



EVOLVE AND THRIVE

*Building a Mindset to Win in
Any Situation.*

Presented by Jason Jones, Ph.D.



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

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

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

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

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



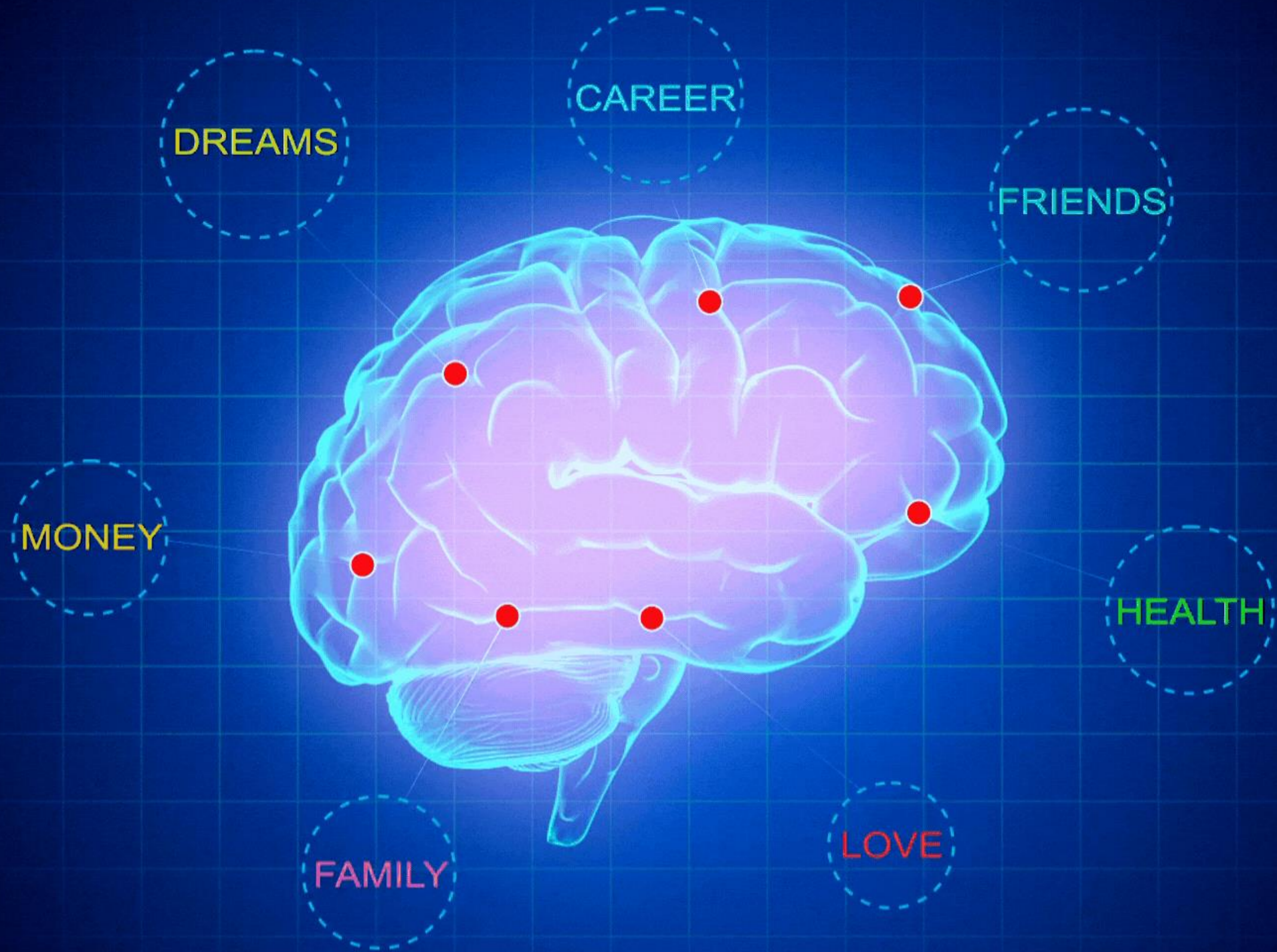
$\frac{k}{n} f^{(n)}(a)$



**YOUR FUTURE HEALTH, VITALITY, AND PERFORMANCE
WILL BE FOUND IN BRAIN OPTIMIZATION**



