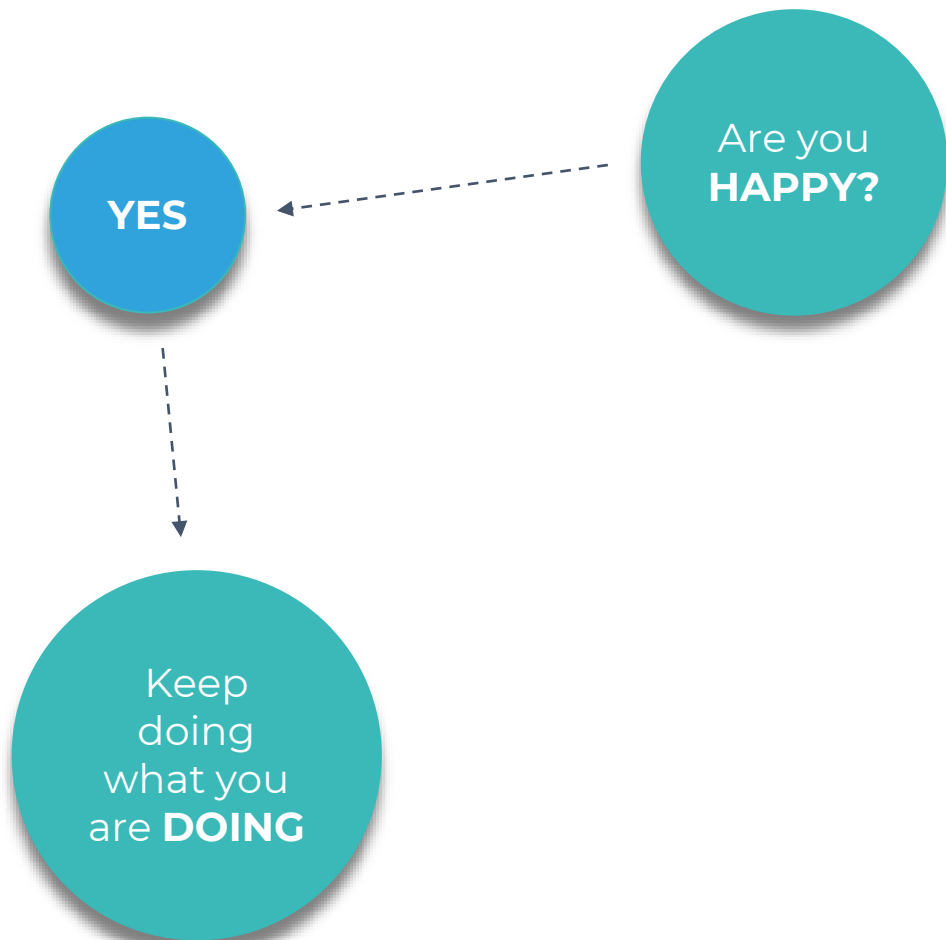
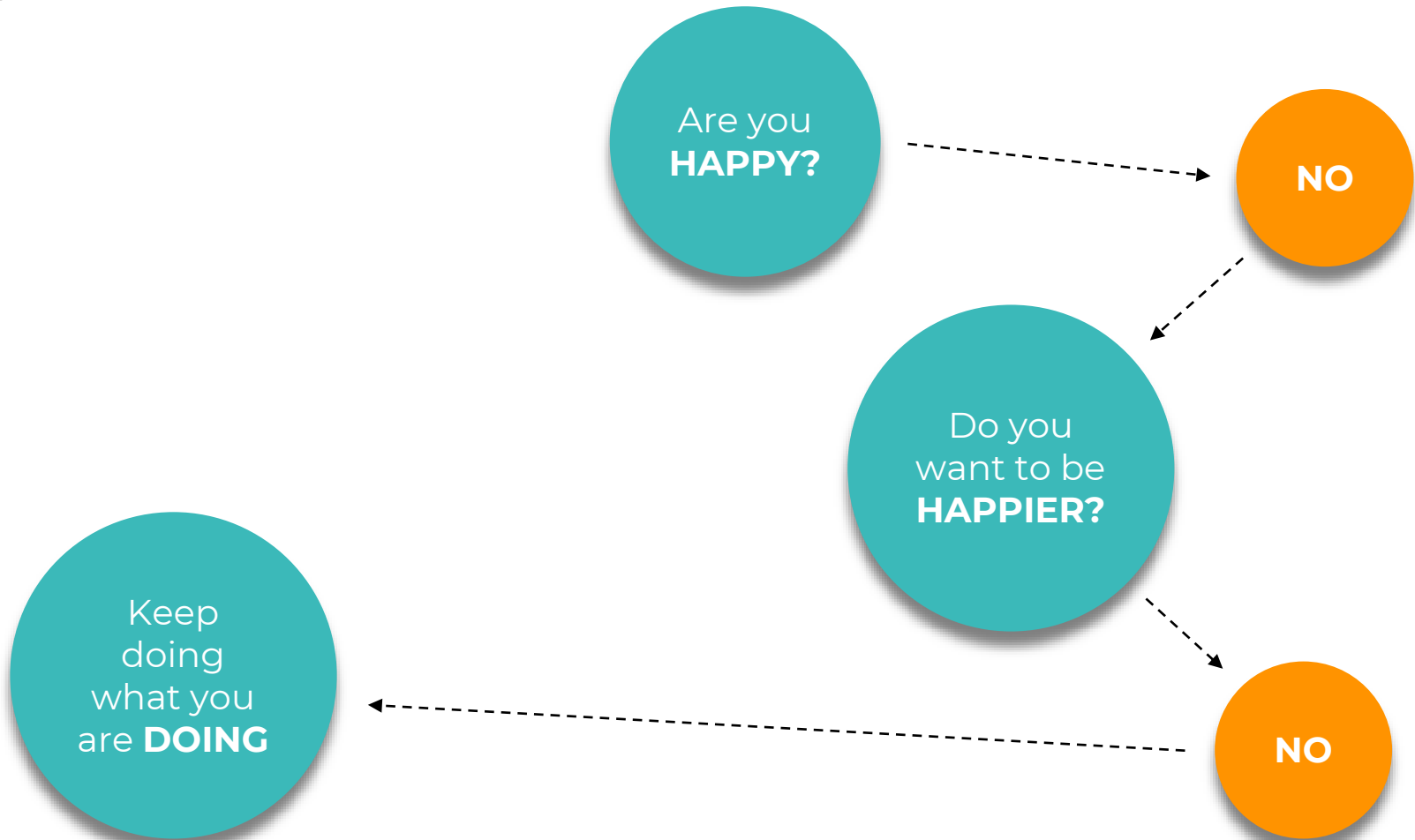
