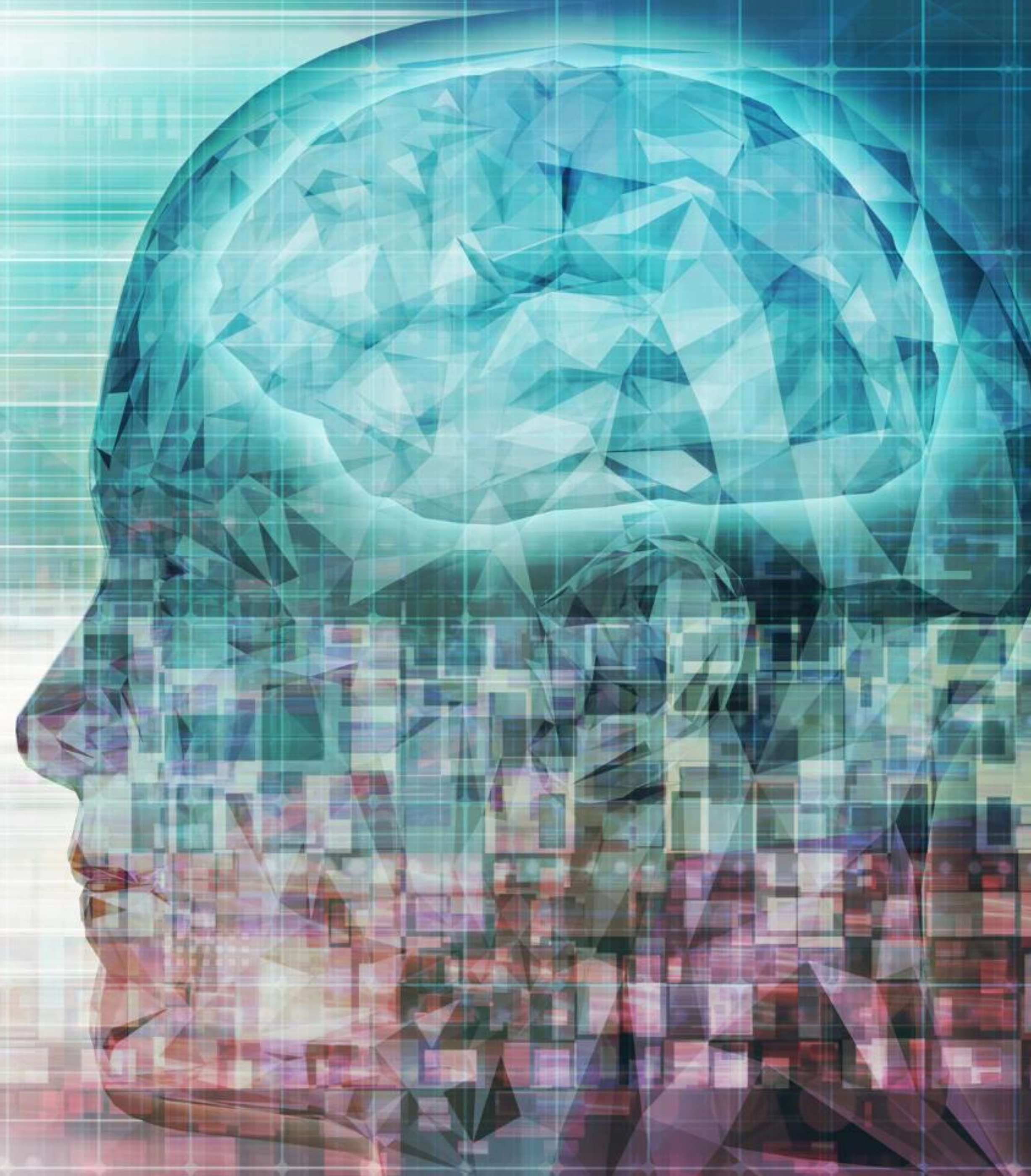




EVOLVE AND THRIVE

Building a Mindset to Win in Any Situation.

Presented by Jason Jones, Ph.D.





