

THE INSIDE EDGE

Mindset, Mechanics, and Peak Performance

 **NAFCD** + **NBMDA**

**PLEASE TAKE YOUR DOMINANT
HAND AND WRITE THE LETTER Q ON
YOUR FOREHEAD.**

IF YOU DREW THE Q SO THAT YOU CAN READ IT:

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- You are self-focused (which is not as bad as it sounds)
- You are the same person in different situations.
- You are guided by your own values rather than the needs of others.
- You pride yourself on being straight with people.
- You're not very good at lying, but you are good at detecting lies in others.

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- You are probably skilled at influencing the way other people see you.

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- You are other focused.
- You are more concerned about how other people see you.
- You're happier being the focus of other people's attention and can adapt your behavior to suit the situation in which you find yourself.
- You are probably skilled at influencing the way other people see you.
- You might be good at lying, but not very good at detecting lies.

KEY POINT:

**SELF-AWARENESS IS THE STARTING
POINT FOR REACHING YOUR
ASPIRATION LINE.**

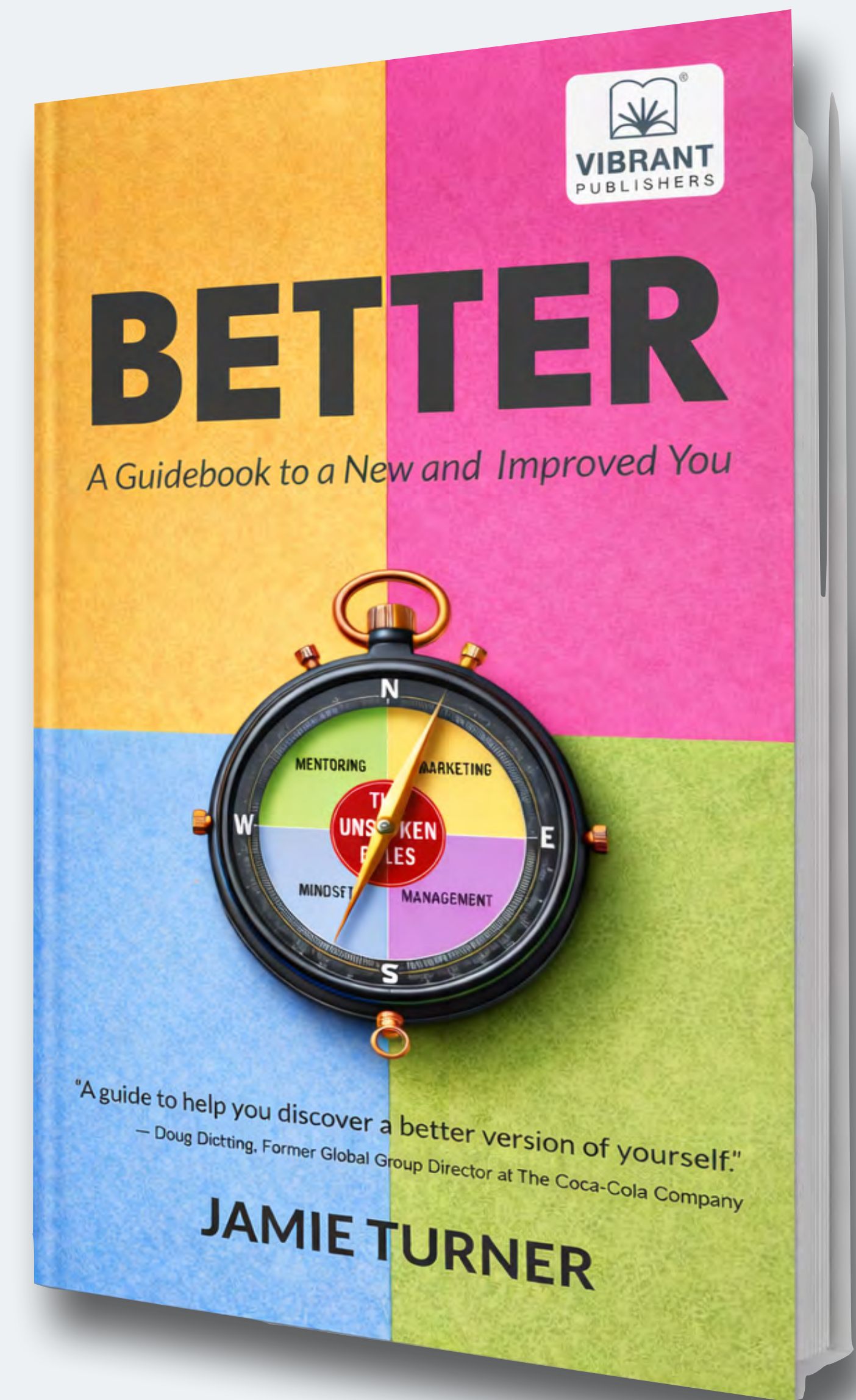
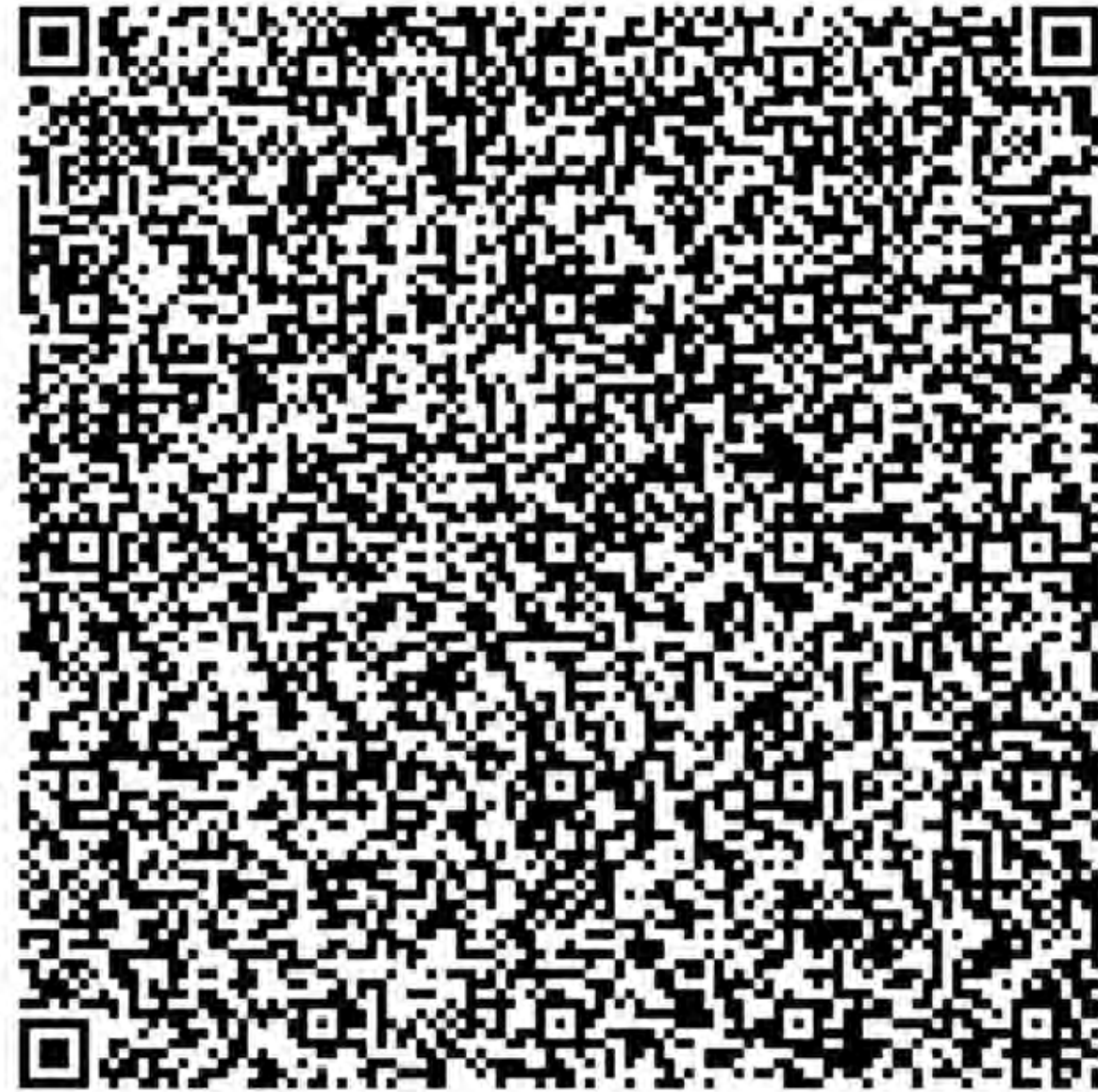
LET'S TALK ABOUT OUR JOURNEY TODAY