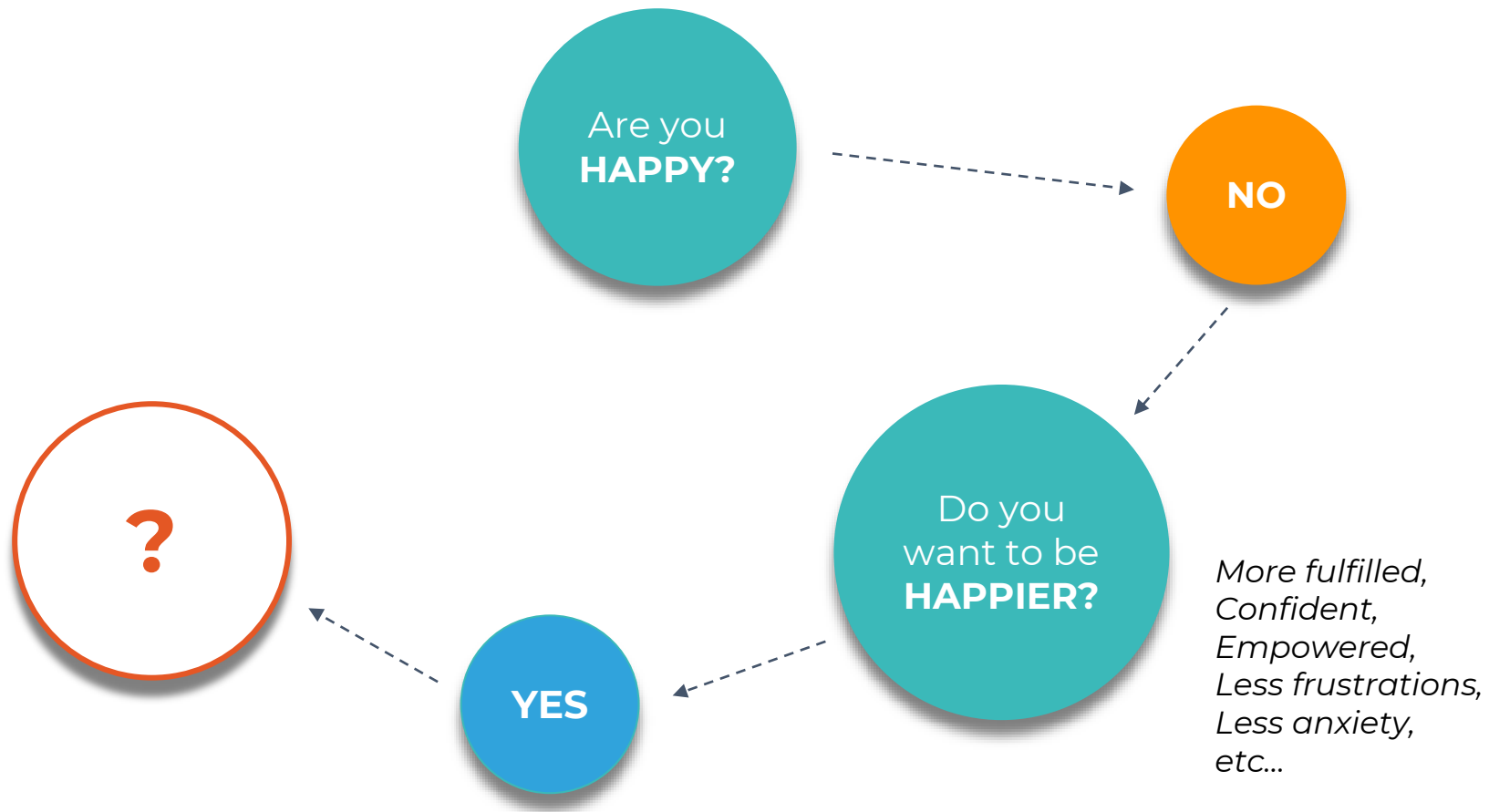




