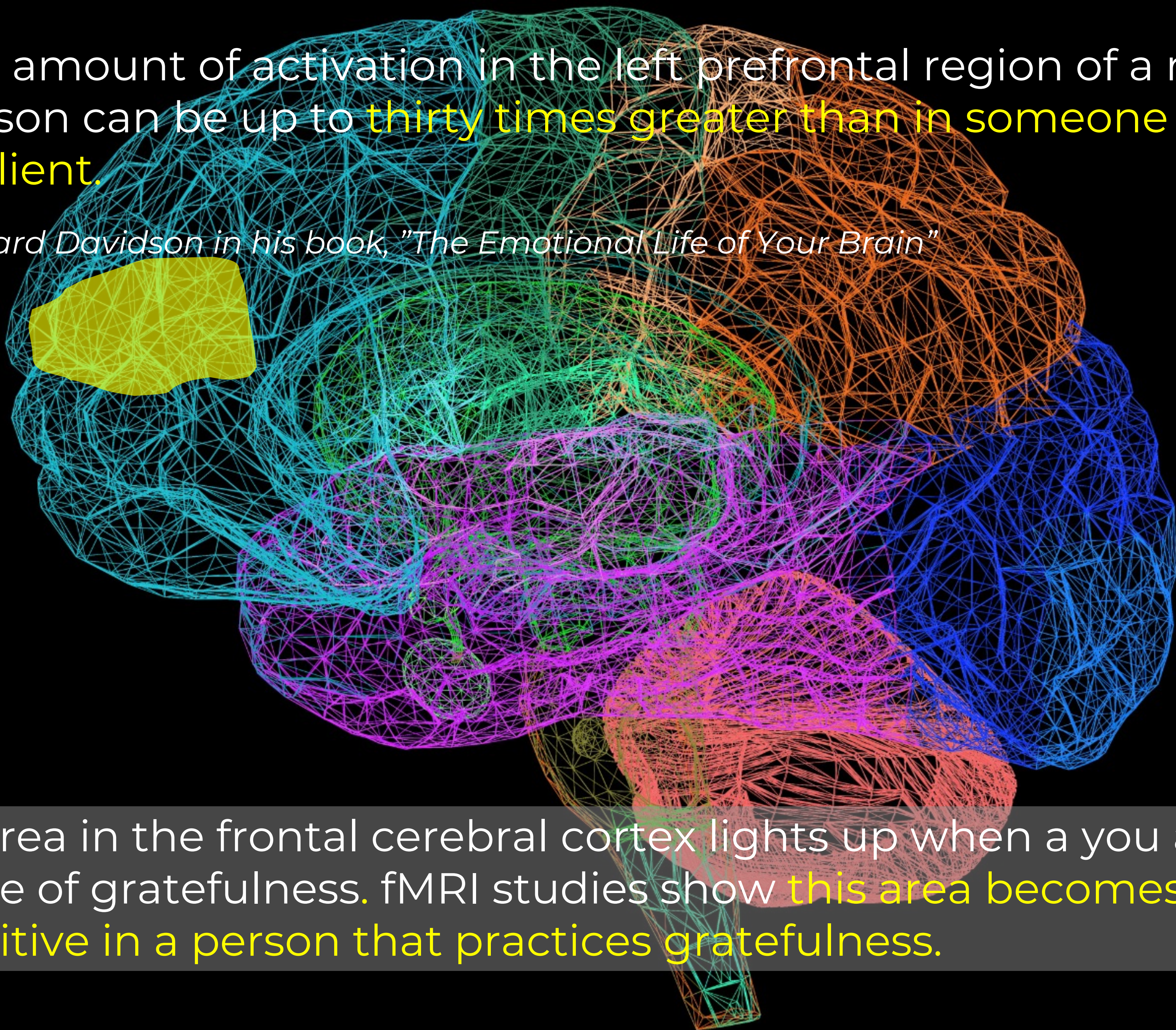
The amount of activation in the left prefrontal region of a resilient person can be up to **thirty times greater than in someone who is not resilient.**

*Richard Davidson in his book, "The Emotional Life of Your Brain"*

The amount of activation in the left prefrontal region of a resilient person can be up to **thirty times greater than in someone who is not resilient.**

*Richard Davidson in his book, "The Emotional Life of Your Brain"*

An area in the frontal cerebral cortex lights up when a you are feeling a sense of gratefulness. fMRI studies show **this area becomes more sensitive in a person that practices gratefulness.**



# MENTAL TOUGHNESS



# THE ART OF MENTAL TOUGHNESS

A personality trait which determines, in large part, how people respond to challenge, stress and pressure, irrespective of their circumstances.