**PLEASE ASK QUESTIONS.
AND MAKE COMMENTS.**



IT'S ALL IN THE BOOK



**AT THE END, I WILL ASK YOU TO SHARE THE
#1 TECHNIQUE YOU'RE GOING TO EXECUTE
STARTING TOMORROW.
KEEP TRACK OF YOUR FAVORITE IDEA.**

TODAY'S CONTENT

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TODAY'S CONTENT

HARDCORE SCIENCE



TODAY'S CONTENT

HARDCORE SCIENCE

WHAT SOUNDS LIKE WOO WOO, BUT ISN'T



TODAY'S CONTENT

HARDCORE SCIENCE

WHAT SOUNDS LIKE WOO WOO, BUT ISN'T

“GOBBLEDYGOOK”



THE ENERGY WE PUT OUT IS THE ENERGY WE GET BACK

Sources: Dr. Joseph Dispenza, *Becoming Supernatural*; Dr. James Doty, *Mind Magic*

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TURNER

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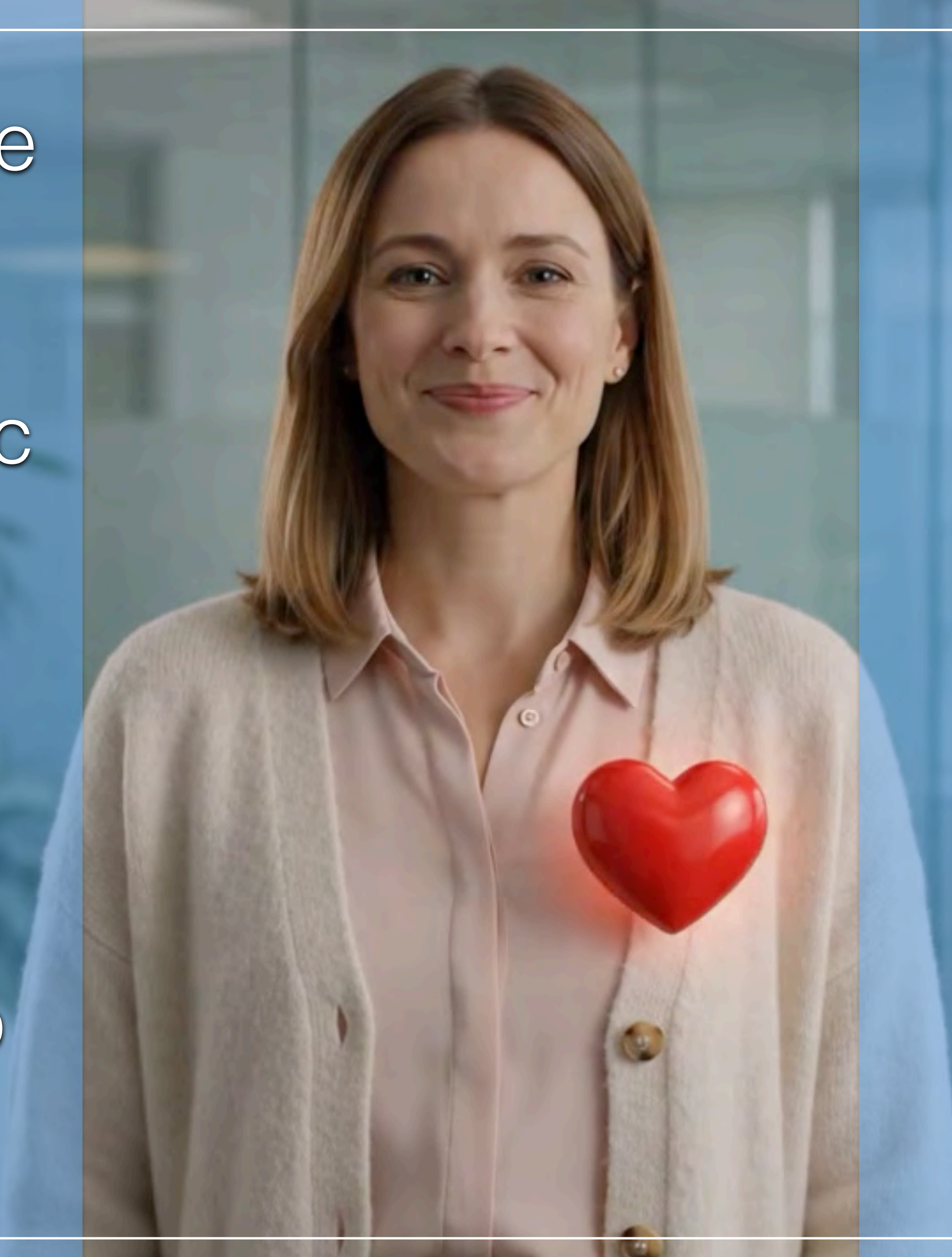
Animals (including humans) can sense electromagnetic energy.

That might explain why we “feel” someone’s energy when they enter the room.





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So, you aren't just thinking your way through life. You are literally broadcasting who you are via the energy coming from your heart.

KEY POINT:

**WHAT YOU THINK IS WHAT YOU FEEL.
AND WHAT YOU FEEL IS BROADCAST
TO THE PEOPLE AROUND YOU.**

**TO GET THE INSIDE EDGE, OPEN
YOUR MIND TO NEW IDEAS.**



TO GET THE INSIDE EDGE, OPEN YOUR MIND TO NEW IDEAS.

Cross your arms.



TO GET THE INSIDE EDGE, OPEN YOUR MIND TO NEW IDEAS.

Cross your arms.

Now, reverse how you do it.



TO GET THE INSIDE EDGE, OPEN YOUR MIND TO NEW IDEAS.

Cross your arms.

Now, reverse how you do it.

Your neural pathways are in a rut.









