



## Is Your Hair On **Fire?**

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with Mitch Matthews

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# Our Story: Worry

- 
- ☐ Decreased productivity
  - ☐ Decreased focus
  - ☐ Decreased creativity
  - ☐ Decreased job satisfaction
  - ☐ Decreased loyalty
  - ☐ Increased absenteeism

**Is Your Hair On Fire?**  
☐ Increased costs (\$42B/Year)  
with Mitch Matthews

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# **My Story:**

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# My Story:



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# An Anti-Worry Tool Box for: Life, Leadership & Conferences!



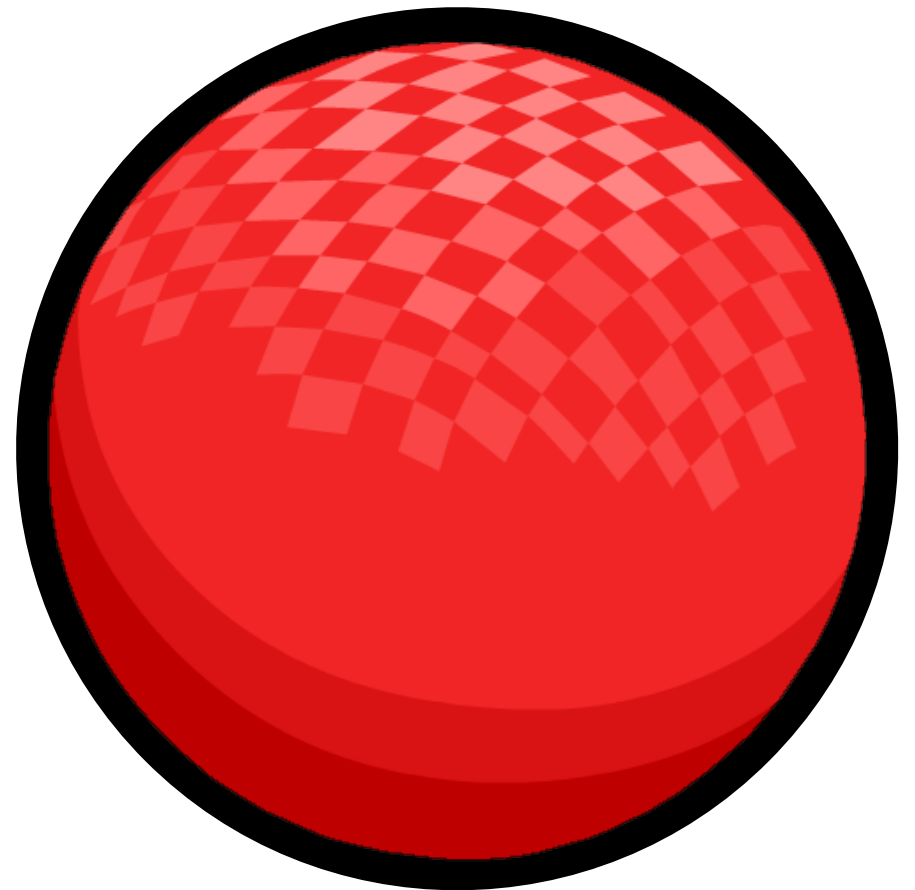
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**Brain  
Body  
Team**



The  
**“Bannister  
Effect!”**

# The **CATCH**



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# The **CATCH**



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**BRAIN**

**TIP:** Use **questions** to shift your  
**THINKING** immediately.



Richard Fosbury



# The questions Richard Fosbury inspired:



What **changes** are  
happening?



Where might some  
**opportunities**  
be hiding?





“Where’s the **mat**?”