**Mental toughness is “the ability to consistently perform towards the upper range of your talent and skill regardless of competitive circumstances.”**

**- Jim Loehr, *The New Toughness Training for Sports***

# MENTAL TOUGHNESS

RESILIENCE

DETERMINATION

FOCUS

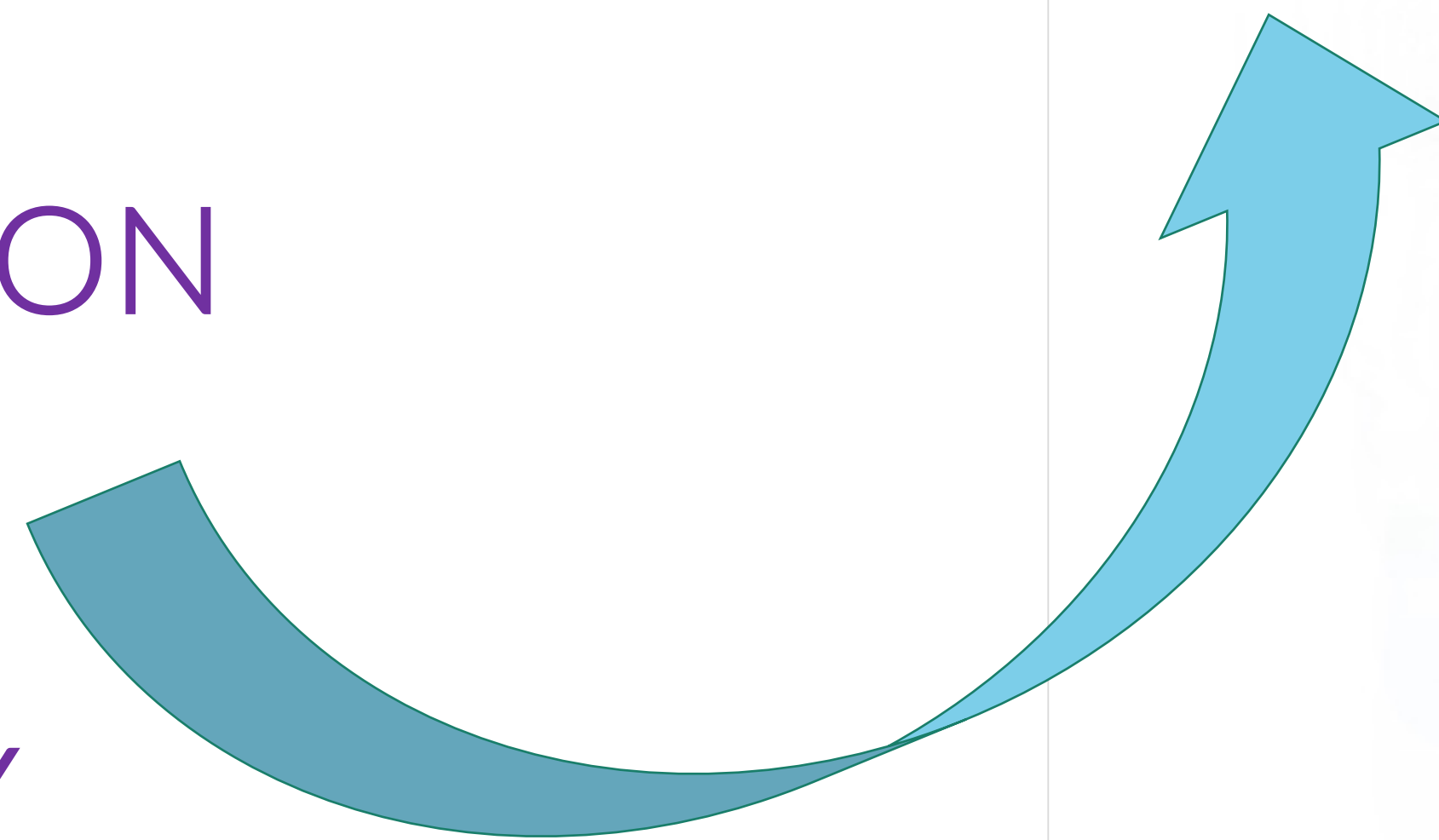
ADAPTABILITY

PERFORMANCE

WELL-BEING

BEHAVIOR

LEARNING





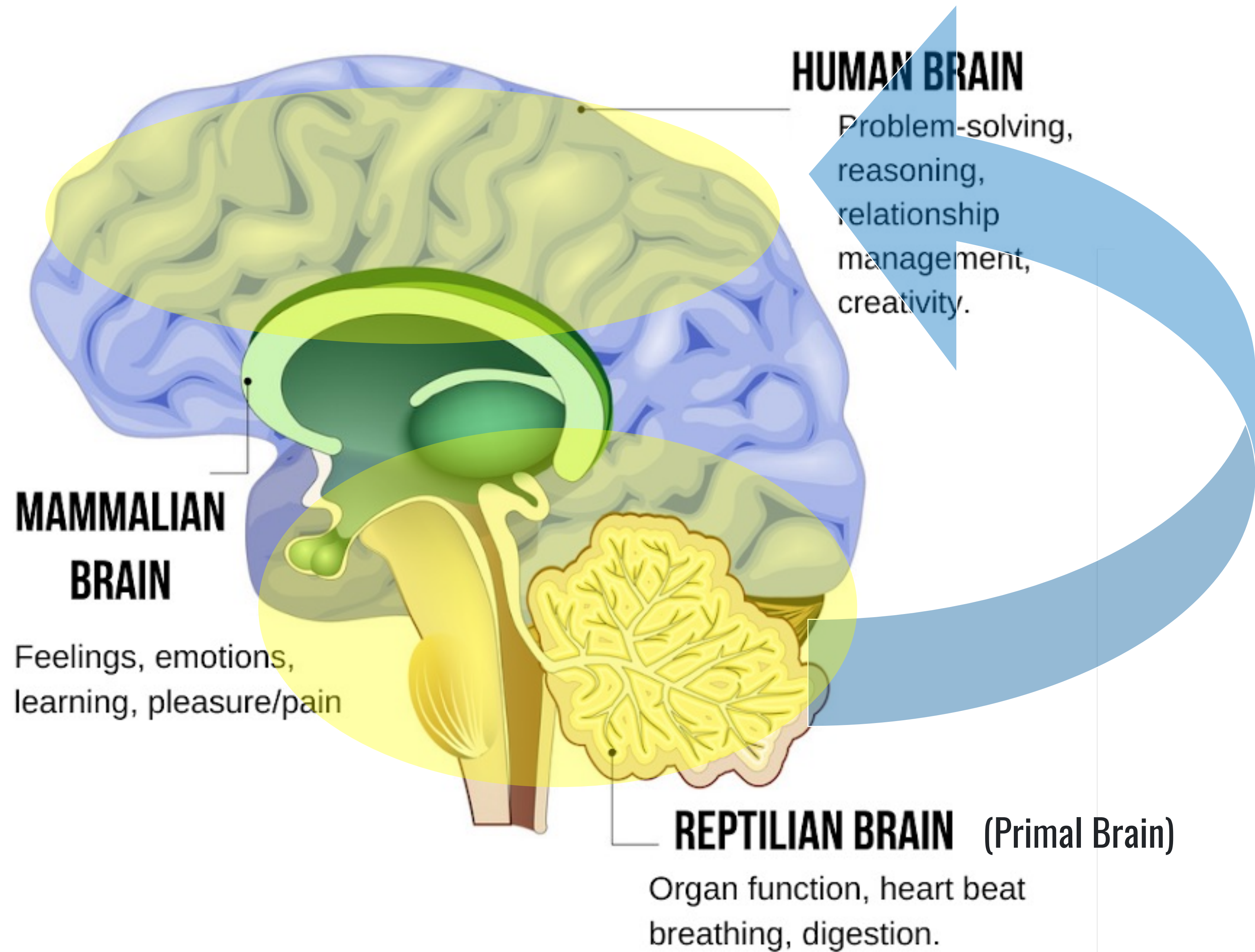
# THE ULTIMATE BRAIN BATTLE

THE **NEGATIVE (THREAT)** DEFAULT  
CREATES **NEGATIVE THINKING**

The #1 Priority of Your Brain is...

**STAY ALIVE**

We can build an **adaptable** and **resilient brain** by learning how to **manage** our reptilian brain.







# MASTER YOUR THINKING

WITH THE **3R** METHOD

**REFLECT** - Notice

**REFRAME** - Shift

**REPLACE** - Rewire

# THE BREAKDOWN



.COM

.COM

**VT.COM**



WHAT DO YOU NEED TO  
REFRAME & REPLACE?





# CREATE BETTER GOALS

If your goal or mission doesn't require **discomfort** or **sacrifice**, it's not big enough to trigger the greater potential of your brain.

Embrace the Climb!