SPORTS

HEALTH/MEDICINE

WORK

THERAPY

SALES

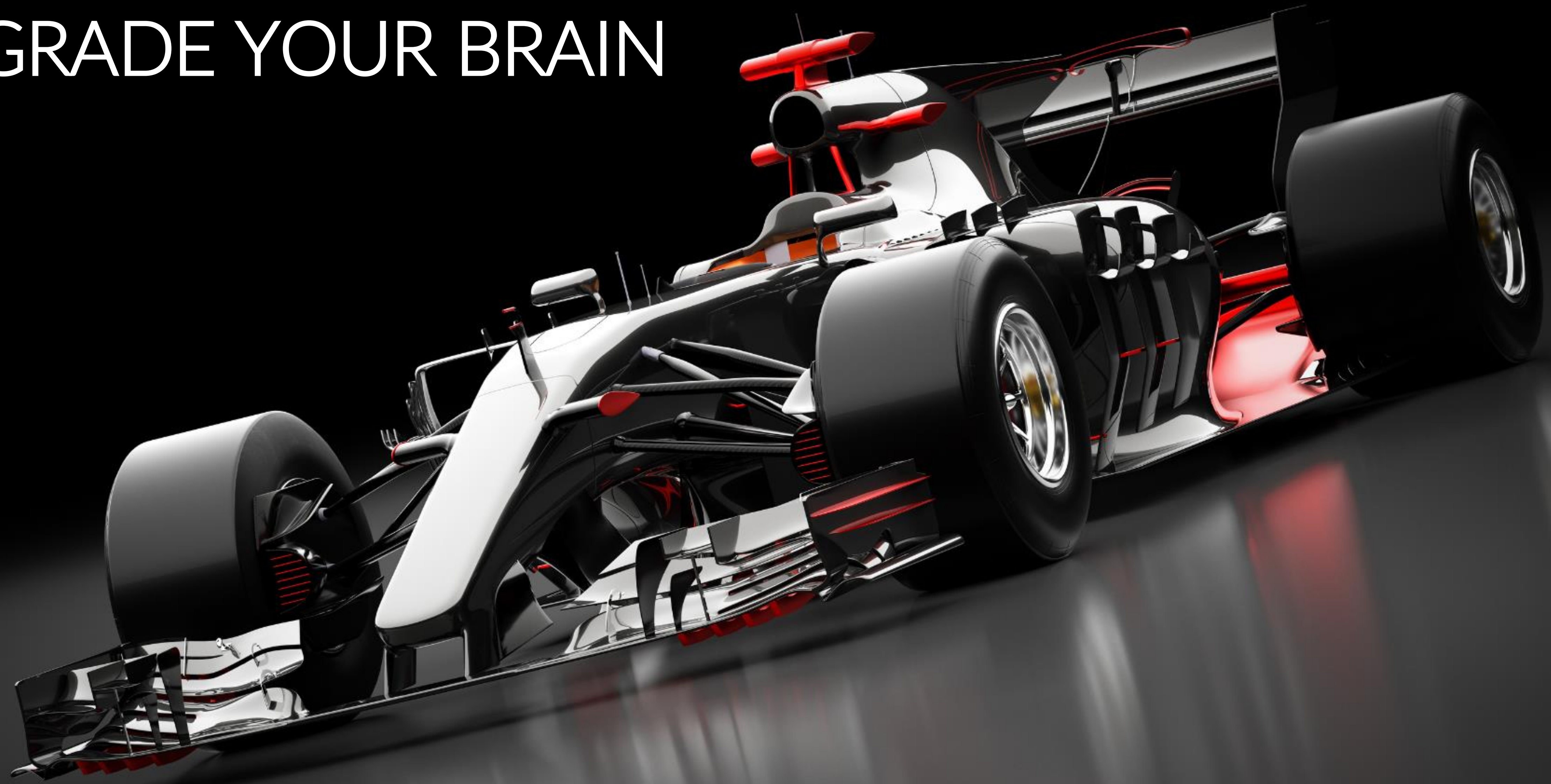
MARKETING

LEADERSHIP





UPGRADE YOUR BRAIN



3 NEUROSCIENCE PRINCIPLES TO KNOW



OUR MIND CONTROLS OUR BRAIN

OUR BRAIN IS WIRED TO CONNECT SOCIALLY

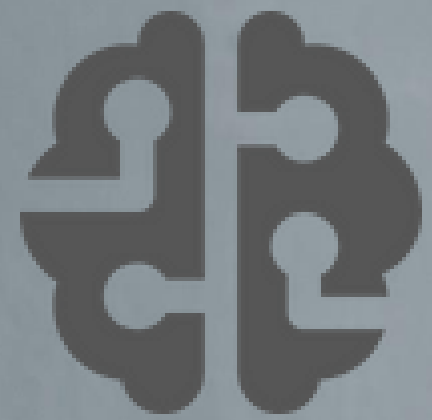
OUR BRAIN CAN BE LIT UP TO THRIVE

EVOLVE & THRIVE

