



# ULTIMATE YOU

With Isra Altayar

*ARE YOU READY TO MASTER YOUR MIND?*

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# What is mindset?

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# Your mind is a tool

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- Not created to take over
- You are able to lead it to where you want
- Don't wait for something to happen before you take the lead
- Focus on the WHAT and WHY. Leave the how to me!



**No regrets after today!**



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**I can't change the world through one person,  
but I can change the world **FOR ONE PERSON****

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# My Story

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- **Everyday we tell ourselves a story of who we are**
- **Your mind knows your insecurities**
- **The danger of the mind**
- **Denial is the ultimate comfort zone!**



# What's your story?

What do you tell yourself everyday?

What do you say you can or can't do?

What do you tell yourself about how you feel?

What's your view of people and the world?

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# Growth is instinctual

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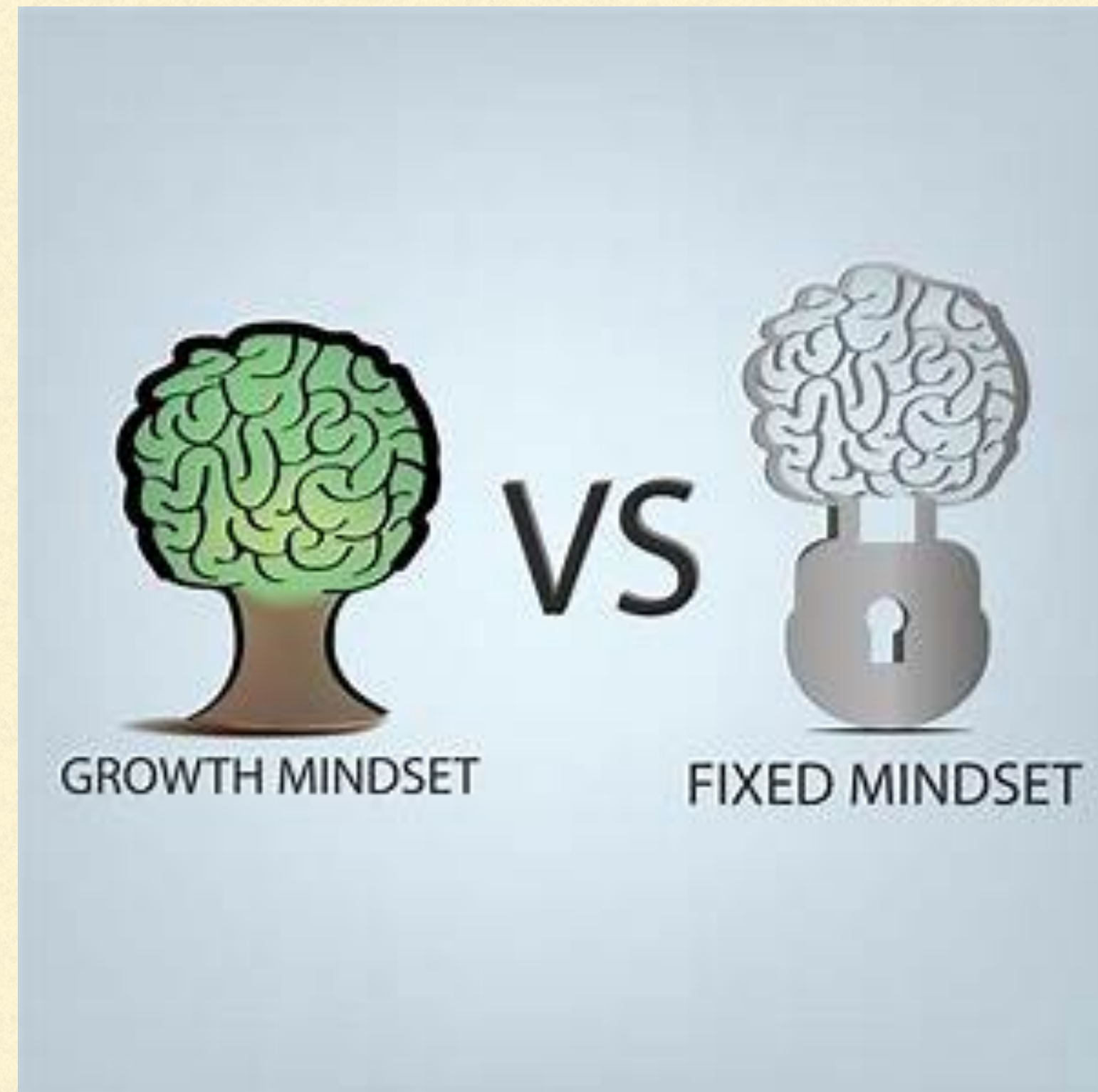