# EVOLVE & THRIVE STRATEGIES

## EVOLVE YOUR THINKING



### #1 Embrace the Struggle

- ✓ Manage the Negative/Threat
- ✓ Integrate the 3R Method

EVOLVE YOUR THINKING

EVOLVE YOUR LANGUAGE

THE POWER OF YOUR  
LANGUAGE

LANGUAGE IS A  
SYSTEM OF  
COMMUNICATION

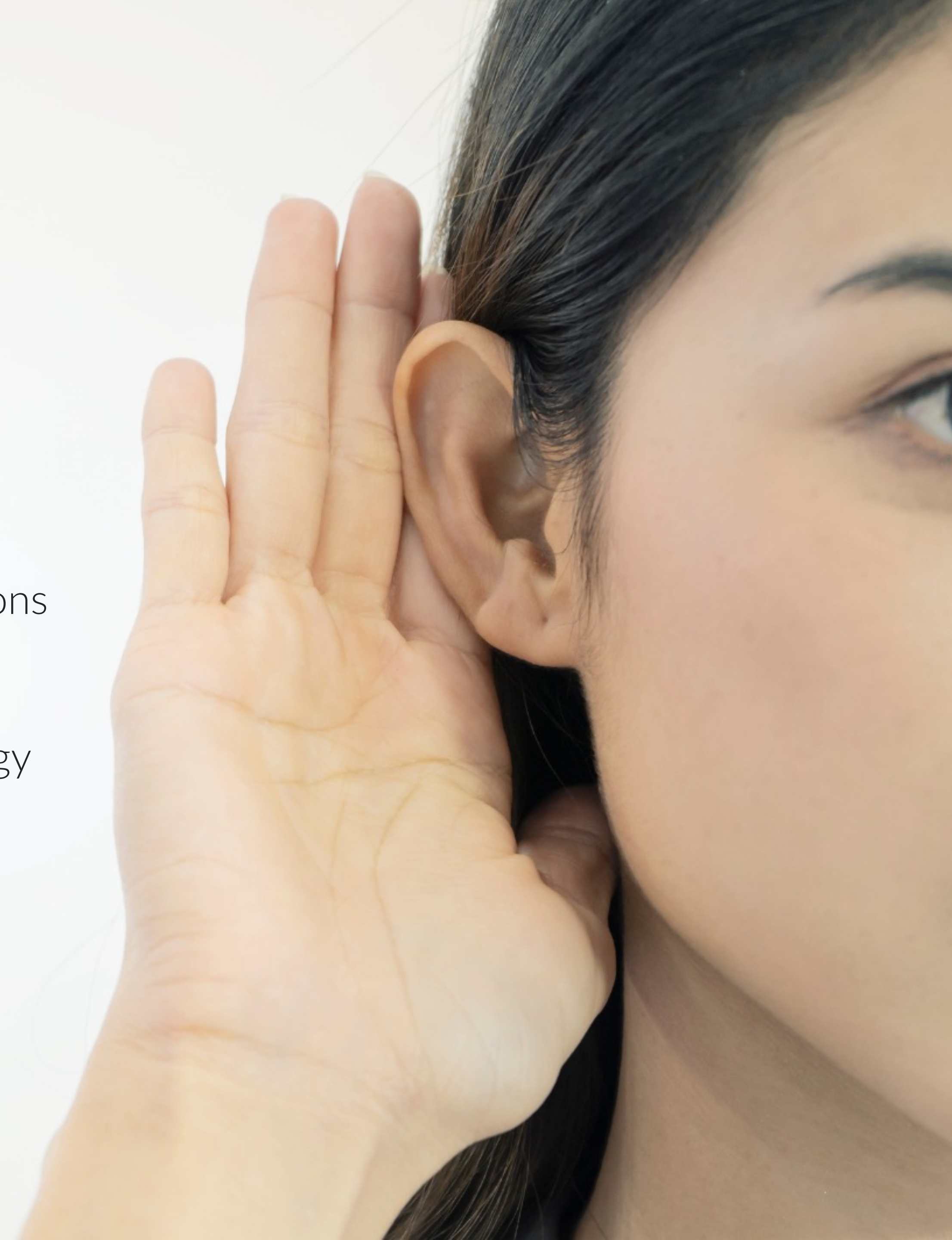


# HOW WE PERCEIVE THE LANGUAGE OF OTHERS

**HEAR** – Words, Tone, Pitch

**SEE** – Body Language, Facial Expressions, Micro-Expressions

**FEEL** – Intention, Hormone and Chemical, Electrical Energy



# QUESTION

Can one simple sound from your mouth that lasts only .03 second lead a person to feel devalued and dismissed?

Can one expression from your face that lasts only .03 second lead a person to feel devalued and dismissed?