**“The opposite  
of fear is  
curiosity.”**

- Sam Griffin



**Episode 118  
Sam Griffin**







**What could I  
be grateful for  
in this  
moment?**







# “Daily List” Experiment:

**List  
3 to 5  
things  
(big or small)  
you’re  
grateful for.**

 **Higher levels:  
Serotonin and  
Dopamine**

 **Happier and less  
depressed  
at one, three and  
six months**

 **Stayed that way**



**What could I  
be grateful for  
in this  
moment?**



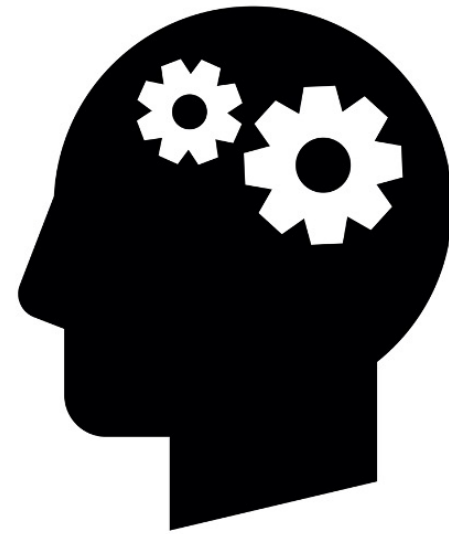
Speaking  
of worry...



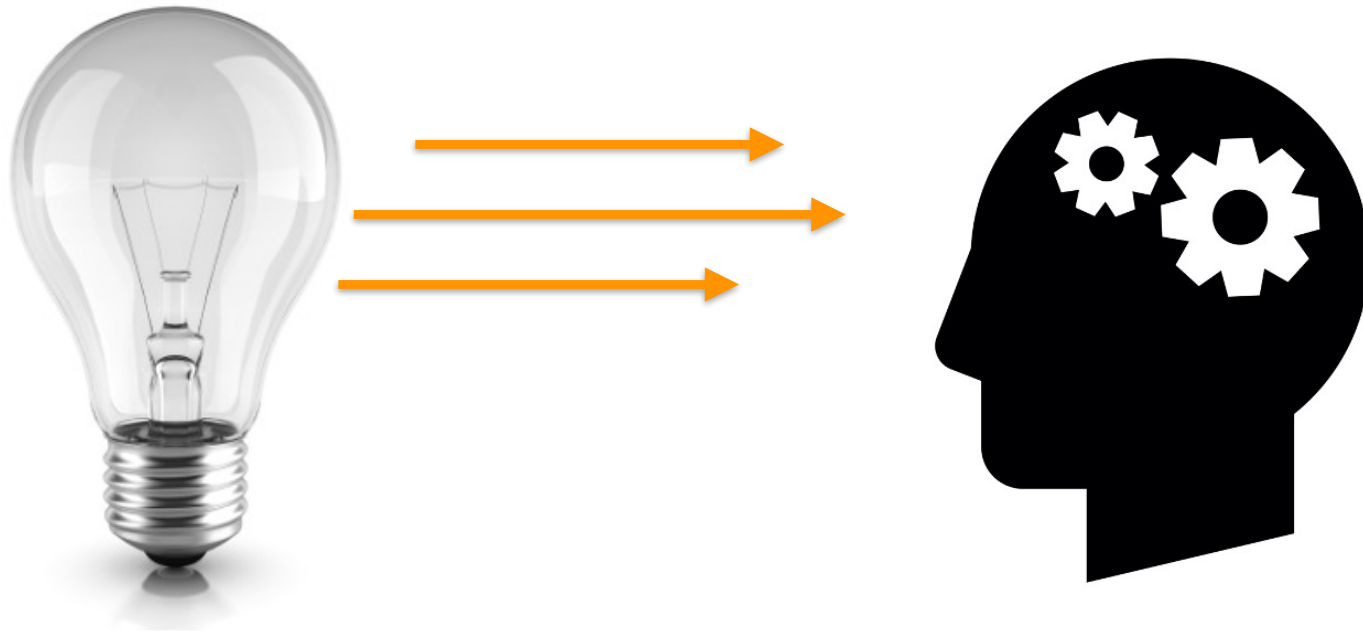
# Spreading Ideas:



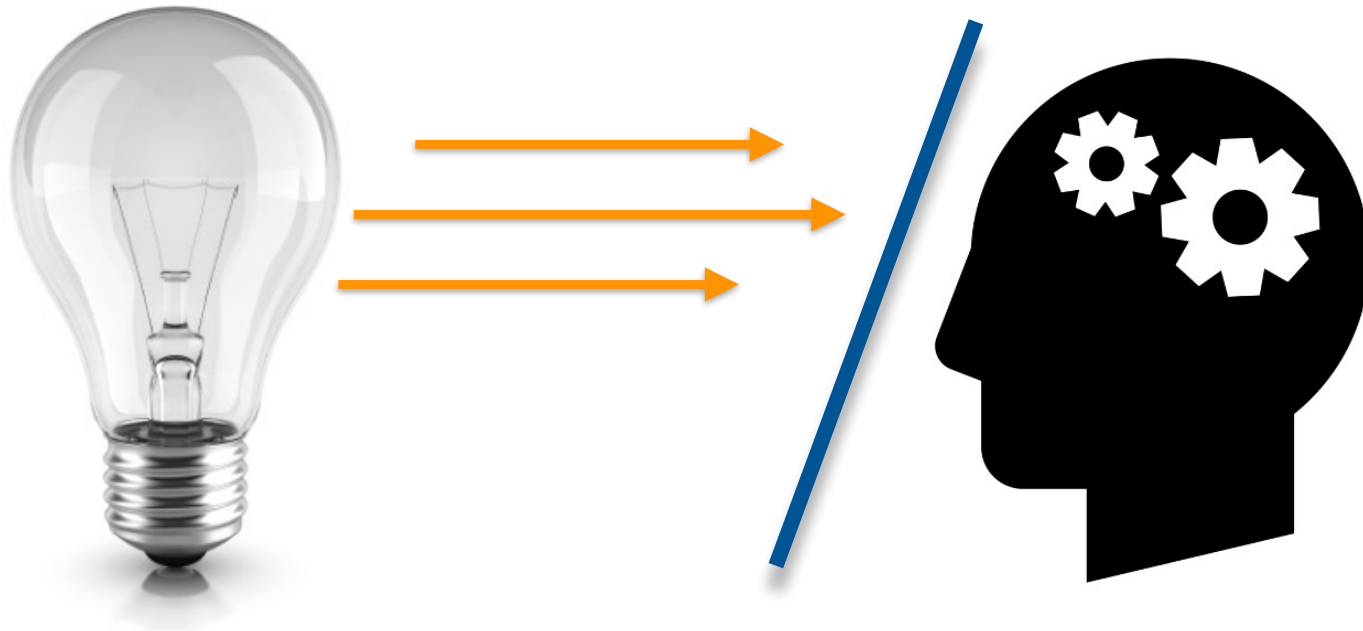
# Spreading Ideas:



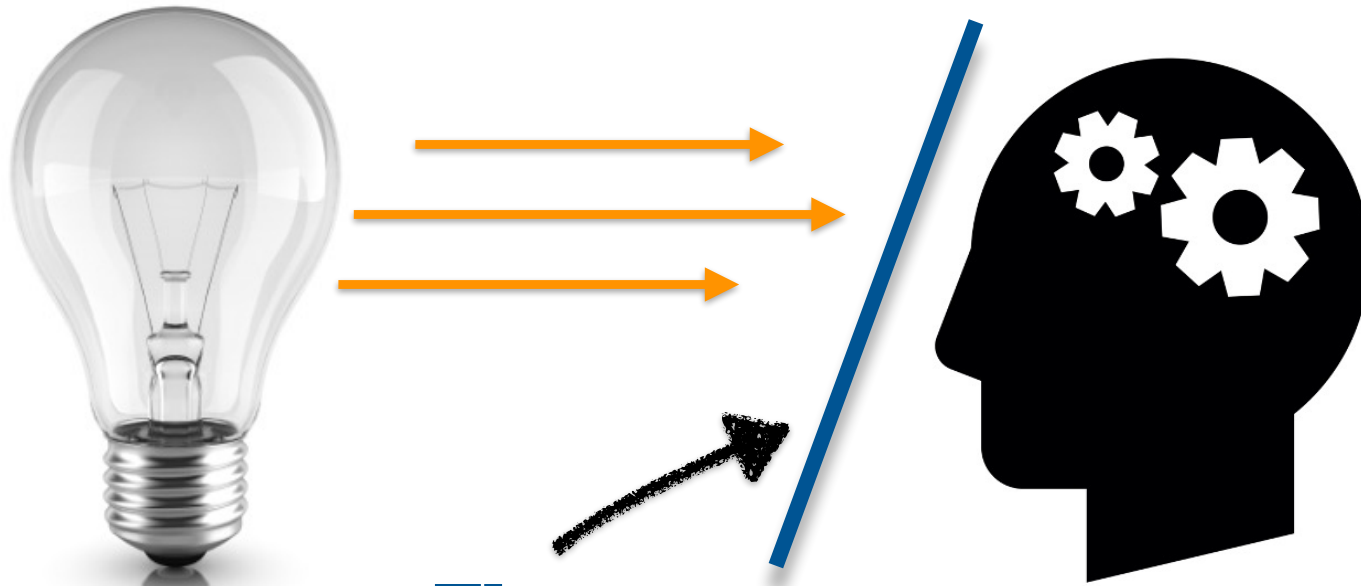
# Spreading Ideas:



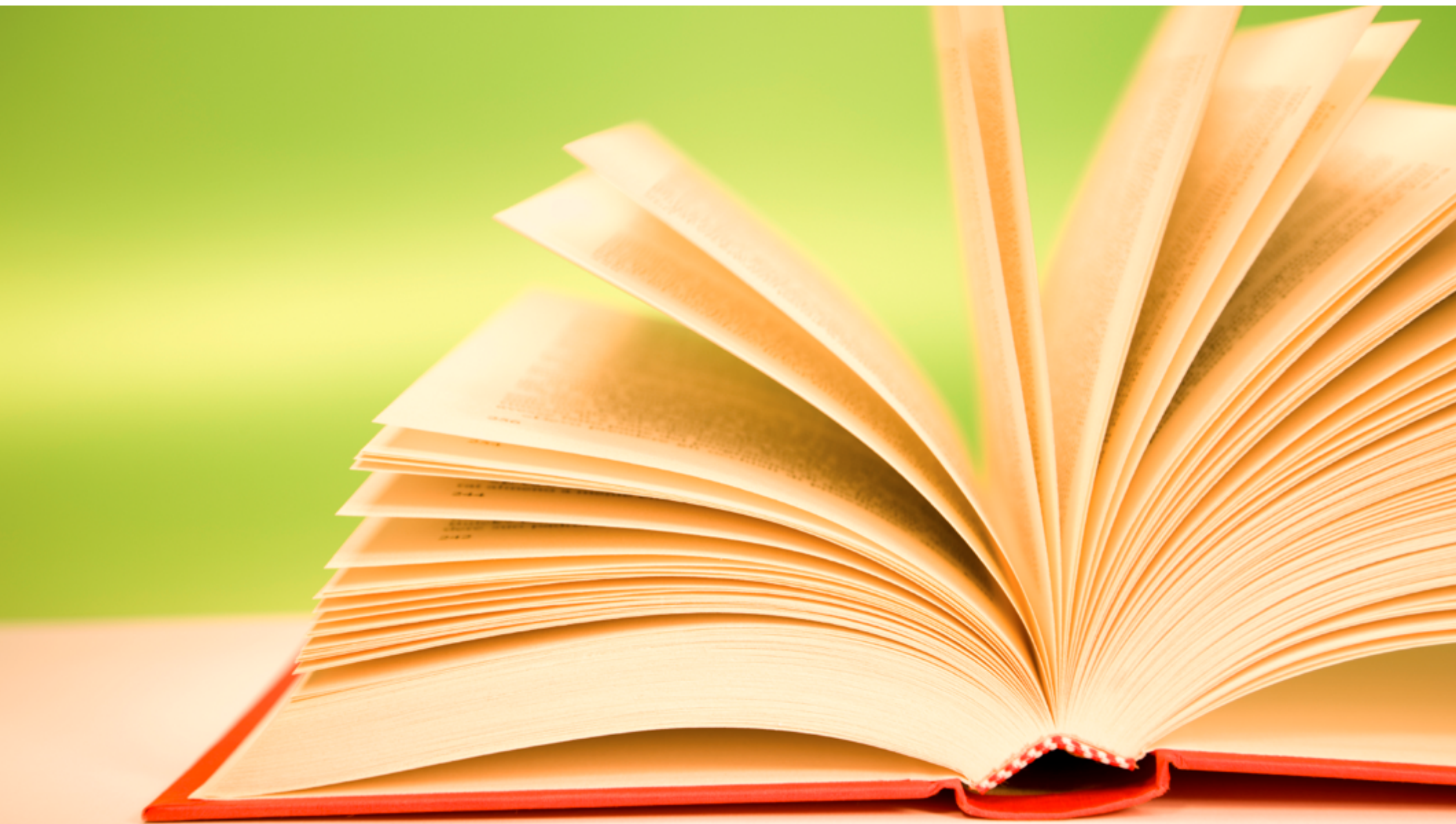
# Spreading Ideas:



# Spreading Ideas:



**The  
Intellectual  
Immune  
System™**







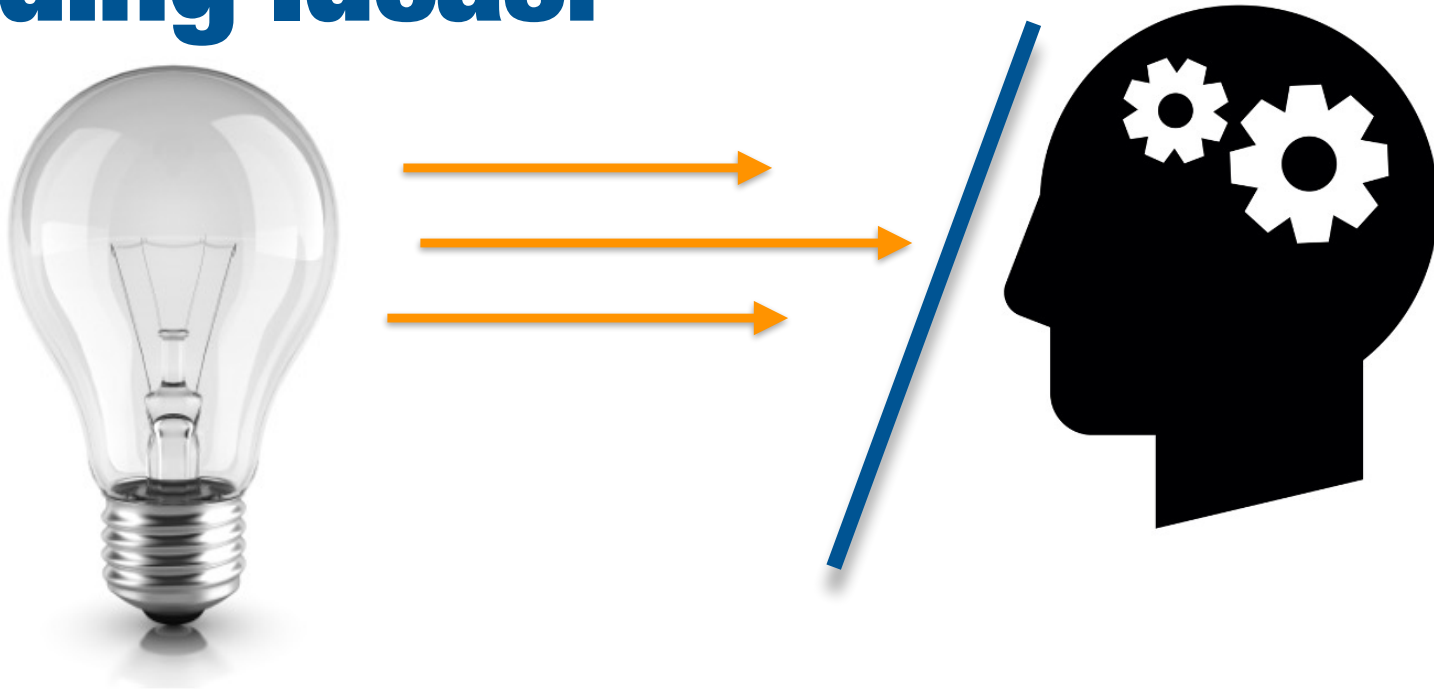
**“People are generally  
better persuaded  
by the reasons which  
they have themselves  
discovered,  
than by those which  
have come into  
the mind of others.”**