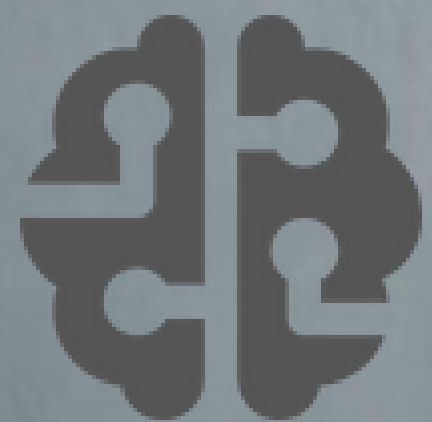
EVOLVE YOUR THINKING

THE POWER OF THINKING

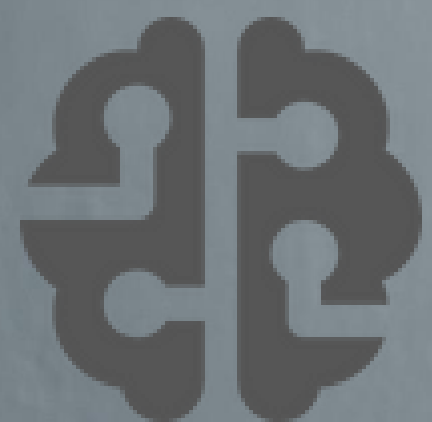
(METACOGNITION)



Your thinking creates proteins that form new neurons and connections.



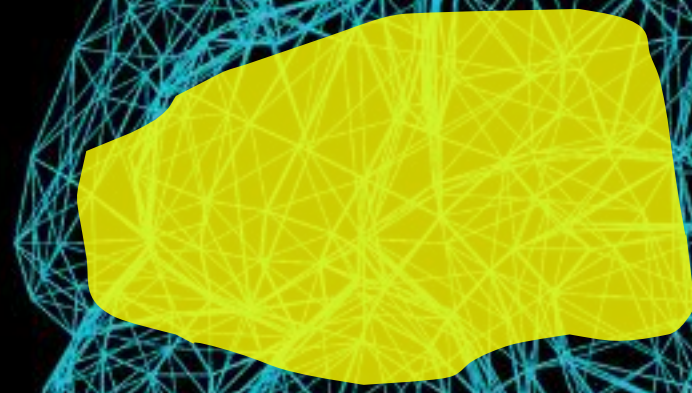
Your thinking stimulates chemical and hormone release.



Your thinking wires mindsets and thought patterns.