# THE SOCIAL BRAIN



# MANAGE YOUR INTENTION



Your daily thinking and behavior in the pursuit  
of a specific outcome.

(CONSCIOUS)

Your Influence on others through  
your internal desires.

(UNCONSCIOUS)

# ACTIVATION WORDS

Cooperation

Collaborate

Excited

Launch

**Endurance**

**Strength**

**Courage**

**Brave**

**Hero**

*Discover*

Flexible

Enterprising

Dynamic

Impact

Insight

Progress

Achievement

***Wordsmith for Positivity, Novelty, Uniqueness, Recall, Rhyming.***

*Bargh, Chen, and Burrows, Journal of Personality and Social Psychology, 1996.*

*Drouvelis, Metcalfe, and Powdthavee Theory and Decision, 2015.*

*Brooks, Alison, Academy of Management Proceedings, 2013.*

*Gable & Reis Advances in experimental Social Psychology, 2010.*



# WHAT WORDS CAN YOU USE?

Security

Solution

Safe

Trust

Innovate

Protect

Clarity

Insight

Stable

Value

Confidence

Maximize

Reliable

Entrust

Powerful

Efficiency

Dependable


Determined

Intelligence

Stable

Dynamic

PRIME SAFETY, TRUST, AND  
PERFORMANCE



# THE LANGUAGE OF HIGH PERFORMANCE

POSITIVITY