*When was the last time you were
proud of yourself?*









Five mutually related opportunities

1. **Review** your Expectation Gaps
2. **Adjust** your Natural Default Settings
3. **Do** the DO's you don't want to do
4. **Aim** for Now
5. **Invest** in YOU



01

Expectation gap

What we **expect** / want



gap



What we **get**



01

Expectation gap



01

Expectation gap



01

Expectation gap



01

Expectation gap



01

Expectation gap



01

Expectation gap



Have a guess?

What we **expect** / want

```
graph LR; A[What we expect / want] --> B[Substantially over guess]; B --> C[What we get and the impact]
```

Substantially over guess

What we **get** and the impact

02 Natural Default Setting

1000

20

1000

30

1000

10

1000

40

02

Natural Default Setting



*You get to **choose** how you see it, and how you respond.*

02

Natural Default Settings



02 Natural Default Settings



02 Natural Default Settings

*You are very **oppositional**?*

02 Natural Default Settings

*Are you **busy**?*

02 Natural Default Settings

Sorry, sorry, sorry...

02 Natural Default Settings

13, 12, 11, 10, 9, 8...

***What do you do when it doesn't
feel right?***

03 Do the DO's you don't want to do



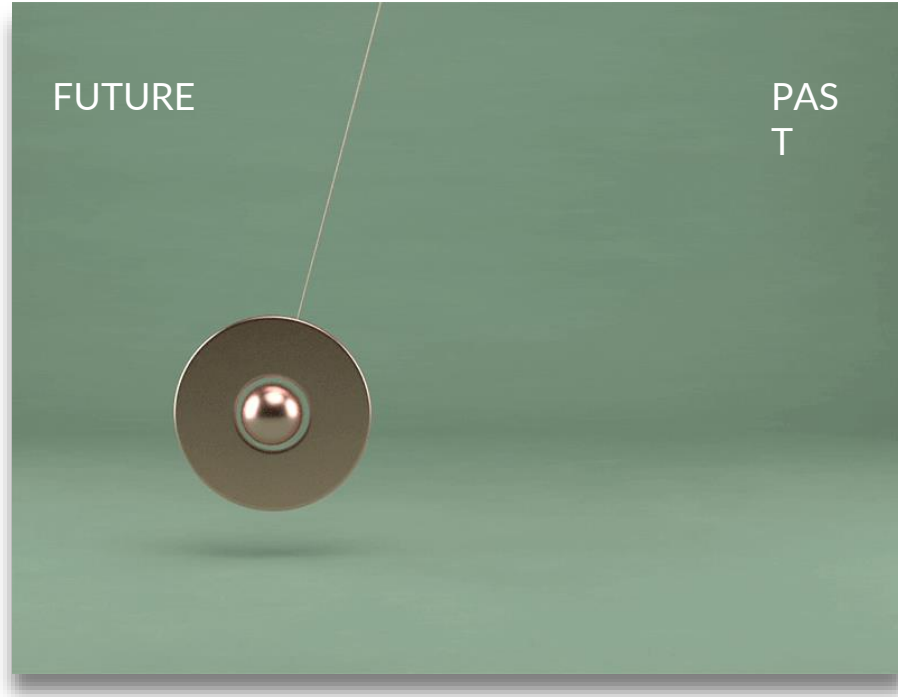
03 Do the DO's you don't want to do

*“Anyone can do **it** when they feel like it,
it's when you **don't feel like it**, and you do it,
you achieve the greatest results”*

03 Do the DO's you don't want to do

*What are the DO's that you know
you **should do** and **can do**,
although you are choosing not to?*

04 Aim for now



How often is your attention in the **PAST**



- What are you carrying that you should let go of?
- Who would you be if you lost all of your things?
- Upholding a false sense of self can be the most exhausting thing to do?