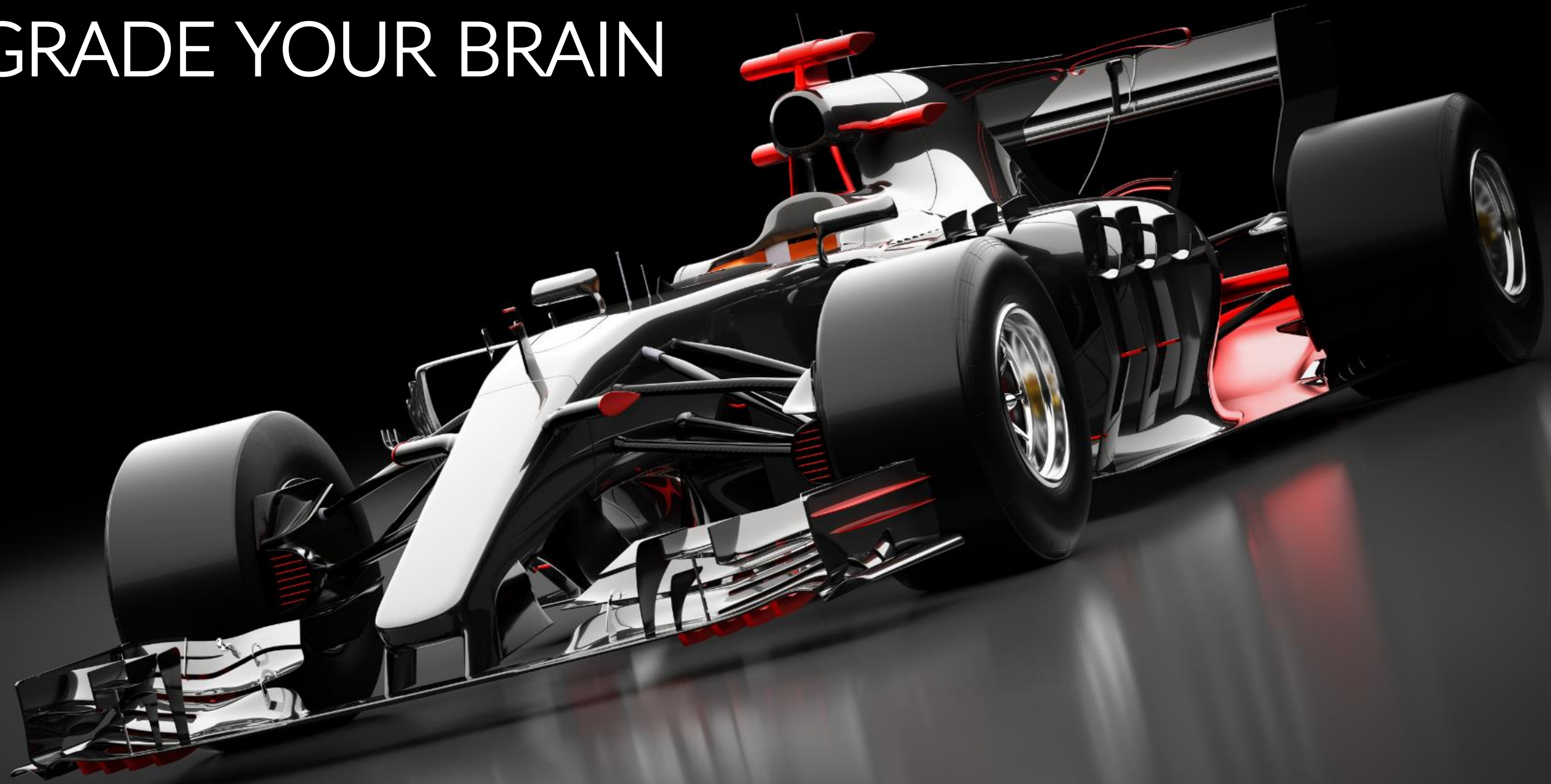
SPORTS
HEALTH/MEDICINE
THERAPY
HAPPINESS
MARKETING
SALES
LEADERSHIP
WORK







UPGRADE YOUR BRAIN



3 NEUROSCIENCE PRINCIPLES TO KNOW



OUR MIND CONTROLS OUR BRAIN

OUR BRAIN IS WIRED TO CONNECT SOCIALLY

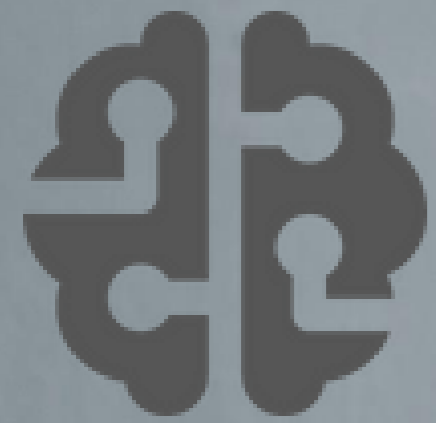
OUR BRAIN CAN BE LIT UP TO THRIVE

EVOLVE & THRIVE

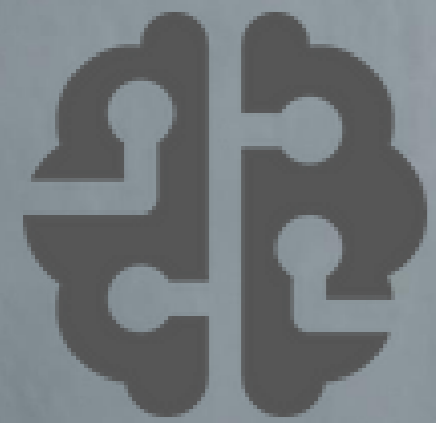
EVOLVE YOUR THINKING

THE POWER OF THINKING

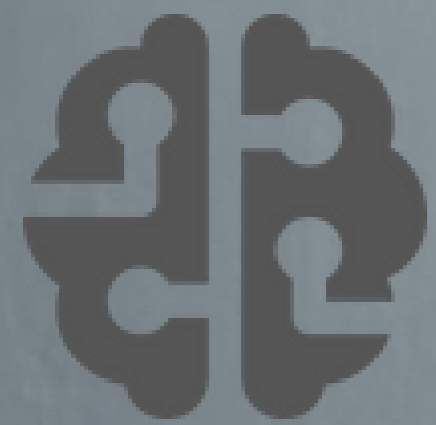
(METACOGNITION)



Your thinking creates proteins that form new neurons and connections.