CONFIDENCE

PASSION

COACH MONTY WILLIAMS

# EVOLVE & THRIVE STRATEGIES

## EVOLVE YOUR THINKING



### #1 Embrace the Struggle

- ✓ Manage the Negative/Threat
- ✓ Integrate the 3R Method

## EVOLVE YOUR LANGUAGE



### #2 Master Performance Language

- ✓ Positivity
- ✓ Confidence
- ✓ Passion



**EVOLVE & THRIVE**

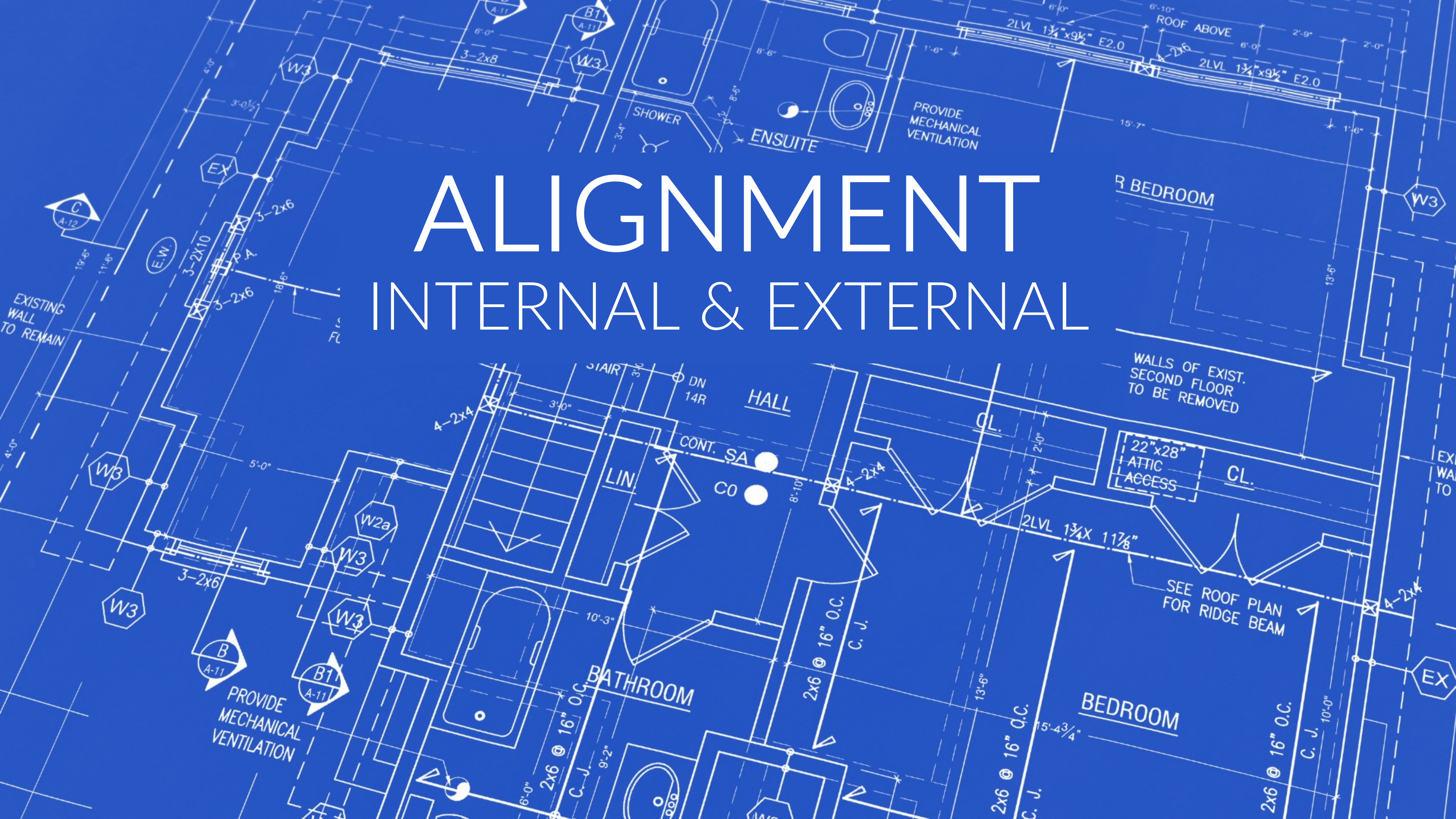


CHOOSE TO THRIVE

CHOOSE TO THRIVE

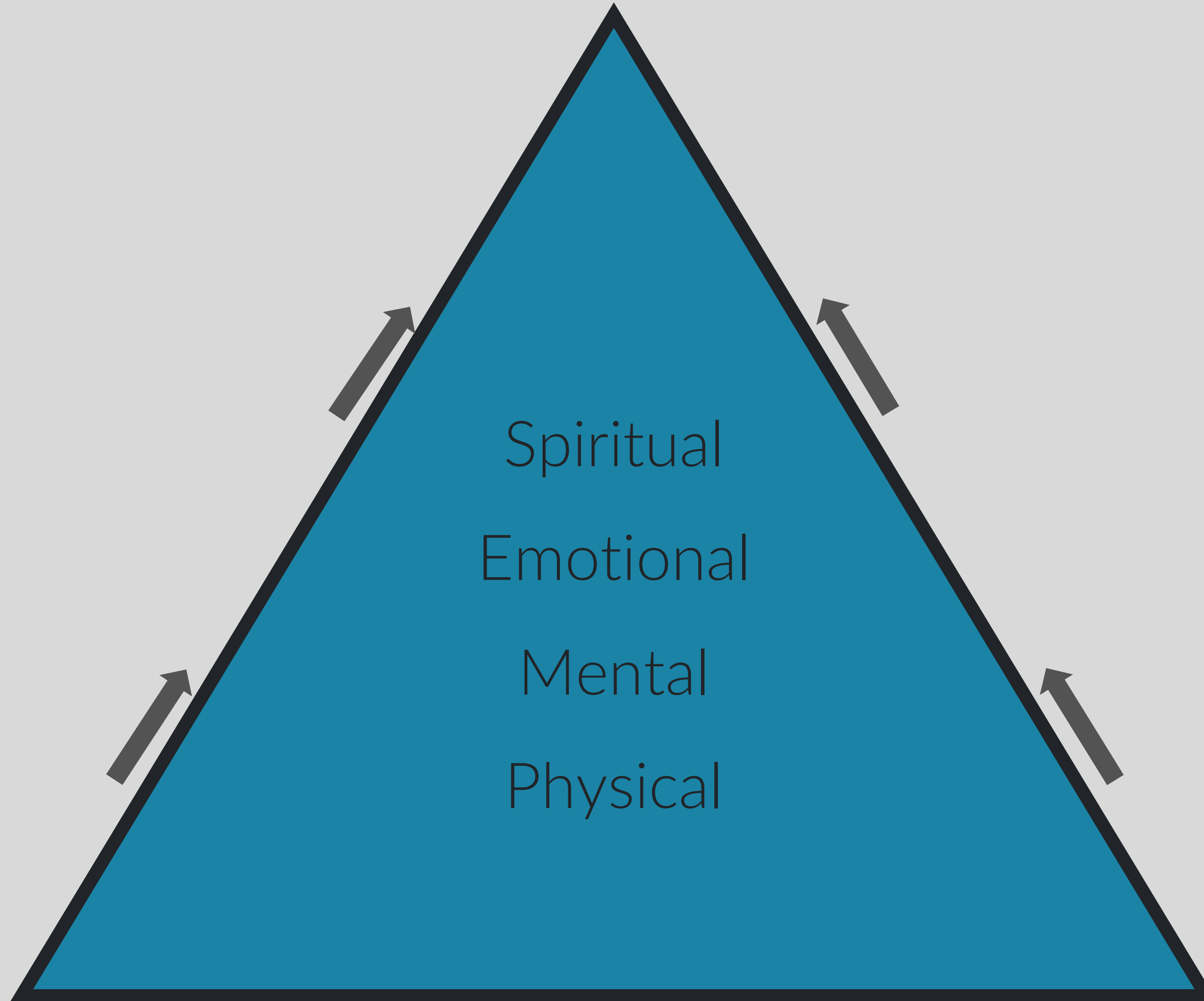
THRIVE

# ALIGNMENT INTERNAL & EXTERNAL



ALIGN FOR SUCCESS

THRIVE



ACHIEVEMENT

FULFILLMENT



# EXTERNAL ALIGNMENT







# PROs

Team/Organizational Goals  
Win/Win Mindset  
Responsibility Oriented  
Solutions Focused  
Openness & Abundance Mindset  
Leverage Diversity as a Strength


# AMATEURS

Personal/Individual Goals  
Win/Lose Mindset  
Blames Others  
Personal Comfort  
Protectionism & Scarcity  
Self-Focused



WHEN WE BRING OUR BEST WE CAN