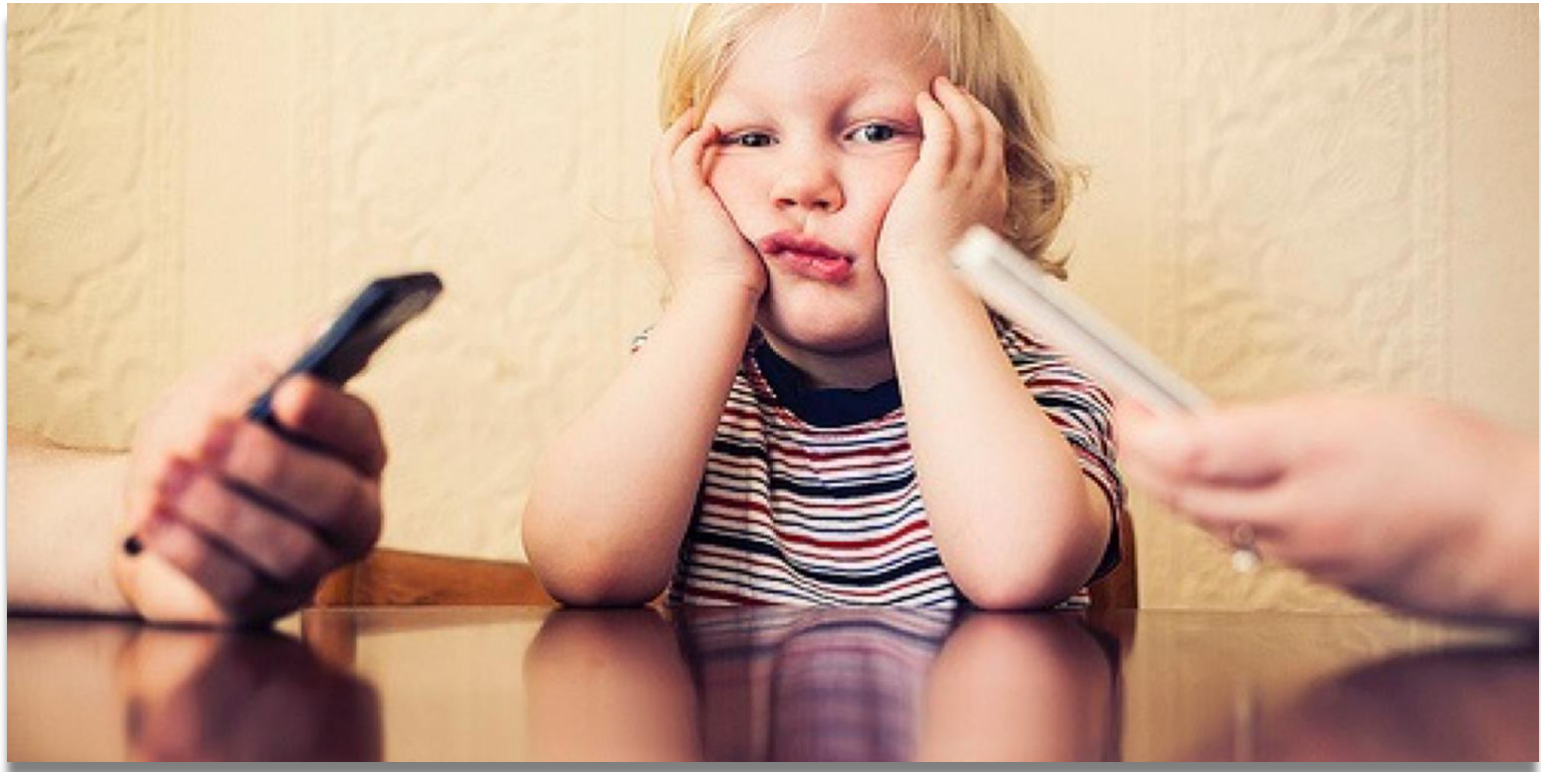




How often is your attention on the **FUTURE**



- Constantly chasing **IT**
- Missing moments that matter most
- Thinking too far ahead can create internal blockers to take action.



04 Aim for now

*“Would it be **beneficial** to spend more time
in the present moment?”*

05 Invest in YOU



05 Invest in YOU



05 Invest in YOU

*“I do not know anyone who has
invested in themselves and failed”*

05 Invest in YOU



- Personal Passion
- 24hr ATM
- Don't work on your birthday
- Take a Me day
- Connections



Five mutually related opportunities

1. **Review** your Expectation Gaps
2. **Adjust** your Natural Default Settings
3. **Do** the DO's you don't want to do
4. **Aim** for Now
5. **Invest** in YOU



*“Be **aware** enough to give yourself
a **choice** to think”*

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