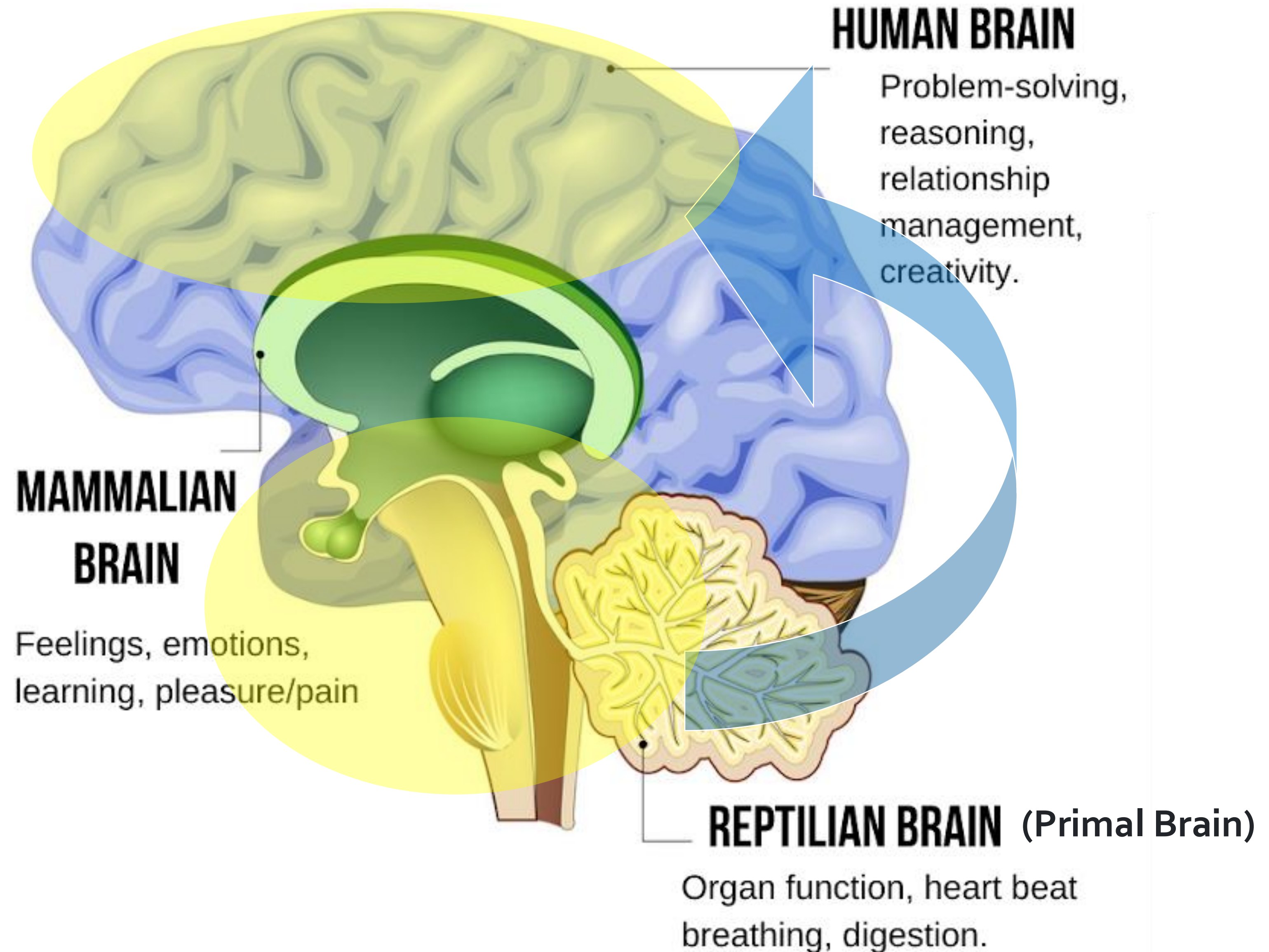


The amount of activation in the left prefrontal region of a resilient person can be up to **thirty times greater than in someone who is not resilient.**



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

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





MASTER YOUR THINKING WITH THE **3R** METHOD

REFLECT - Notice

REFRAME - Shift

REPLACE - Rewire

THE BREAKDOWN



WHAT DO YOU NEED TO
REFRAME & REPLACE?

GOALS



Struggle and Difficulty

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

Embrace the Struggle!

EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



STRATEGY #1

Embrace the Struggle

- ✓ Manage the Negative Default
- ✓ Integrate the 3R Method

EVOLVE YOUR THINKING

EVOLVE YOUR LANGUAGE

LANGUAGE IS A
SYSTEM OF
COMMUNICATION

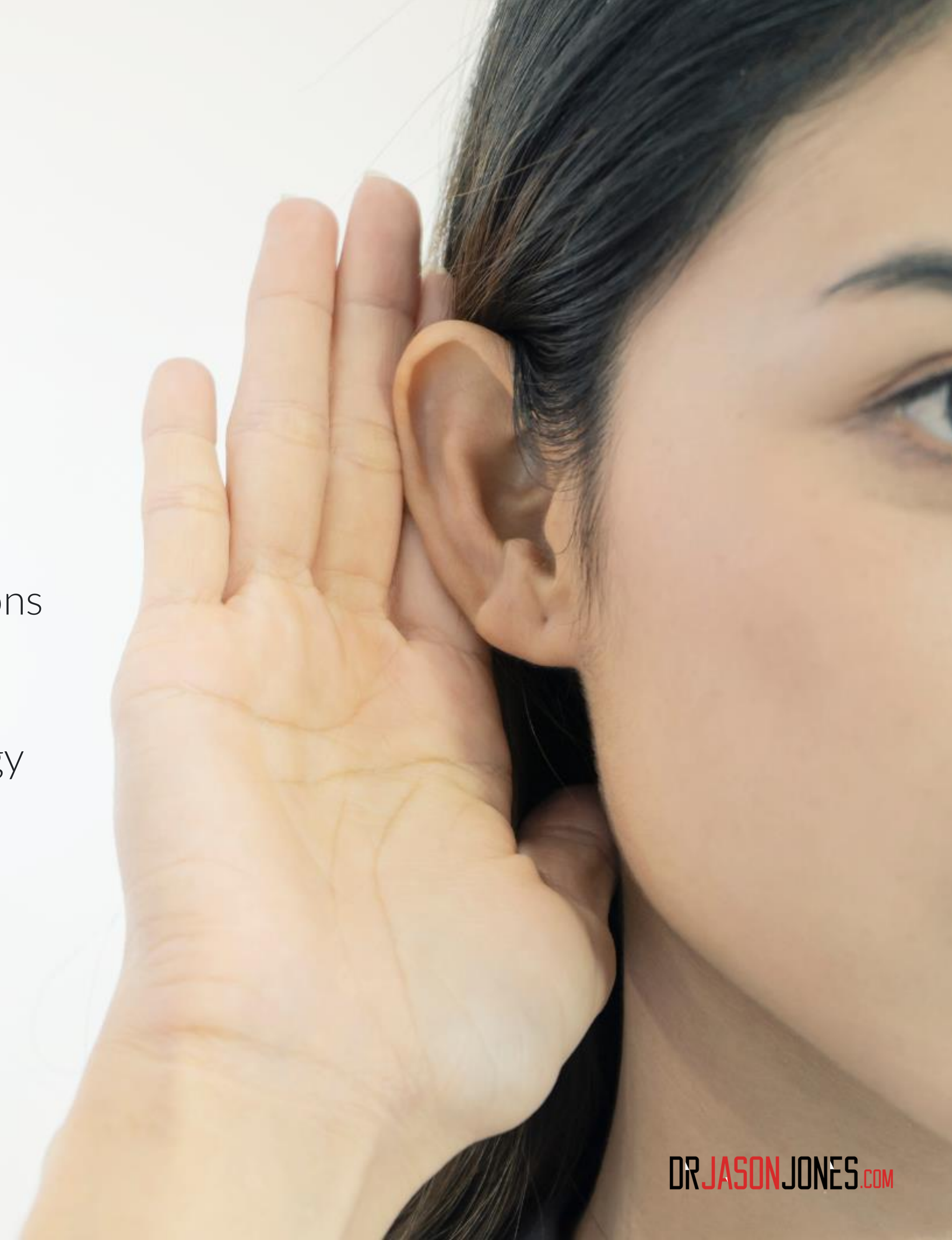


HOW WE PERCEIVE THE LANGUAGE OF OTHERS

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?





THE SOCIAL BRAIN

PRIME SAFETY, TRUST, AND
PERFORMANCE

WORDS

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.



Security

Trust

Clarity

Value

Reliable

Efficiency

Intelligence

Solution

Innovate

Insight

Confidence

Entrust

Dependable

Stable

Safe

Protect

Stable

Maximize

Powerful

Determined

Dynamic

Security

Trust

Reliability

Freedom

Diversify

Wealth

Leverage

Hedge

Stability

Growth

Foresight

Sophistication

Prosperity

Protection

Confidence

Entrust

Guide

Opportunity

ACTIVATION WORDS

Cooperate	Awaken	Gracious	Accomplish
Collaborate	Invigorate	Courteous	Meaning
Teamwork	Launch	Disciplined	Fulfillment
Trust	Unleash	Courageous	Overcome
Idea	Ambition	Awesome	Prevail
Spark	Stamina	Triumphant	Enterprising
Insight	Vitality	Flexible	Attractive
Passion	Win	Adaptable	Vital
Achieve	Discover	Determined	Dynamic
Share	Compassion	Grow	Fearless
Fun	Alert	Develop	Passionate
Enjoyment	Endurance	Freedom	Conquer
Power	Love	Zest	Flourish
Spirit	Victory	Enthusiastic	Prosper
Revive	Hero	Grateful	Benefit
Refresh	Legacy	Smart	Tough
Create	Respect	Positivity	Accomplish
Rally	Diligence	Impact	Success