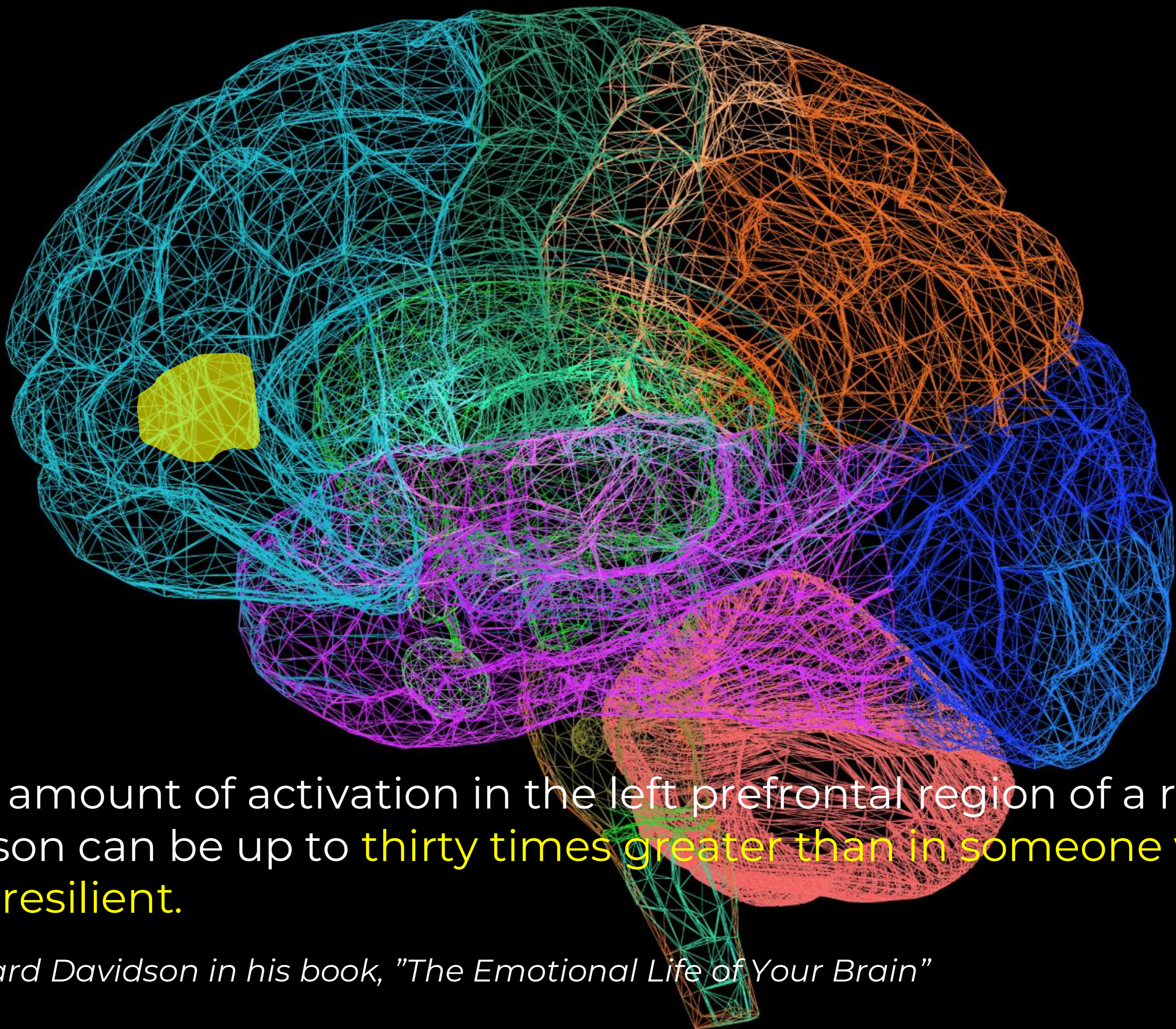


Your thinking stimulates chemical and hormone release.