**YES OR NO: ARE YOU
AFRAID OF THESE?**

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INSTINCTIVE BEHAVIOR VS. LEARNED BEHAVIOR



<https://news.gallup.com/poll/1891/snakes-top-list-americans-fears>

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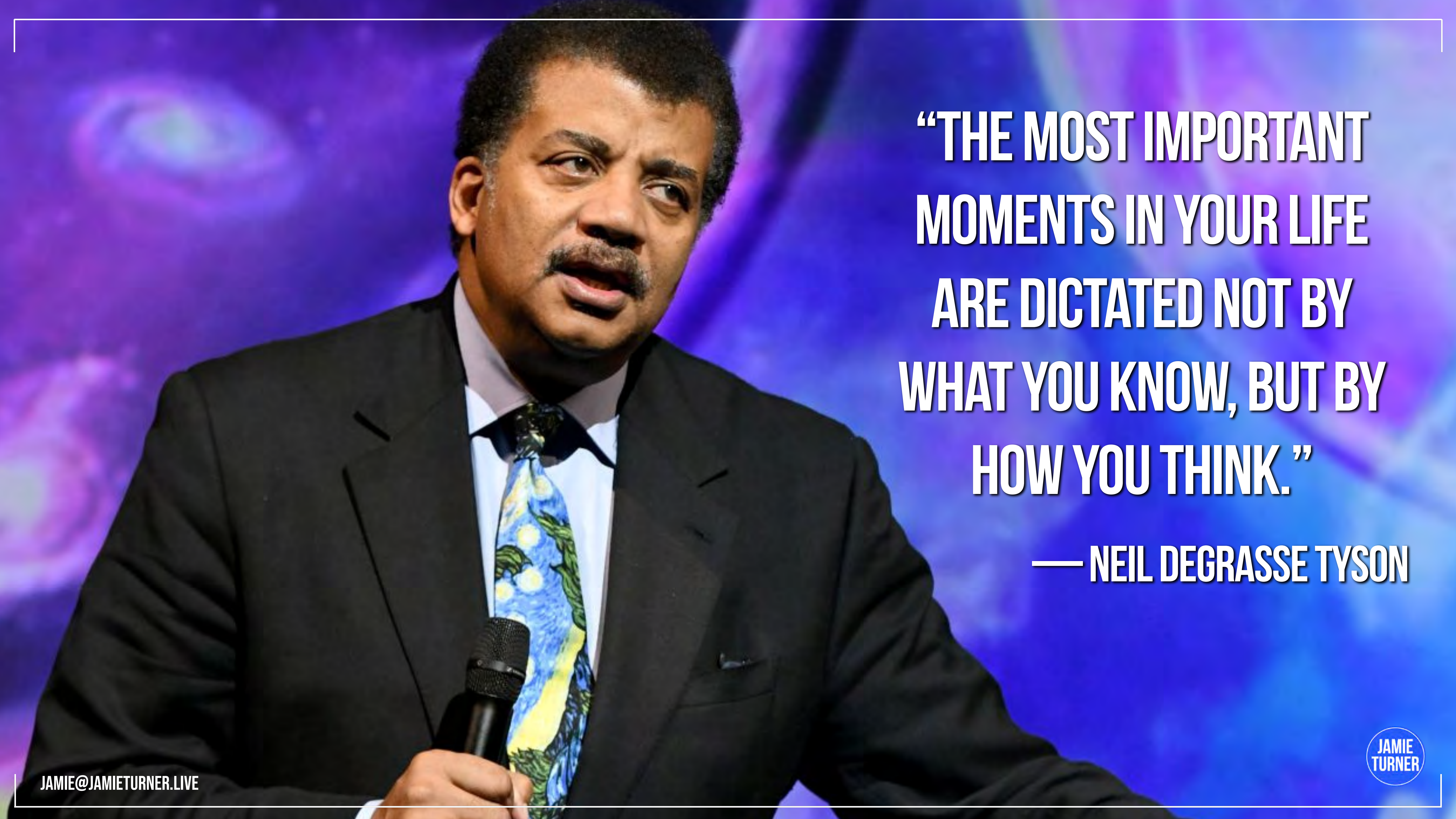
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Today, I'll show you things you can learn so that you can become your best self.



A medium shot of Neil deGrasse Tyson, an African American man with a mustache, wearing a dark suit, white shirt, and a tie with a colorful, abstract pattern. He is looking slightly to his right and speaking into a black microphone held in his right hand. The background is a blurred blue and purple light pattern.