**RISE TOGETHER**

A close-up photograph of several hands of different skin tones (light, medium, and dark) stacked together in a circular arrangement. The hands are wearing various sleeves: a grey ribbed sweater, a white dress shirt, a white dress shirt, a white dress shirt, a purple and white checkered shirt, and a dark red sweater with a blue and white checkered cuff. The background is a plain, light grey surface.

Great Leaders help people understand that our strength is not found in our individual performance, it's found in our collective efforts.

**BETTER TOGETHER!**

# EVOLVE & THRIVE STRATEGIES

## EVOLVE YOUR THINKING



### #1 Change Your Thinking Default

- ✓ Reject the Negative/Threat
- ✓ Integrate the 3R Method

## EVOLVE YOUR LANGUAGE



### #2 Master Performance Language

- ✓ Positivity
- ✓ Confidence
- ✓ Passion

## CHOOSE TO THRIVE



### #3 Align for Success

- ✓ Bring Your Best Daily
- ✓ Choose to “Rise Together”



You aren't defined by what you do.

You're defined by how you do it.

**EVOLVE & THRIVE**

# THANK YOU!

...  
Let's Connect!!



[DrJasonJones.com](http://DrJasonJones.com)



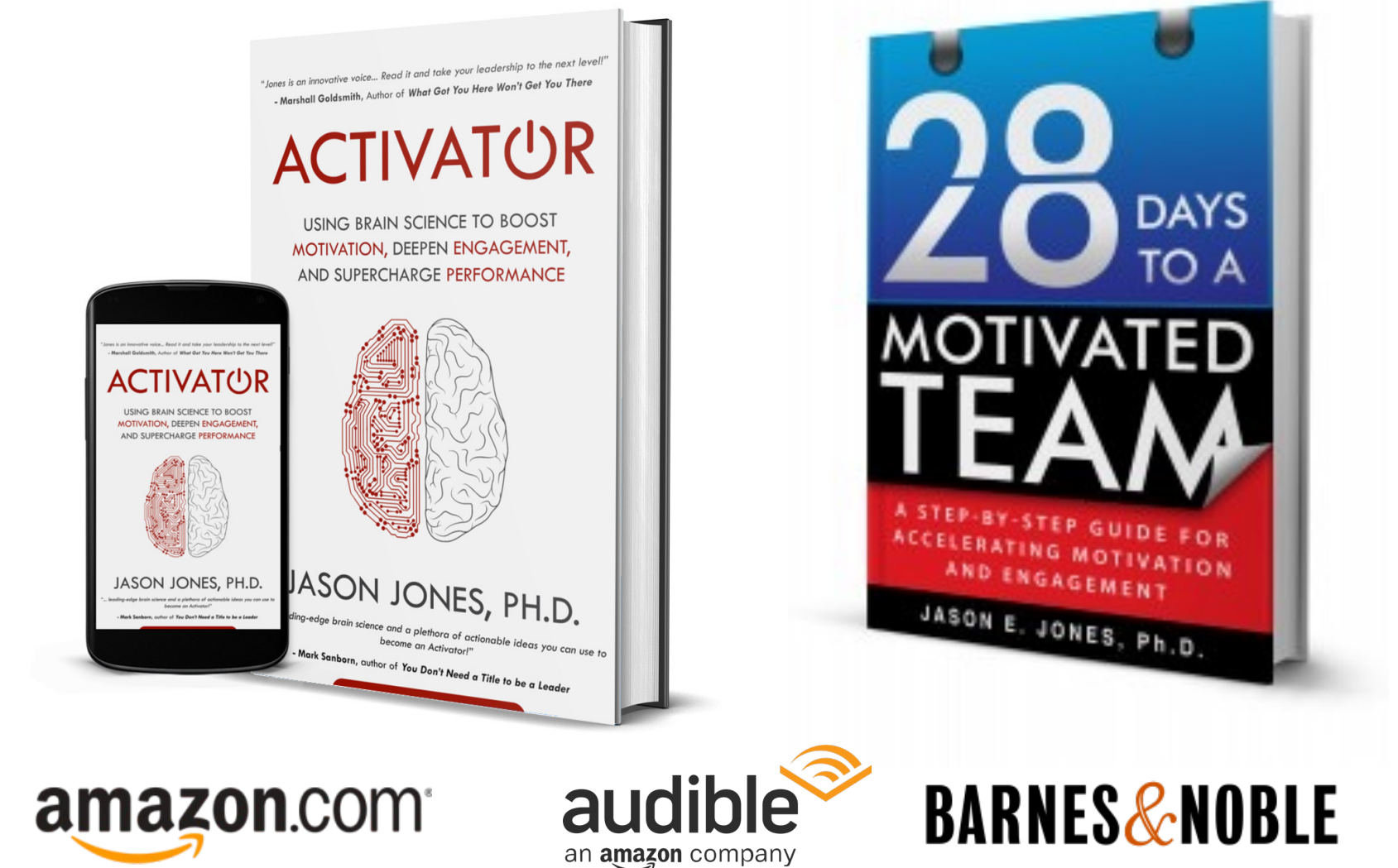
[DrJ@DrJasonJones.com](mailto:DrJ@DrJasonJones.com)