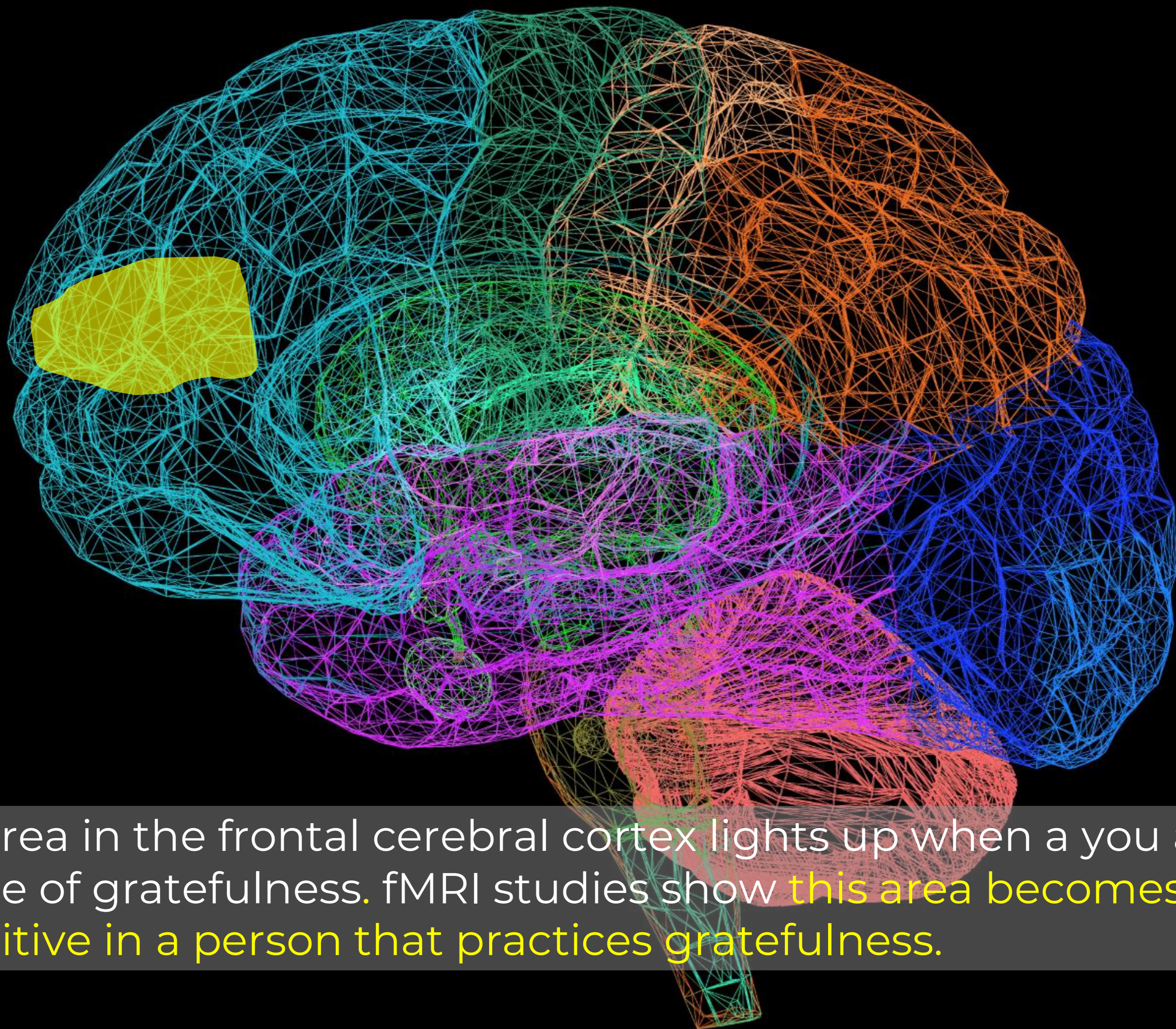
Your thinking wires mindsets and thought patterns.