**“THE MOST IMPORTANT
MOMENTS IN YOUR LIFE
ARE DICTATED NOT BY
WHAT YOU KNOW, BUT BY
HOW YOU THINK.”**

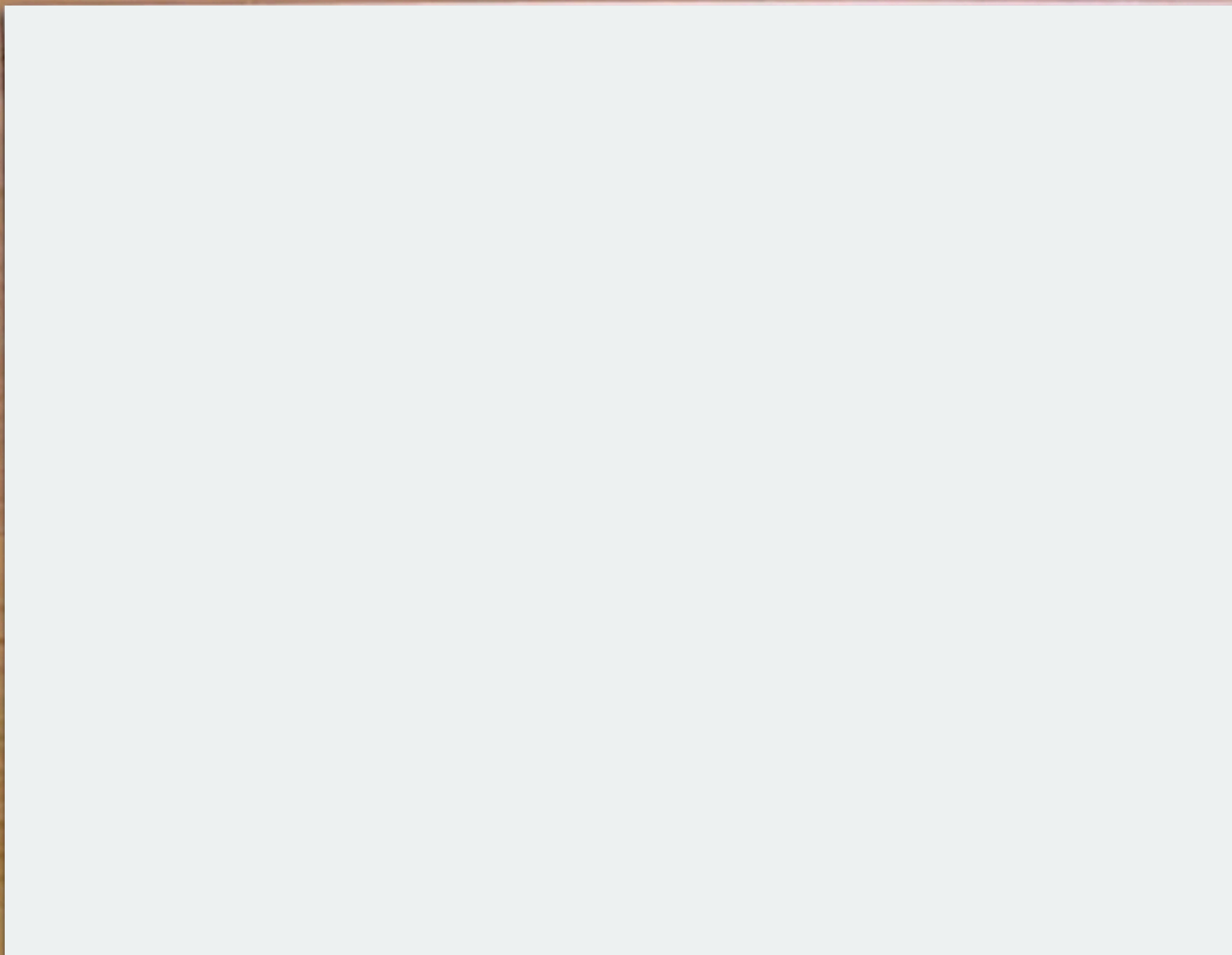
— NEIL DEGRASSE TYSON

SOLVE THIS PROBLEM

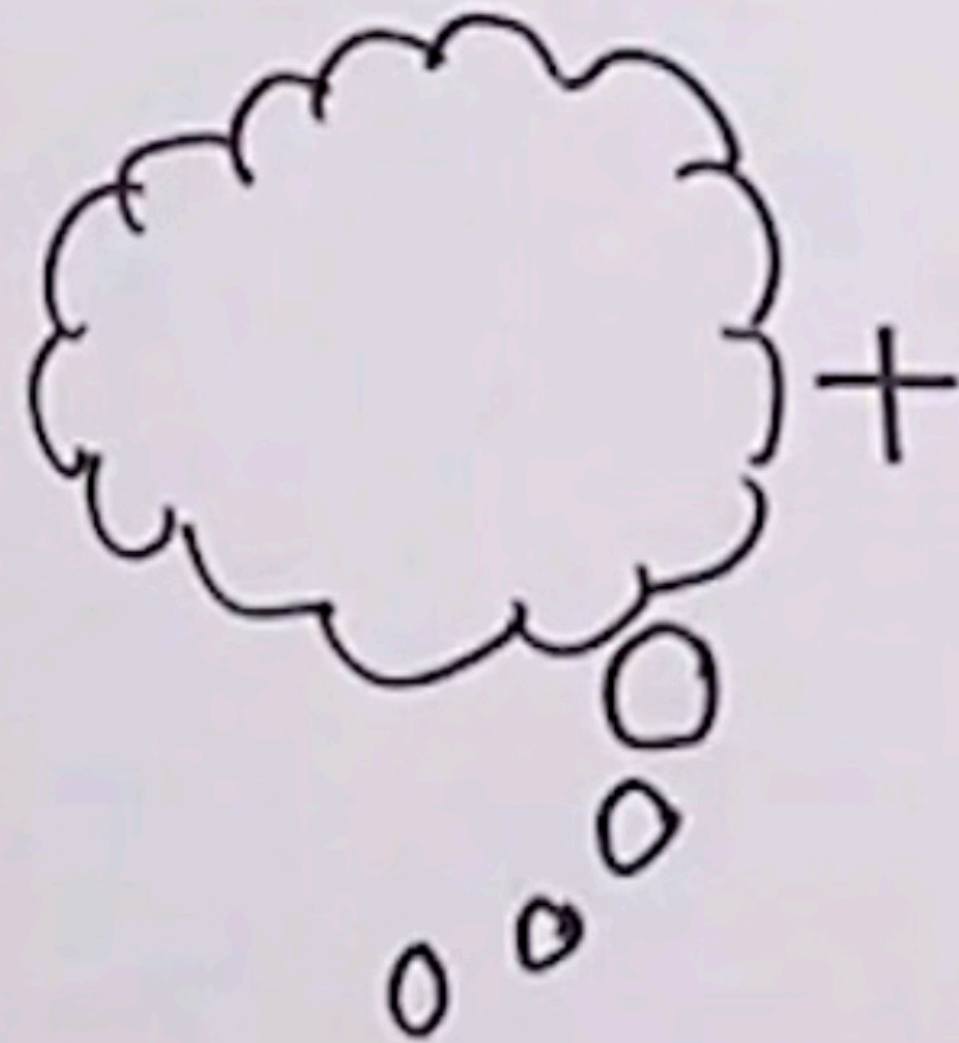


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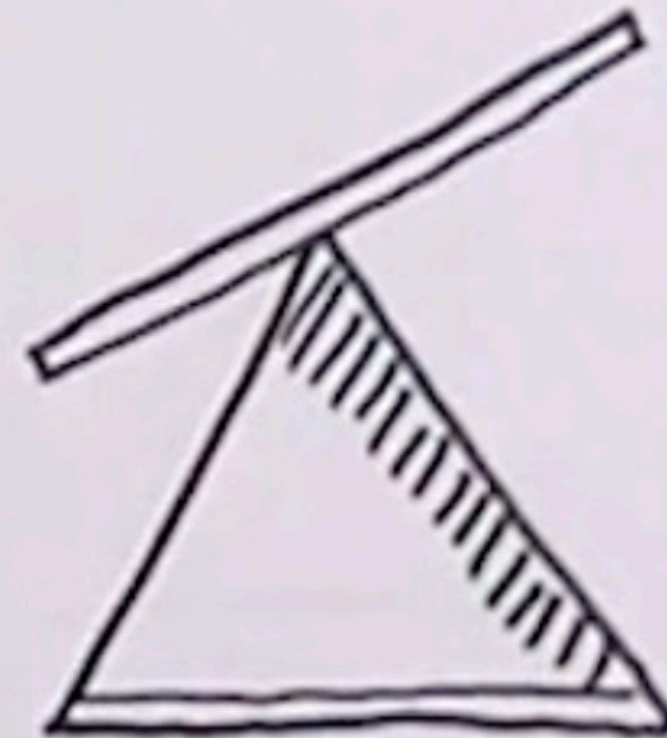


THOUGHTS



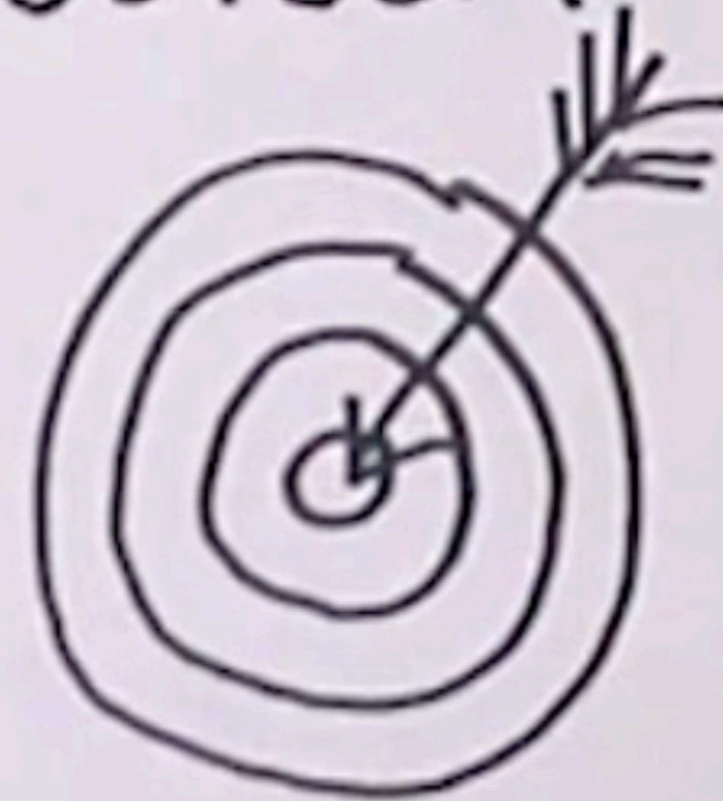
+

ACTIONS



=

OUTCOME



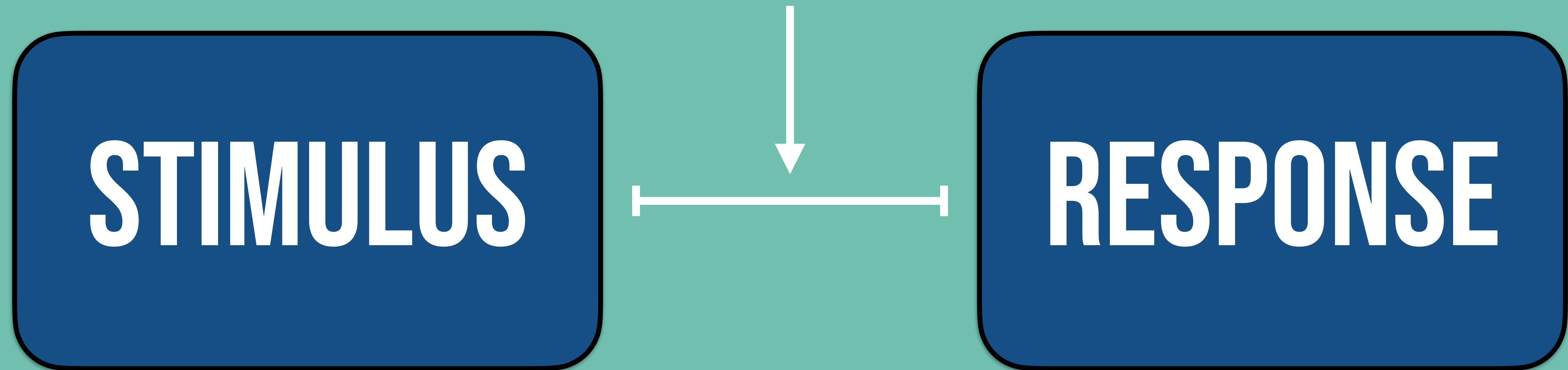
WORK ON YOUR MINDSET FIRST AND YOUR SKILLSET SECOND





**SUCCESS ISN'T
ABOUT YOUR IQ,
YOUR EDUCATION, OR
YOUR BACKGROUND.
INSTEAD, IT'S ABOUT
YOUR RESILIENCE.**

YOU CAN USE THIS SPACE TO IMPROVE YOUR LIFE



SYSTEM 1 VS. SYSTEM 2 THINKING



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Sources: Psychology Today; Rob Pascale and Lou Primavera Ph.D.