- Blaise Pascal - 17th Century

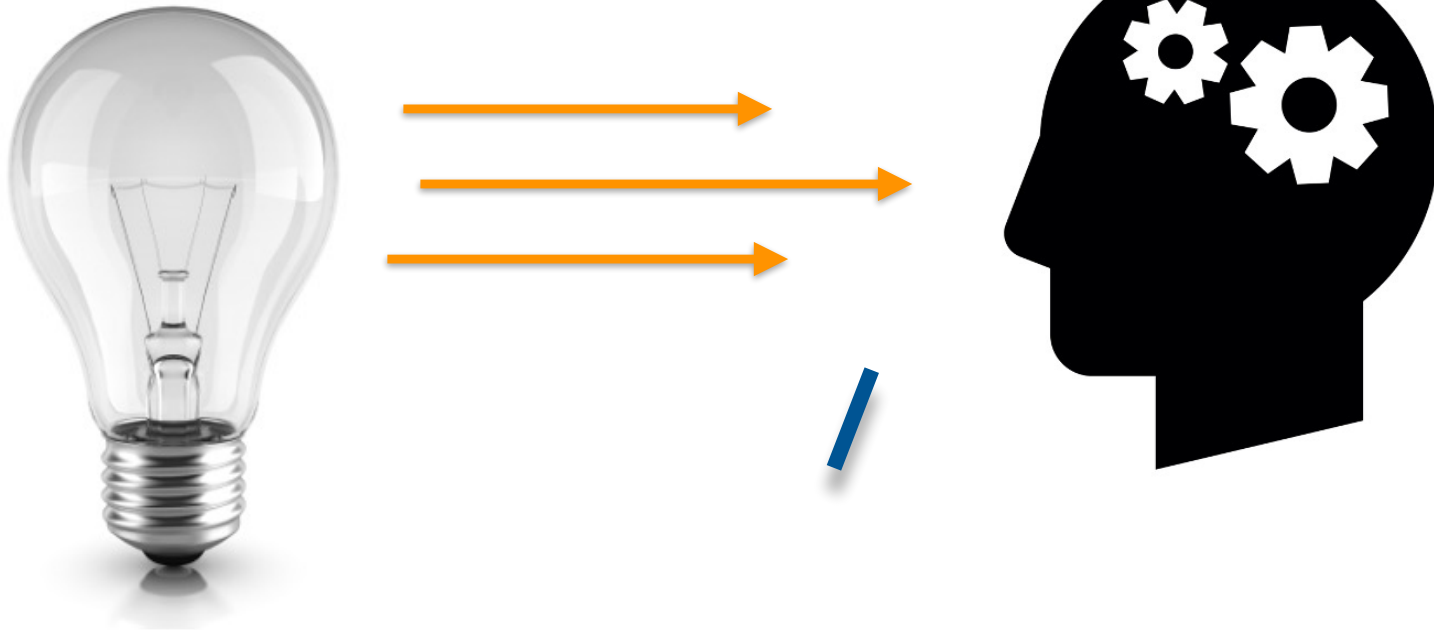




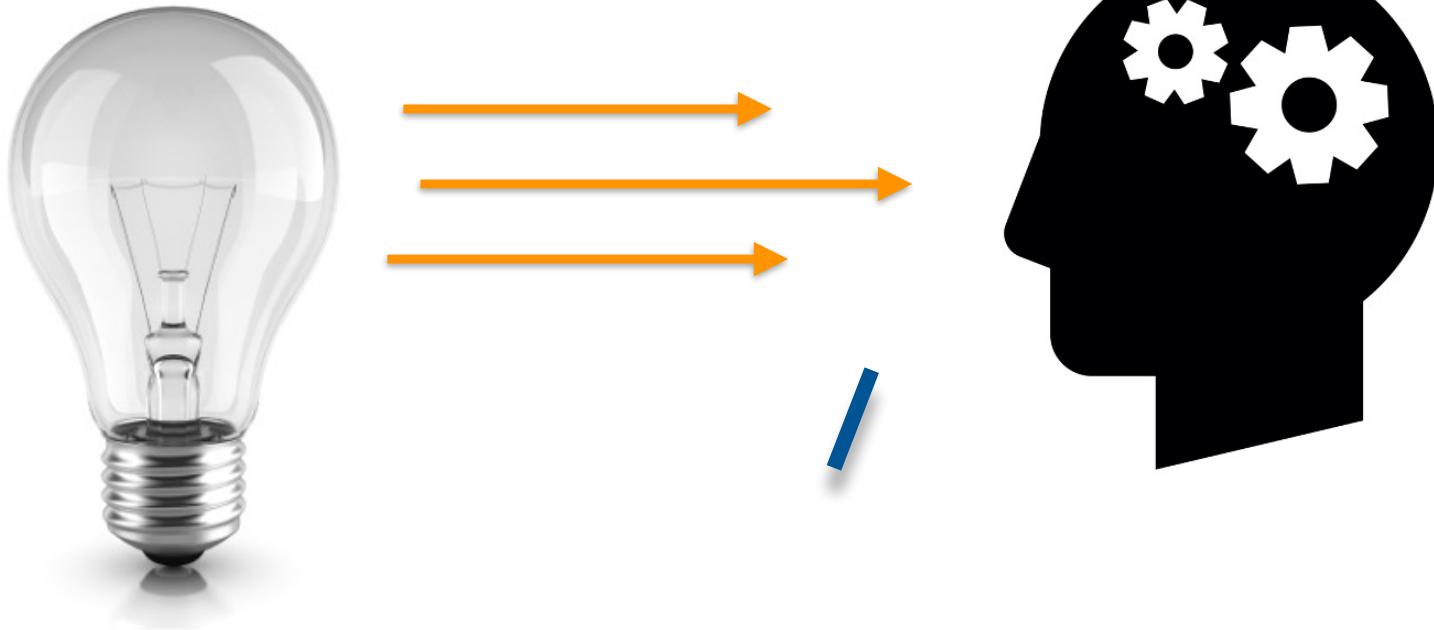
# Spreading Ideas:



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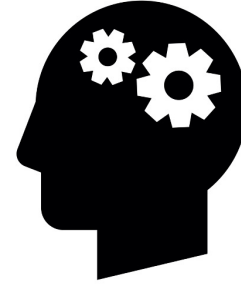
Use Questions that  
invite **OWNERSHIP.**

# Spreading Ideas:



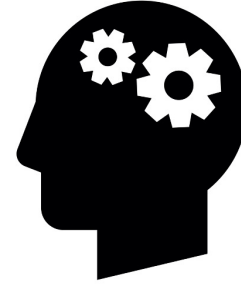
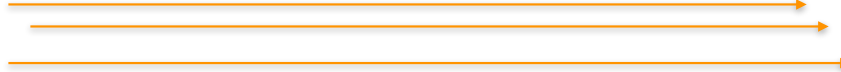


# Spreading Ideas:



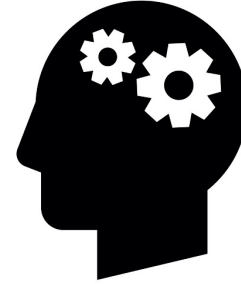
How could  
I / we  
**IMPROVE**  
this idea?

# Spreading Ideas:



How could  
I / we  
**ADJUST**  
this to fit us?

# Spreading Ideas:



How could  
I / we  
**APPLY**  
this idea?

# Spreading Ideas:

- 🔍 How could I/we **IMPROVE** on this idea?
- 🔍 How could I/we **ADJUST** this to fit me/us?
- 🔍 Where could I/we **APPLY** this idea?