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.**

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

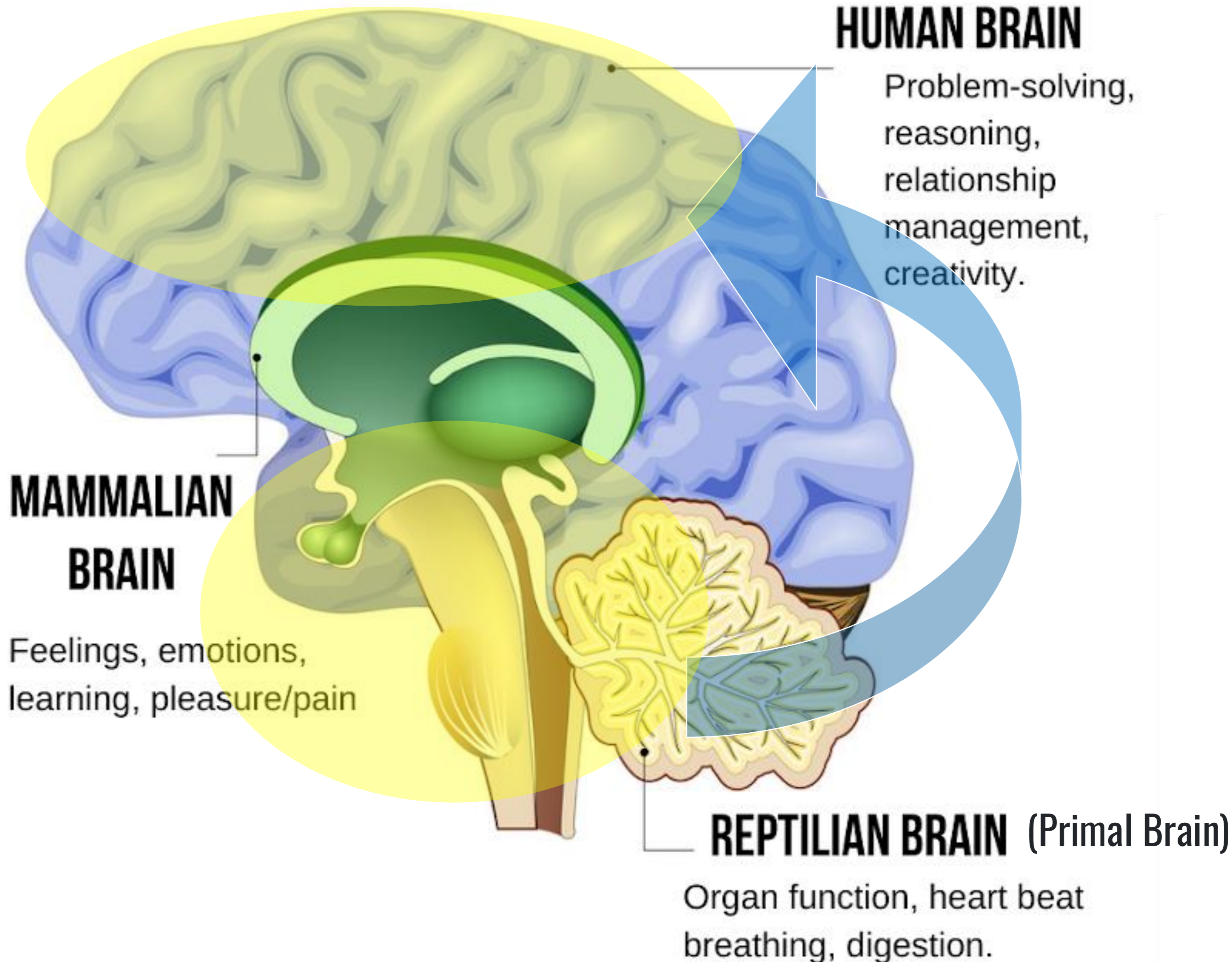


An area in the frontal cerebral cortex lights up when a you are feeling a sense of gratefulness. fMRI studies show **this area becomes more sensitive in a person that practices gratefulness.**

THE #1 PRIORITY OF YOUR BRAIN?



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





MASTER YOUR THINKING

WITH THE **3R** METHOD

REFLECT - Notice

REFRAME - Shift

REPLACE - Rewire

THE BREAKDOWN



WHAT DO YOU NEED TO
REFRAME & REPLACE?