JOIN ME FOR MY ALL-PRO
TEAM BREAKOUT SESSION

LEARN THE LANGUAGE OF HIGH PERFORMANCE

4:00 - 5:30pm @ Safari Club

A glowing blue brain is the central focus, set against a dark blue background. The brain is rendered with a semi-transparent, glowing effect. Several bright red, glowing spots are scattered across the brain's surface, particularly in the central and lower regions. Multiple bright white lightning bolts with jagged, branching patterns strike the brain from all directions, creating a sense of intense energy and electrical activity. The overall aesthetic is futuristic and high-tech.

SELF TALK

EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



STRATEGY #1 Embrace the Struggle

- ✓ Manage the Negative Default
- ✓ Integrate the **3R** Method

EVOLVE YOUR LANGUAGE



STRATEGY #2 Integrate Activation Words into Your Language

- ✓ Grow your vocabulary
- ✓ Use positive and novel words



EVOLVE & THRIVE

CHOOSE TO THRIVE

CHOOSE TO THRIVE

THRIVE!

meaning:

To grow or develop
vigorously.

To flourish or prosper.



THRIVING IS A CHOICE AND A PROCESS

NOT A DESTINATION WE HOPE TO ARRIVE





DAILY - FIRST WINS

Mood > Motivation > Confidence > Positivity > Attention > Momentum



SHOW UP STRONG EVERY DAY

PROs vs. AMATEURS

PROs

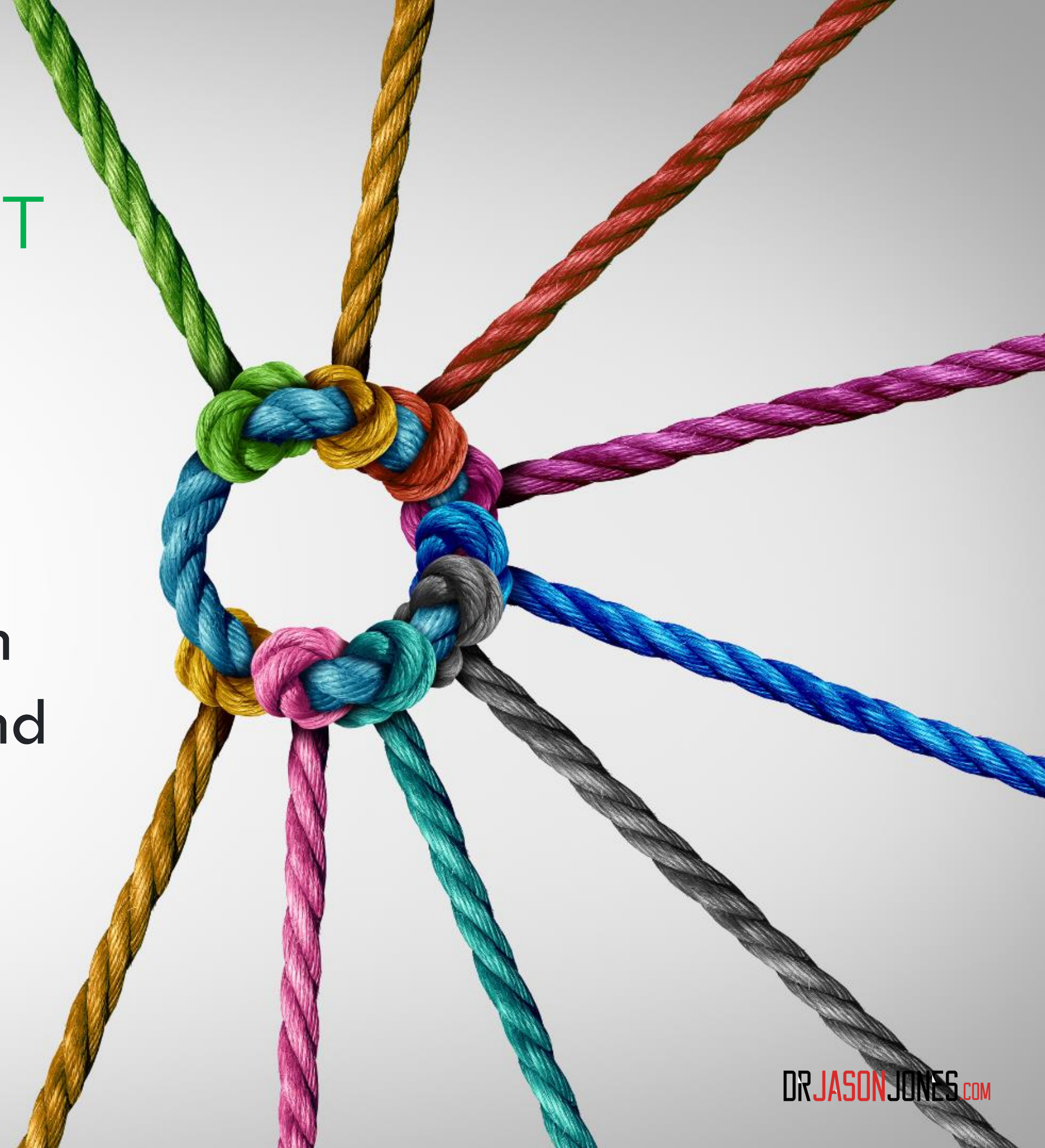
Team/Organizational Goals
Win/Win Mindset
Responsibility Oriented
Solutions Focused
Openness & Abundance Mindset
Leverage Diversity as a Strength
Community Achievement