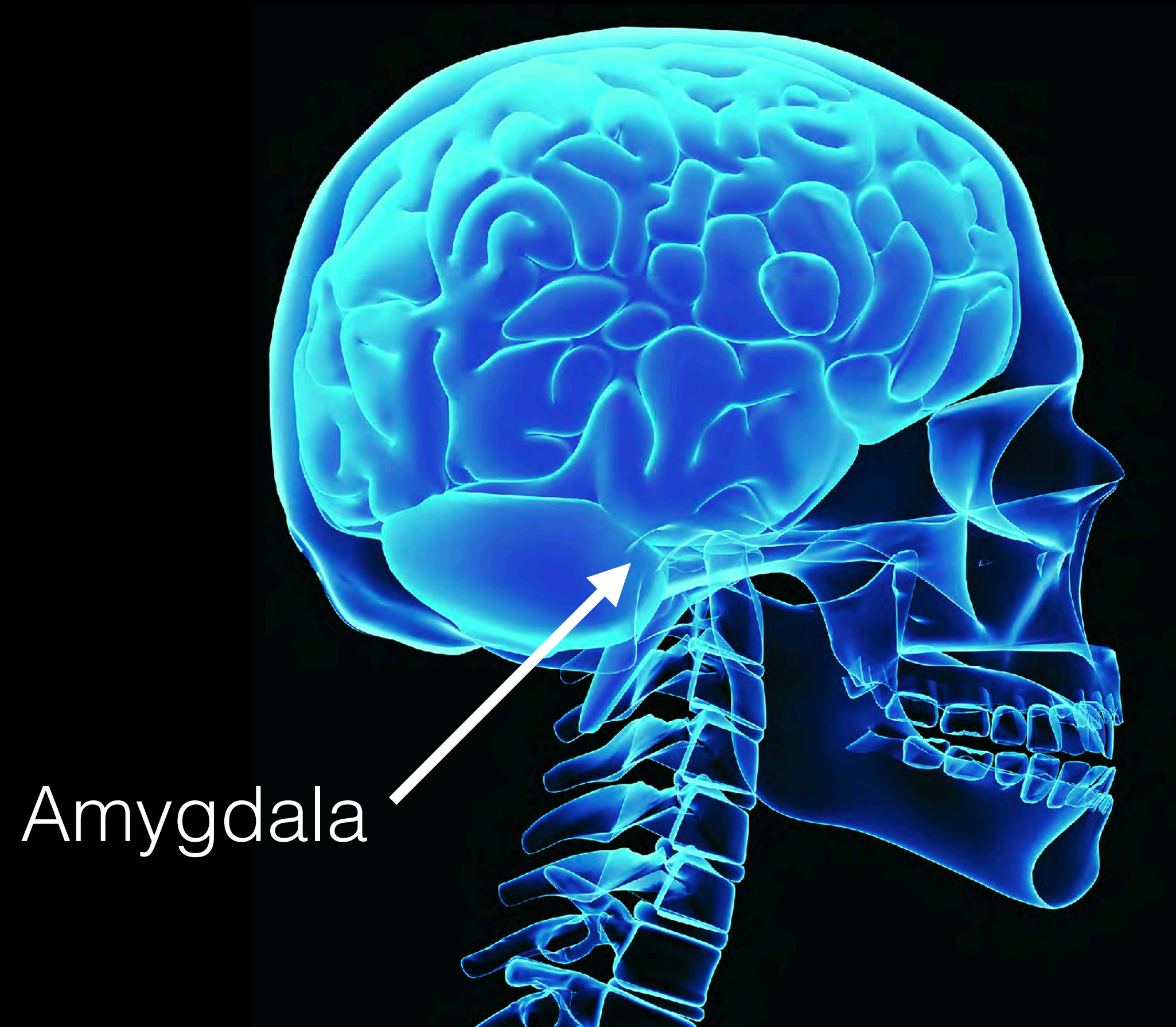


SYSTEM 1 VS. SYSTEM 2 THINKING



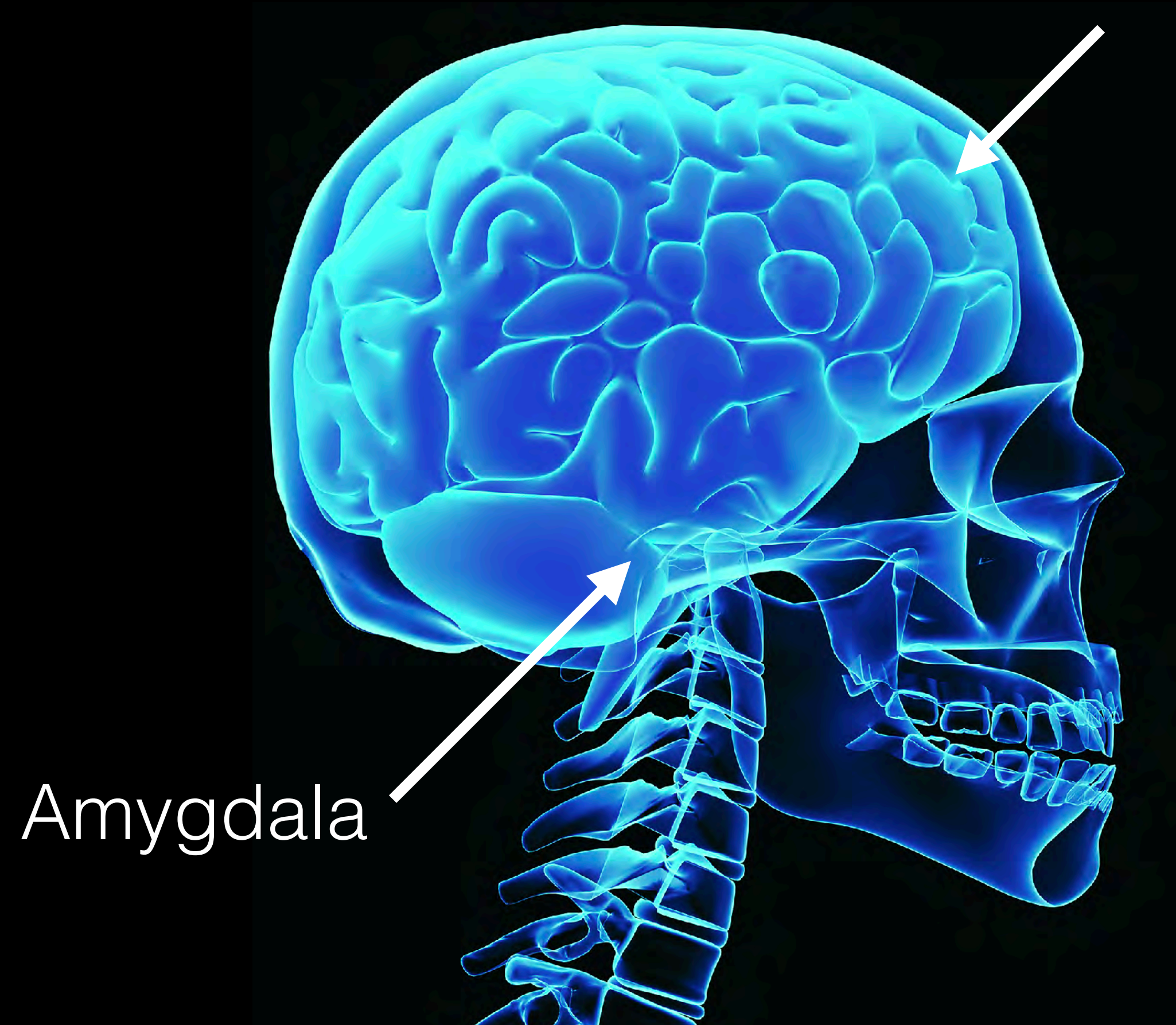
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SYSTEM 1 VS. SYSTEM 2 THINKING