Don't Fear 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



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

EVOLVE YOUR THINKING

EVOLVE YOUR LANGUAGE

LANGUAGE IS A
SYSTEM OF
COMMUNICATION

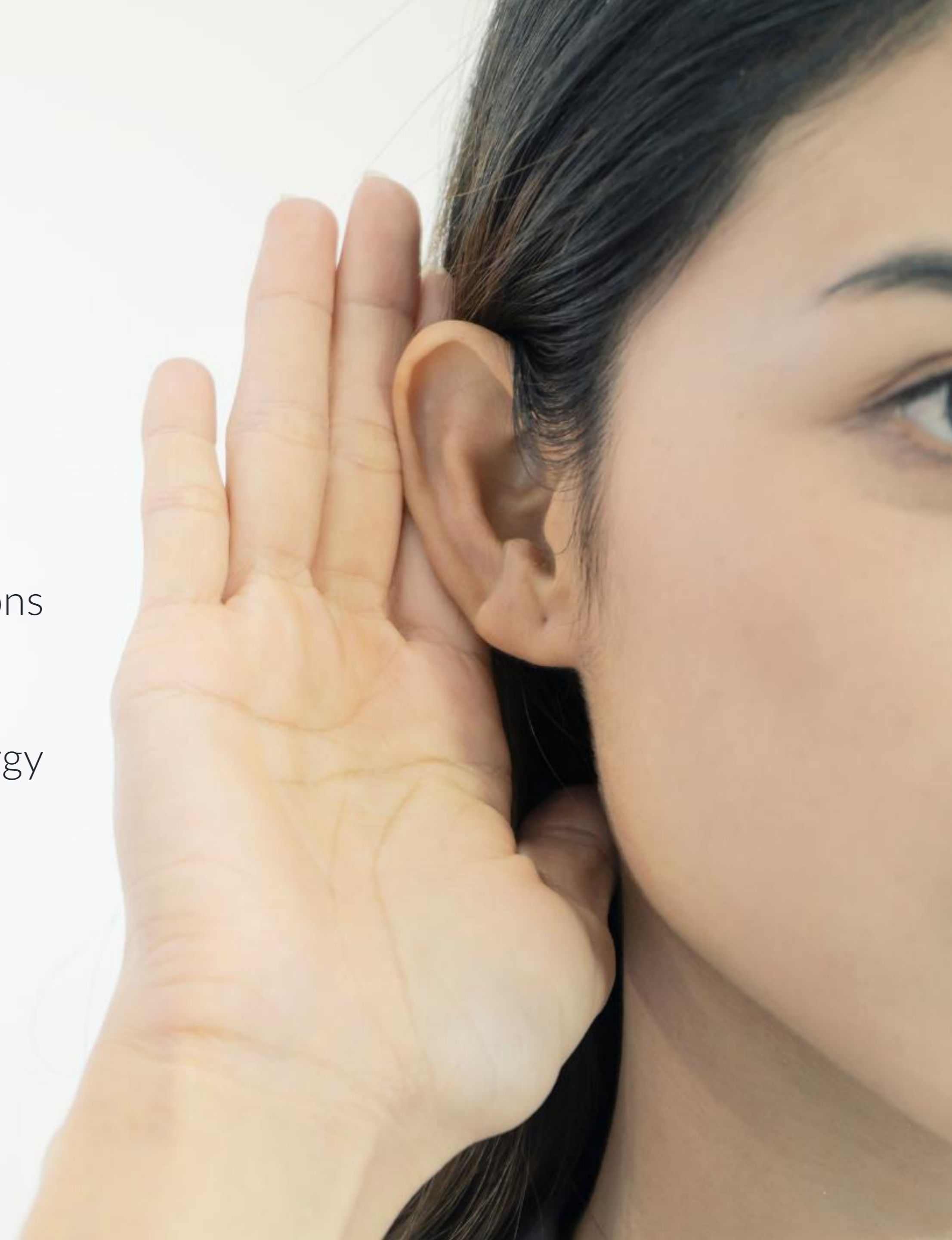


HOW WE PERCEIVE THE LANGUAGE OF OTHERS

HEAR – Words, Tone, Pitch

SEE – Body Language, Facial Expressions, Micro-Expressions

FEEL – Intention, Hormones and Chemical, Electrical Energy





THE SOCIAL BRAIN

QUESTION:

Can one simple sound from your mouth or facial expression lead a person to feel devalued and dismissed?



PRIME SAFETY, TRUST, AND
PERFORMANCE

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

Bonus Activation Words

Security

Foresight

Trust

Sophistication

Reliability

Prosperity

Freedom

Protection

Diversify

Confidence

Wealth

Entrust

Leverage

Guide

Hedge

Opportunity

Stability

Growth

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



A glowing blue brain is the central focus, with several red highlights on its surface. Bright white lightning bolts strike across the brain and extend into the dark blue background. The overall image conveys a sense of intense mental activity or neural firing.

SELF TALK



THE LANGUAGE OF HIGH PERFORMANCE

POSITIVITY CONFIDENCE PASSION

THE LANGUAGE OF AVERAGE

NEGATIVE EXCUSES BLAME

EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



- ✓ Manage the Negative/Threat
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EVOLVE YOUR LANGUAGE



- ✓ Use the PCP Formula for Communication
- ✓ Integrate Activation Words



EVOLVE & THRIVE

CHOOSE TO THRIVE

CHOOSE TO THRIVE

THRIVE!