- Baby is born with instinct to grow and learn
  - Imitates
  - Learns to walk
  - Doesn't give up!
  - This desire is what's kept humans alive. Its the drive for scientific and technological advancement
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# Growth vs Fixed Mindset

- I can learn anything I want to
- When I'm frustrated, I persevere
- I want to challenge myself
- When I fail, I learn
- If you succeed, I'm inspired
- My effort and attitude determine everything



- I'm either good at it or I'm not
- When I'm frustrated, I give up
- I don't like to be challenged
- When I fail, I'm no good
- Tell me I'm smart
- When you succeed, I feel threatened
- My ability determines everything

A scenic view of a mountain valley with a river and a small town, overlaid with a quote. The background shows a wide valley with a river winding through it, surrounded by mountains under a clear sky. A small town is visible in the distance. The quote is displayed in a dark, semi-transparent box with white text.

The most important decision we make is whether we believe we live in a friendly or hostile universe.

Alan Watts

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“The world is there to serve me”

“Life is not happening to you, but rather it’s happening FOR YOU”

“There is legacy in my current pain”

“I can learn anything I want”

“The world is a friendly place”

“I have a gift to give to the world”

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# Personal level

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- Studies on brain waves show difference
  - Achievement defines identity?
  - Labels - self and others
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# Relationships

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- Search for validation
- Who you attract
- Dealing with challenges or conflicts



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# Education and Work

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- Getting things right/ learning something new
  - Smart vs effort
  - Taking risks or challenging yourself
  - The choices you make
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**EXTRA! EXTRA!**

**GOOD**

**NEWS!!**

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# How to develop a growth mindset

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1. Find the hardest thing for you personally and conquer that!  
—What have you tried to do again and again but always give up?
  2. Watch out for the easy way out!
  3. Repeat small tasks DAILY
  4. Do it even when you REALY don't want to
  5. Do things you hate
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# How to develop a growth mindset

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6. Use the 5 seconds rule!
  7. Find your gift / gifts and live a life on purpose (multiple purposes)
  8. Learn new skills - UNLIMITED human potential!
  9. Build confidence
  10. Be yourself. You are unique!
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# Time to Reflect

What do you want to do?

Why is it important for you?

What will it give you?

What will happen if you don't do it?

What are you willing to do to get it?

Whats the belief associated with that?

How will you feel once you have achieved it?

What kind of person does it make you?

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# Negativity

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- It won't go away!
  - Notice what you say to yourself
  - Power of negativity- especially when vocalised
  - Write your insecurities
  - Mind chatter
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# WHAT IF...?

-What if I fail?



-What if I excel?

-What if I lose money?



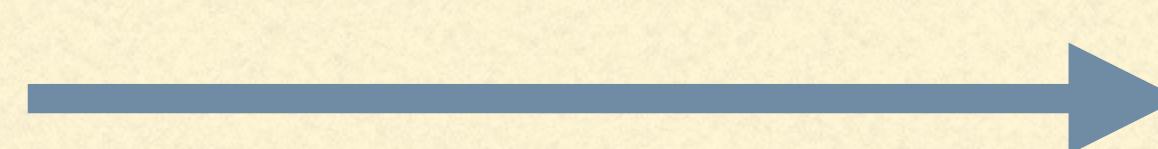
-What if I make a lot of money?

-What if people don't like it?



-What if people love it?

-What if no one buys into it?



-What if so many people buy it?