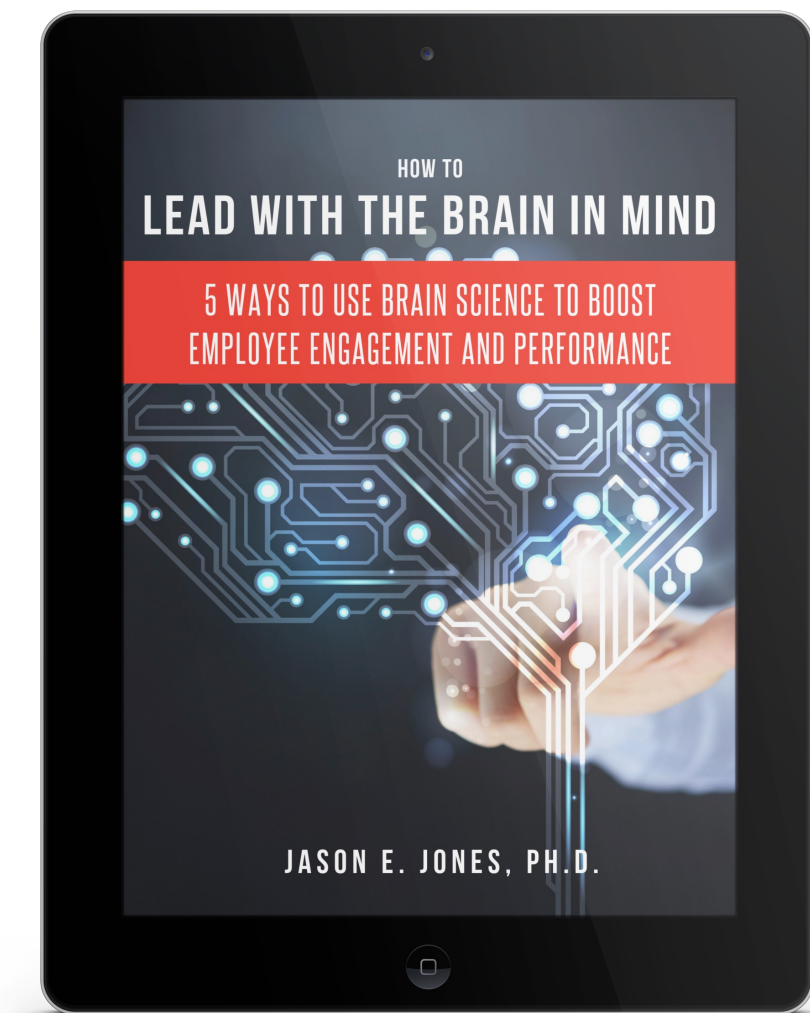
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