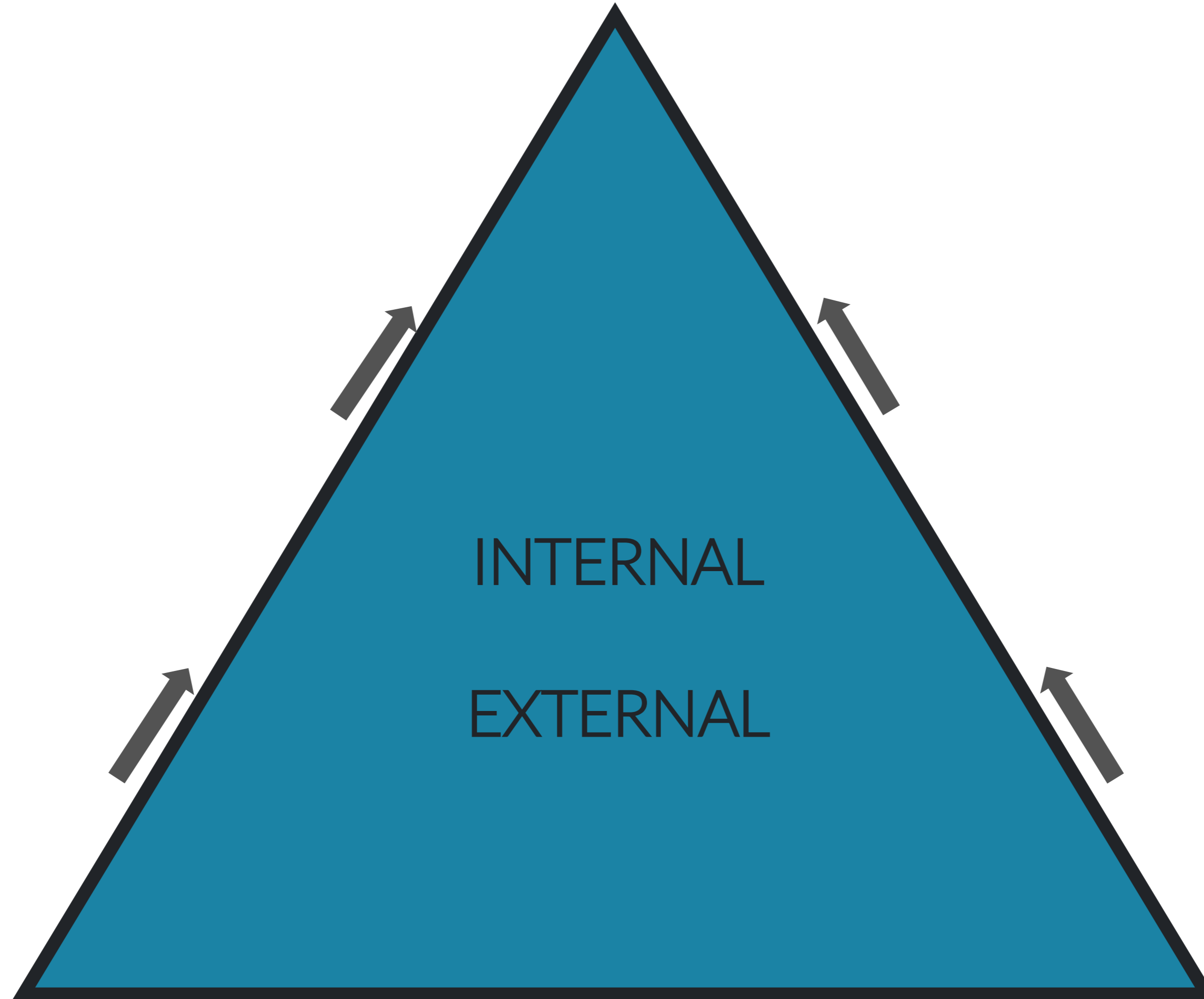


THRIVING IS A CHOICE



ALIGN FOR SUCCESS

THRIVE



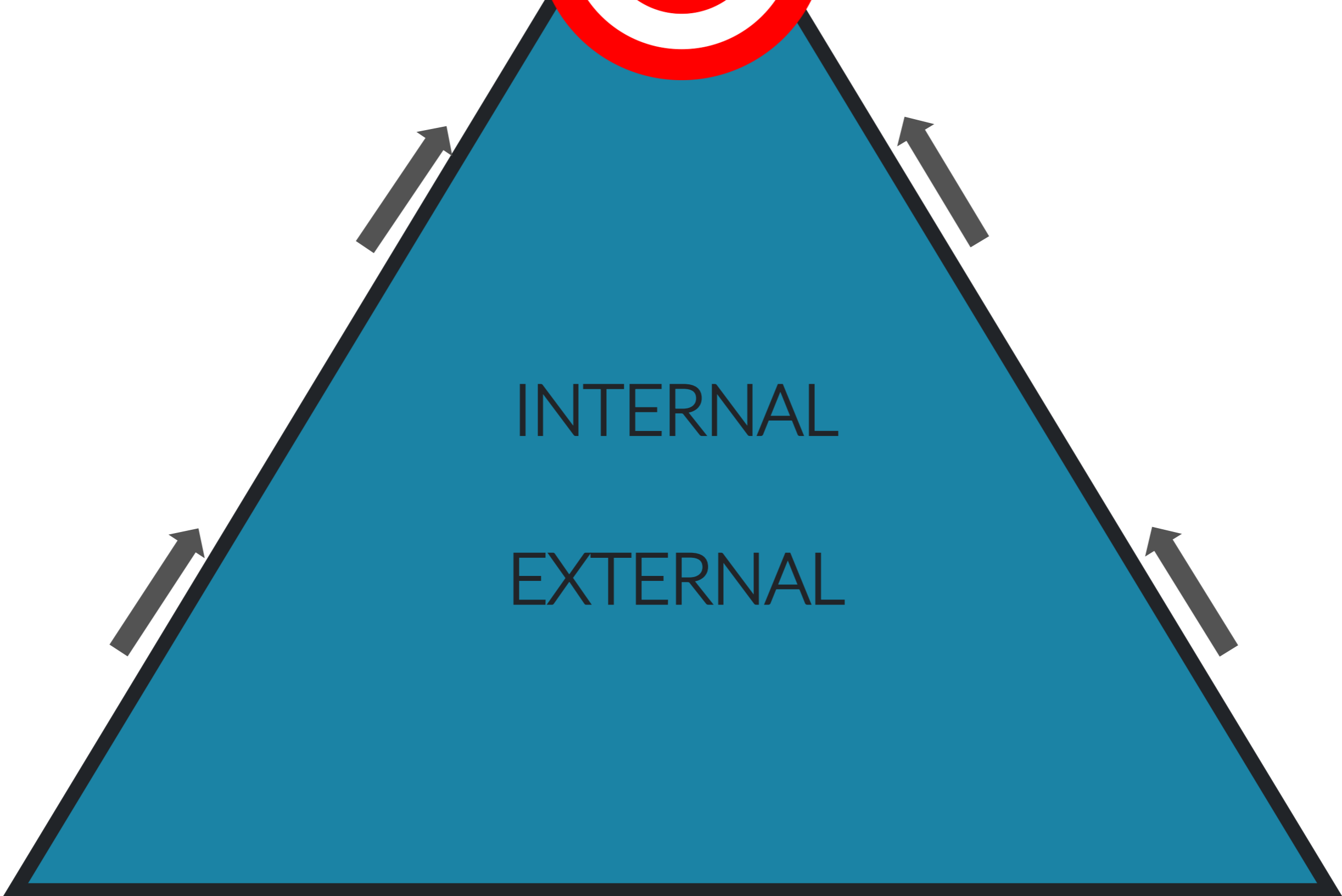
ACHIEVEMENT

FULFILLMENT



ALIGN FOR SUCCESS

THRIVE




ACHIEVEMENT

FULFILLMENT



WHEN WE ALL BRING OUR BEST WE

RISE TOGETHER

A close-up photograph of several hands of different skin tones stacked together in a circle, symbolizing teamwork and collective effort. The hands are positioned in a way that they overlap, with some fingers pointing towards the center. The background is a plain, light gray color.

Great teams are made up of people who understand that our strength is not found in our individual performance, it's found in our **collective efforts.**

BETTER TOGETHER!



SHOW UP EVERYDAY LIKE A...

PRO

PROs vs. AMATEURS

PROs

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

Impact

AMATEURS

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

Drama

EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



- ✓ Manage the Negative/Threat
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EVOLVE YOUR LANGUAGE



- ✓ Use the PCP Formula for Communication
- ✓ Integrate Activation Words

CHOOSE TO THRIVE



- ✓ Pursue Achievement & Fulfillment
- ✓ Show Up Like a Pro

EVOLVE & THRIVE





PLAY A BIGGER GAME



An aerial, high-angle photograph of a surfer riding a massive, curling blue wave. The surfer is positioned in the lower-left quadrant, riding a yellow surfboard. The wave's crest is a thick wall of white foam, and the water below is a deep, vibrant blue. The sky is a clear, pale blue. The overall scene conveys a sense of power and adventure.

PLAY A BIGGER GAME
GET A **BIGGER WIN**

THANK YOU!

...
Let's Connect!!



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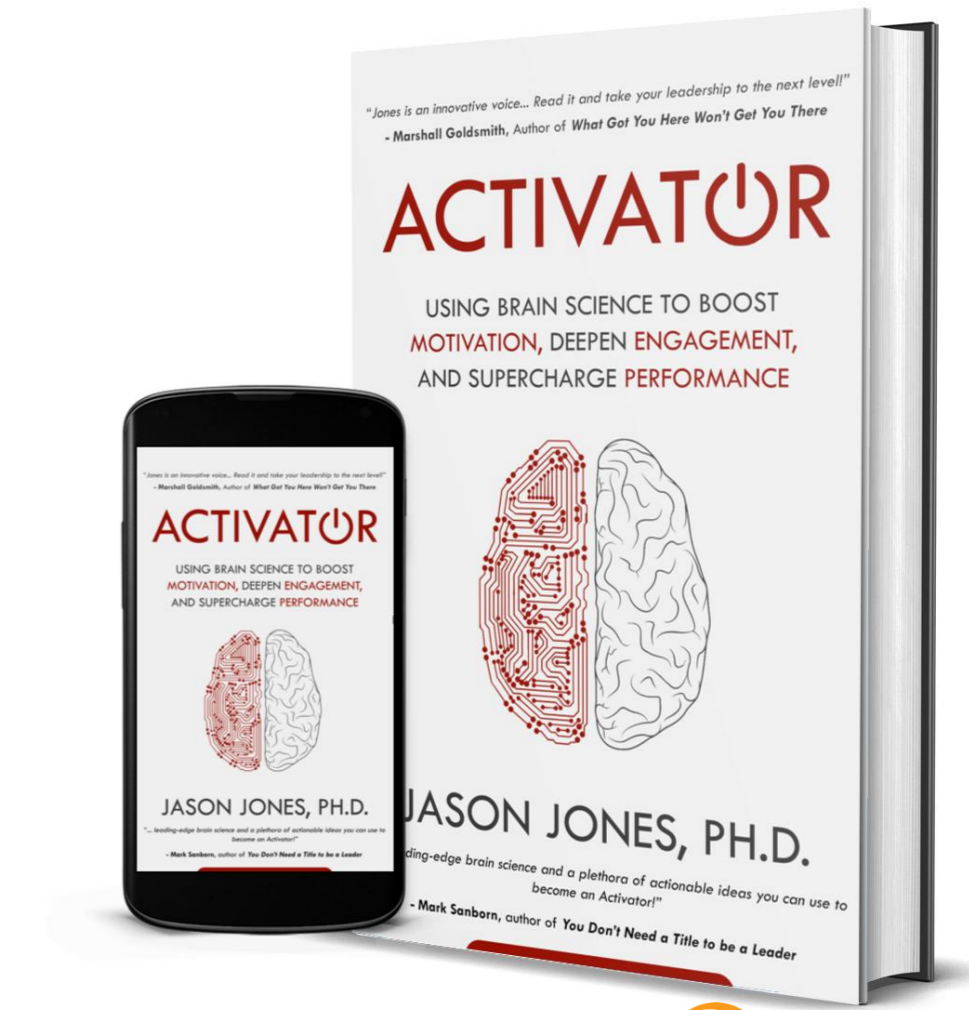
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