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Prefrontal Cortex



Amygdala

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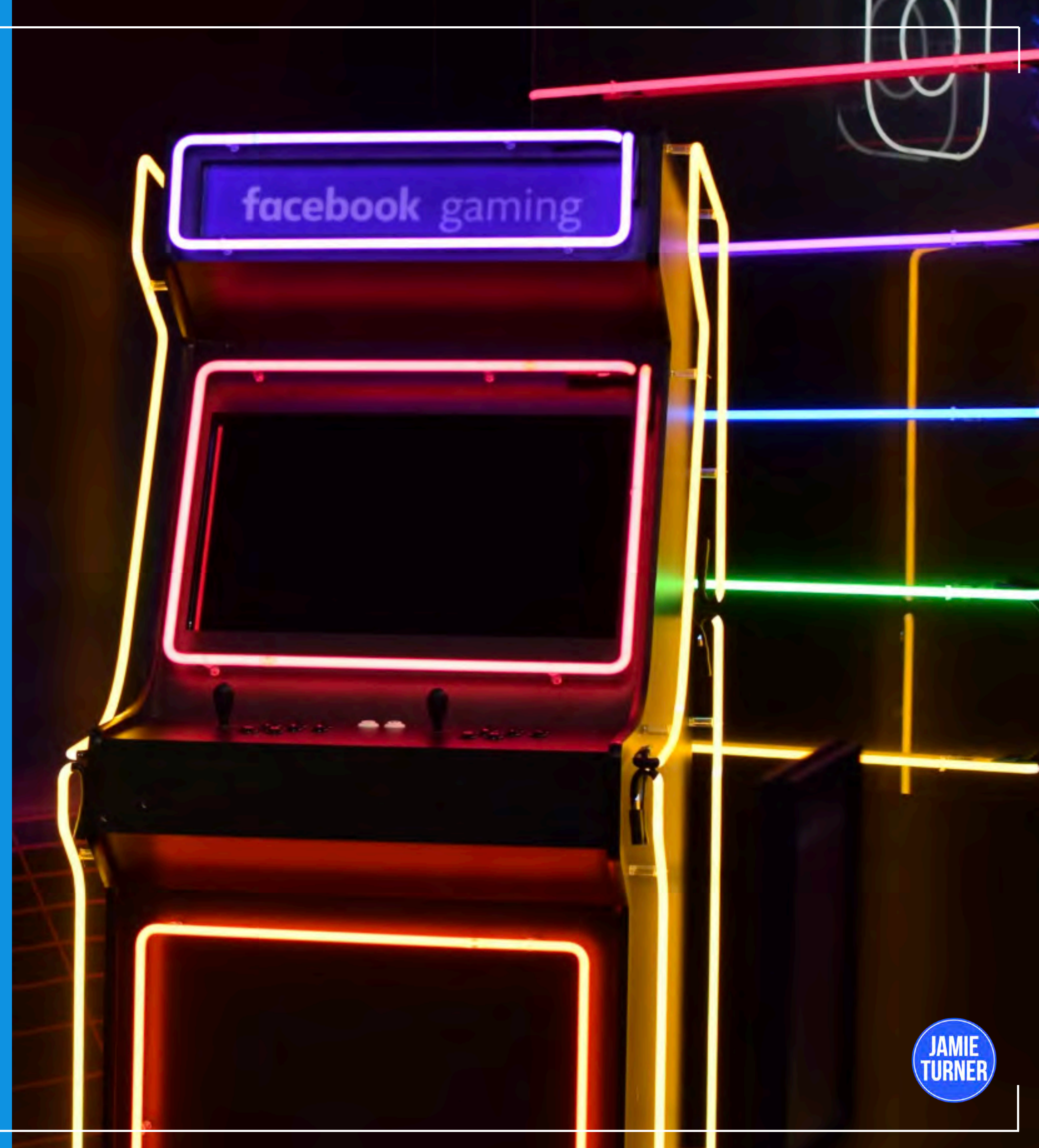
Prefrontal Cortex

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**A VIDEO ARCADE.
THREE QUARTERS.
AND AN EVENT THAT
CHANGED MY LIFE.**

Source: <https://www.powerofpositivity.com/7-incredible-studies-that-prove-the-power-of-the-mind/>



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THE POWER OF THE MIND



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When told they were wearing *lab* coats, subjects performed better on cognitive tests than those who were told they were wearing *painter's* coats.



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When you use affirmations (I am... statements) or repetitive verbal cues you are basically training your brain to create the experience you're imagining.

THE POWER OF I AM ...

I am _____.

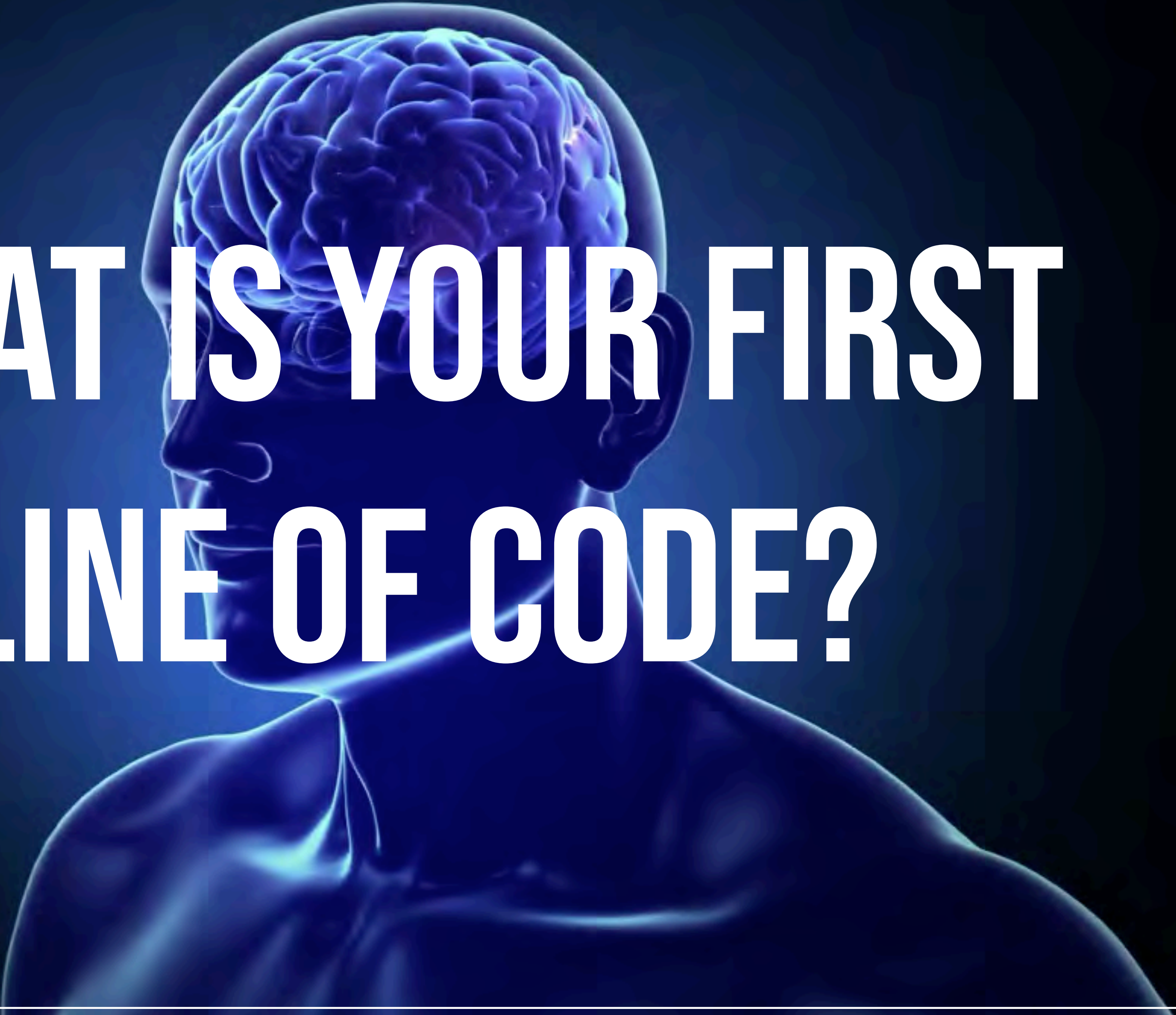
THE POWER OF I AM ...