AMATEURS

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

COMMUNITY ACHIEVEMENT

The most successful teams and organizations are made up of professionals who understand that their strength is not found in individual performance, it's found in their **collective efforts**.



EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



STRATEGY #1 Embrace the Struggle

- ✓ Manage the Default
- ✓ Integrate the **3R** Method

EVOLVE YOUR LANGUAGE



STRATEGY #2 Integrate Activation Words into Your Language

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- ✓ Use positive and novel words

CHOOSE TO THRIVE



STRATEGY #3 Thrive Everyday

- ✓ Get Your Daily First Win
- ✓ Show Up Like a Pro

A low-angle, top-down photograph of a football team huddle. The players are wearing dark blue jerseys with orange accents and white helmets. They are gathered around a central football, with their arms and hands reaching towards the center. The background is a clear blue sky. The text "DO PEOPLE WANT TO GIVE THEIR BEST TO YOU?" is overlaid in white, bold, sans-serif font on a semi-transparent dark grey rectangular background in the upper right quadrant of the image.

DO PEOPLE WANT TO GIVE
THEIR BEST TO YOU?

EVOLVE & THRIVE

THANK YOU!



Let's Connect!!



DrJasonJones.com



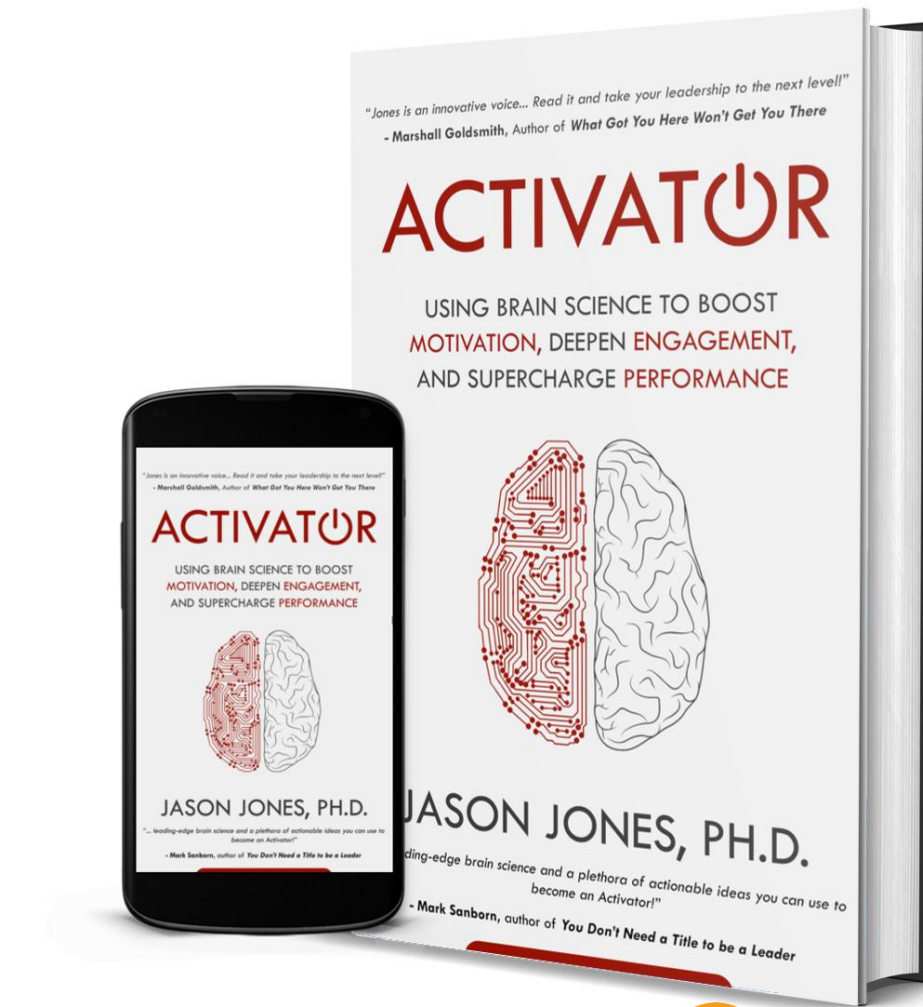
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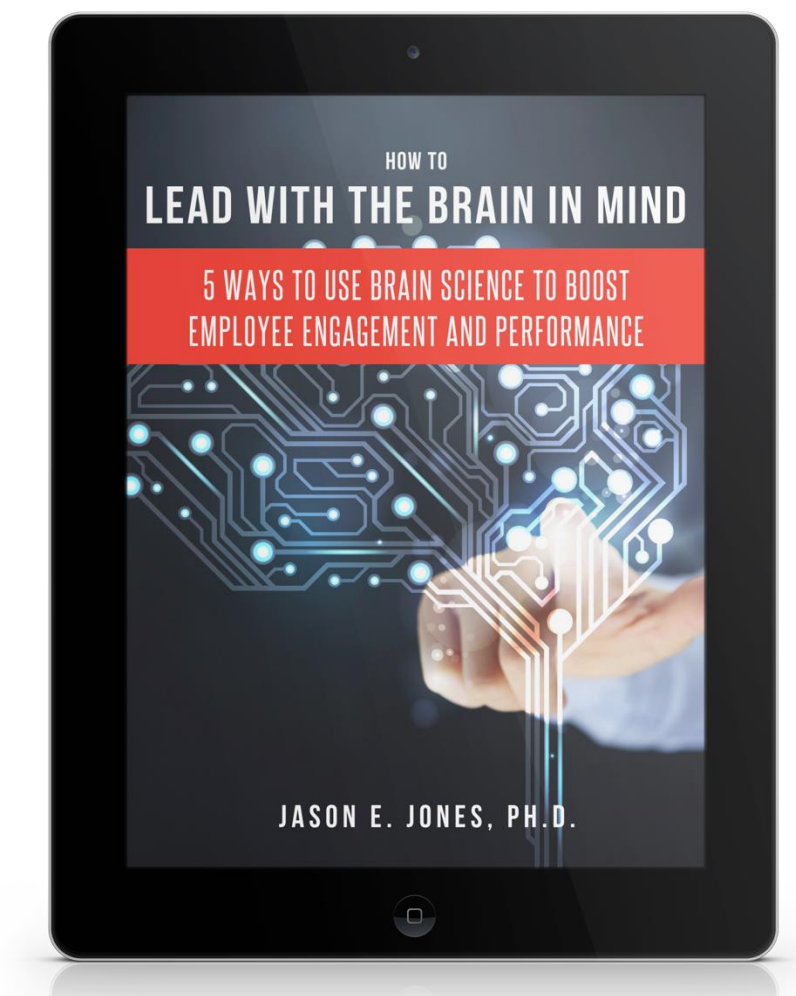


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