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**Body**



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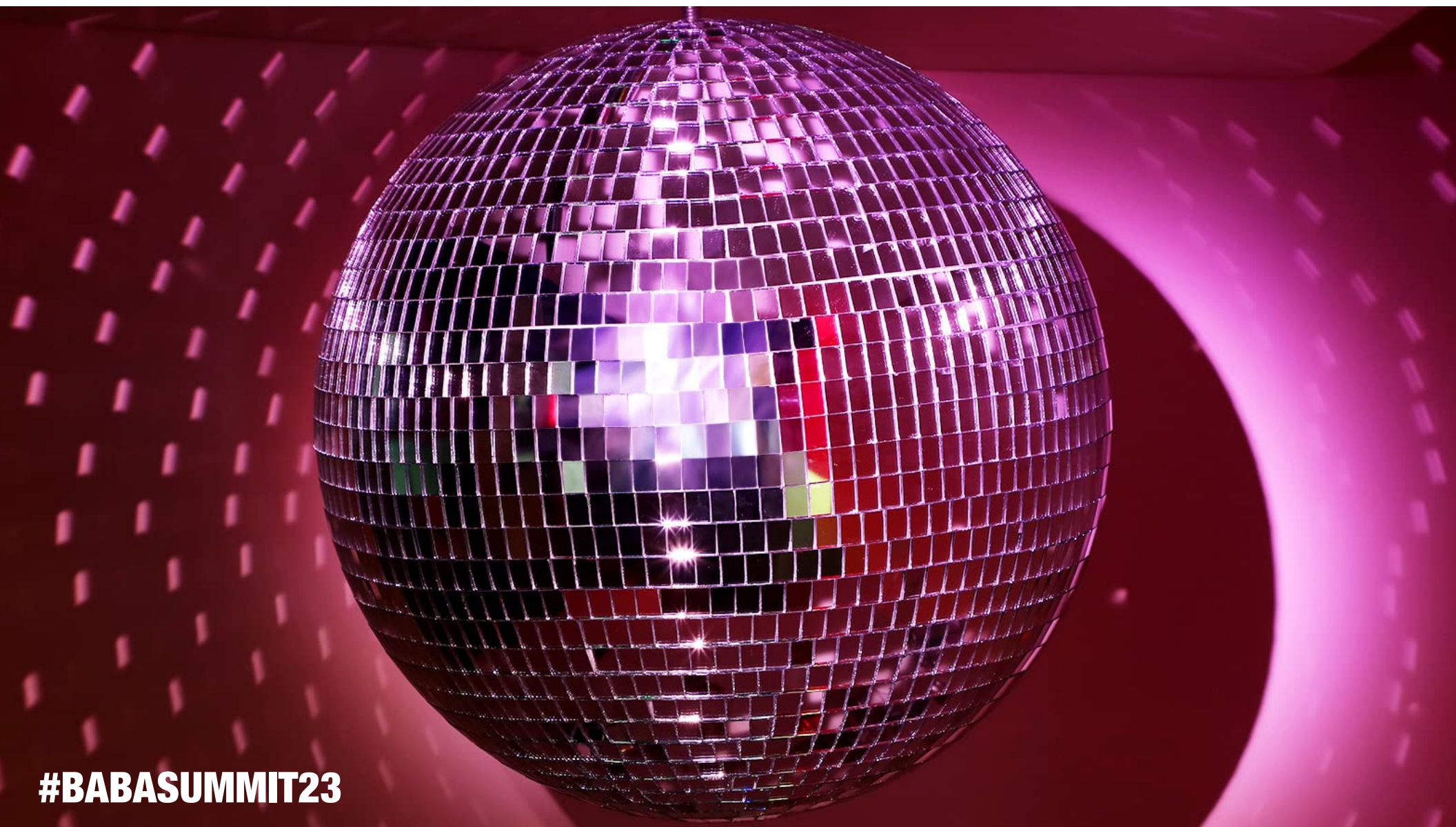












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# An Anti-Worry Tool Box for: Life, Leadership & Conferences!



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**Brain  
Body  
Team**

Can I **control** it?



Can I **influence** it?



Do I need to **let it go**?





Can I control it?



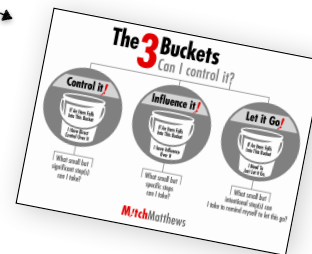
Can I influence it?



Do I need to let it go?



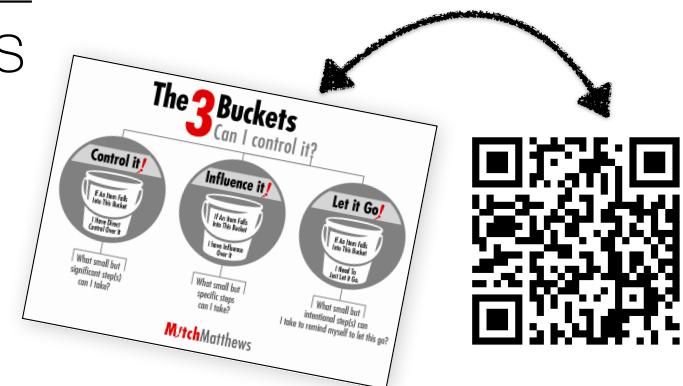
Grab the 3 Buckets  
Info Graphic





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with Mitch Matthews





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