I am an author who travels the globe helping others improve their lives.

USING THE 4-7-8 BREATHING TECHNIQUE TO STIMULATE THE VAGUS NERVE



**IN ORDER TO WORK ON YOUR
MINDSET, YOU HAVE TO UNDERSTAND
YOUR FIRST LINE OF CODE.**



**WHAT IS YOUR FIRST
LINE OF CODE?**



RE-WIRING YOUR FIRST LINE OF CODE



THE SCIENCE BEHIND EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPPING



Source: <https://www.healthline.com/health/eft-tapping>

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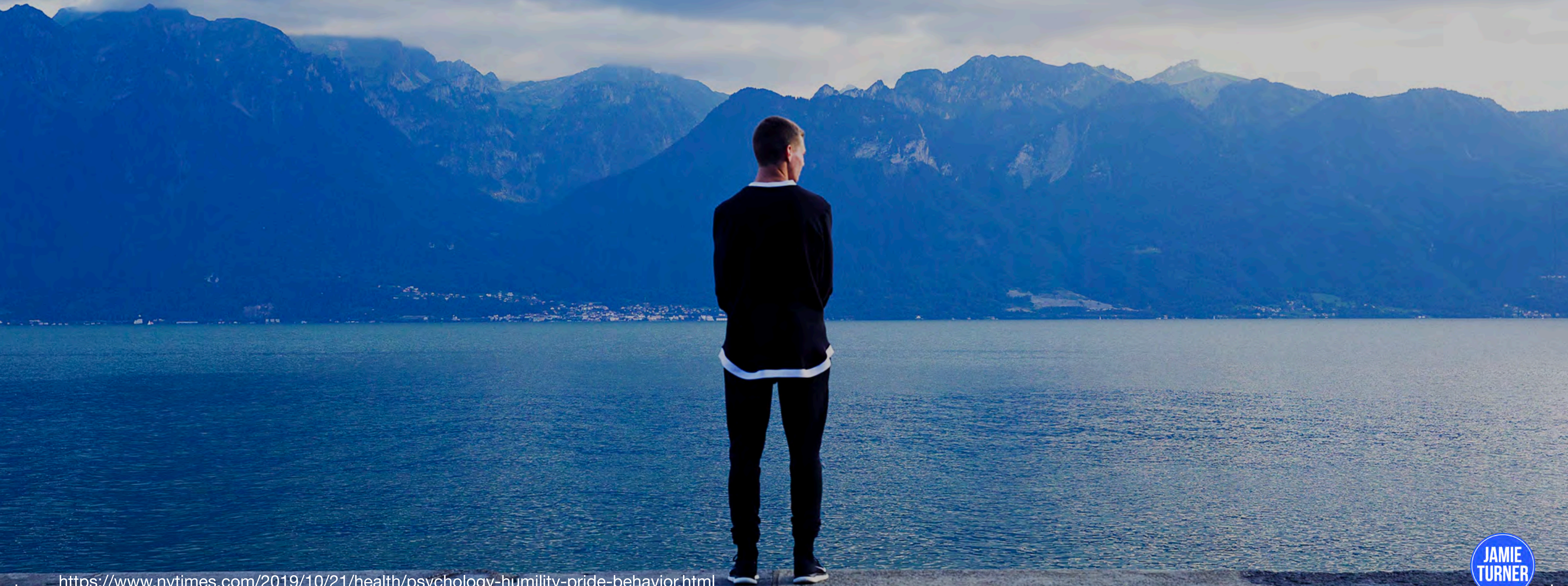


Source: <https://digest.bps.org.uk/2022/03/30/embracing-discomfort-rather-than-avoiding-it-can-help-us-work-towards-our-personal-goals/>



**WHEN YOU MOVE TOWARDS
COMFORT, YOUR WORLD SHRINKS.
WHEN YOU MOVE TOWARDS
DISCOMFORT, YOUR WORLD
EXPANDS.**

NEW PERSPECTIVES ON LEADERSHIP



<https://www.nytimes.com/2019/10/21/health/psychology-humility-pride-behavior.html>

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NEW PERSPECTIVES ON LEADERSHIP

For years, you've been told that the following traits are the sign of a great leader:

- Grit
- Drive
- Pride
- Confidence
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Humility

A LESSON IN HUMILITY

HELLO, MY NAME IS

JAMIE TURNER

QUIZ TIME!



JAMIE
TURNER

QUIZ TIME!

- The most important moments in your life are dictated not by what you know but by how you _____.



QUIZ TIME!

- The most important moments in your life are dictated not by what you know but by how you _____.
- You can control your thoughts. You can control your actions. But you have to let go of the _____.



QUIZ TIME!

- The most important moments in your life are dictated not by what you know but by how you _____.
- You can control your thoughts. You can control your actions. But you have to let go of the _____.
- Effective leaders work on their mindset first and their _____ second.

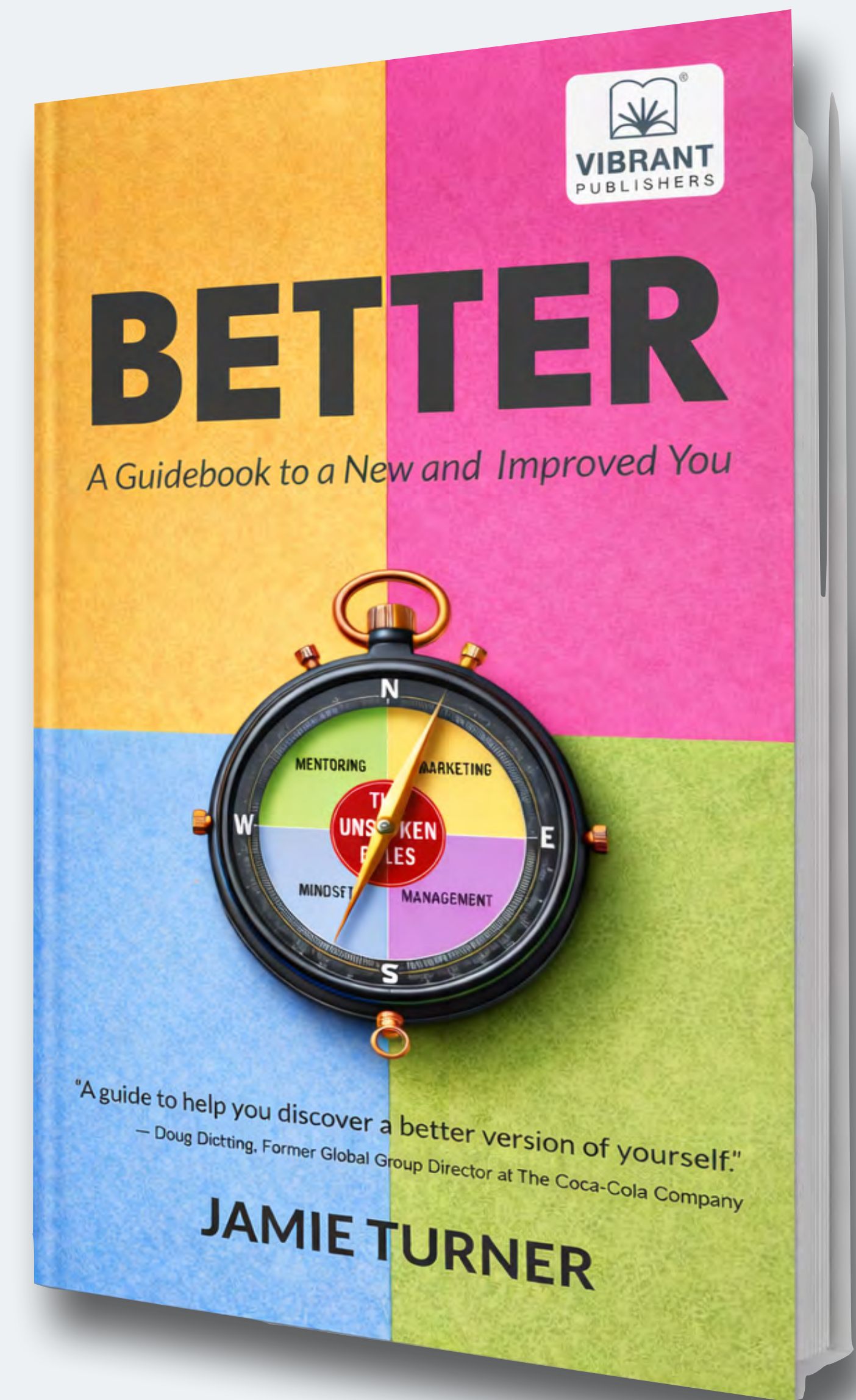
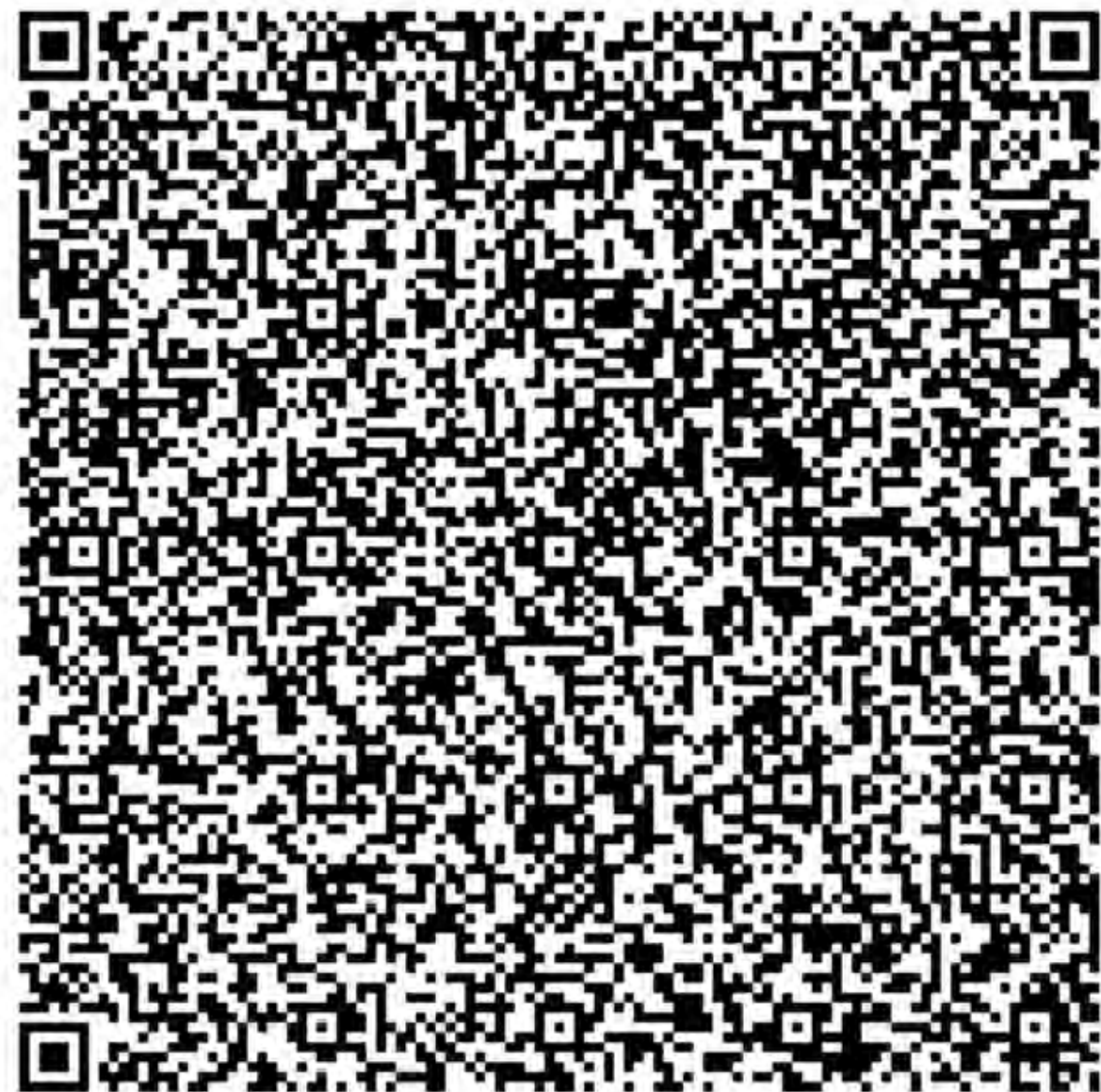


QUIZ TIME!

- The most important moments in your life are dictated not by what you know but by how you _____.
- You can control your thoughts. You can control your actions. But you have to let go of the _____.
- Effective leaders work on their mindset first and their _____ second.
- You can improve your life by re-writing your first line of _____.



IF YOU LIKE WHAT YOU LEARNED TODAY...

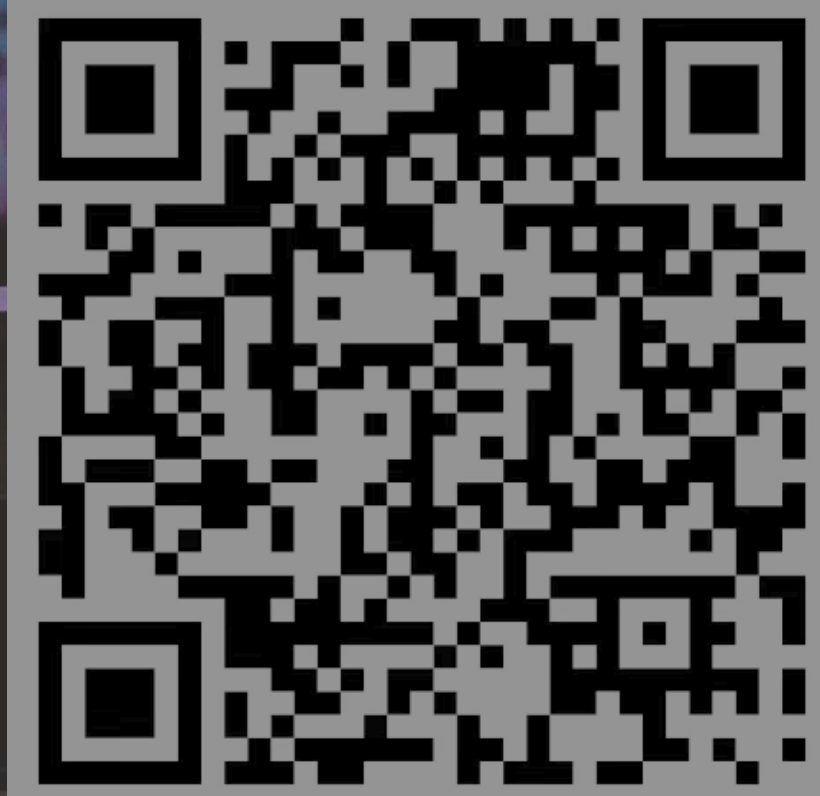


**WHAT CONCEPT FROM TODAY ARE YOU
GOING TO START WORKING ON RIGHT AWAY?**





SCAN FOR THE SLIDES



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**JAMIE
TURNER**