

AMA HAWAII

IGNITING YOUR 2020 SELF

Corey Campbell | CEO & Founder | Akamai Training & Consulting

Power of Now – Intro Video

Source: YouTube – People Are Awesome 2015

<https://www.youtube.com/watch?v=vLT3A0a3hoQ>



**“From now on,
there’s no looking back.
Full steam **ahead**,
on this one way track.”**

~ Owl City – Verge ft Aloe Blacc

If you know me **based** on who I
was a year ago - even four months
ago - you **don't know me**.

My **growth** game is stupid strong.

Allow me to **reintroduce** myself.



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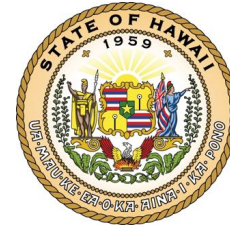


COREYPCAMPBELL



ENGAGING | REAL | TRANSFORMATIONAL

Akamai Training & Consulting – Recent Clients



Where the
magic happens

Your
comfort
zone



Do the **easy** things now,
life becomes **hard** later.

Do the **hard** things now,
life becomes **easy** later.

Power of Centering



The **present** is all there is.

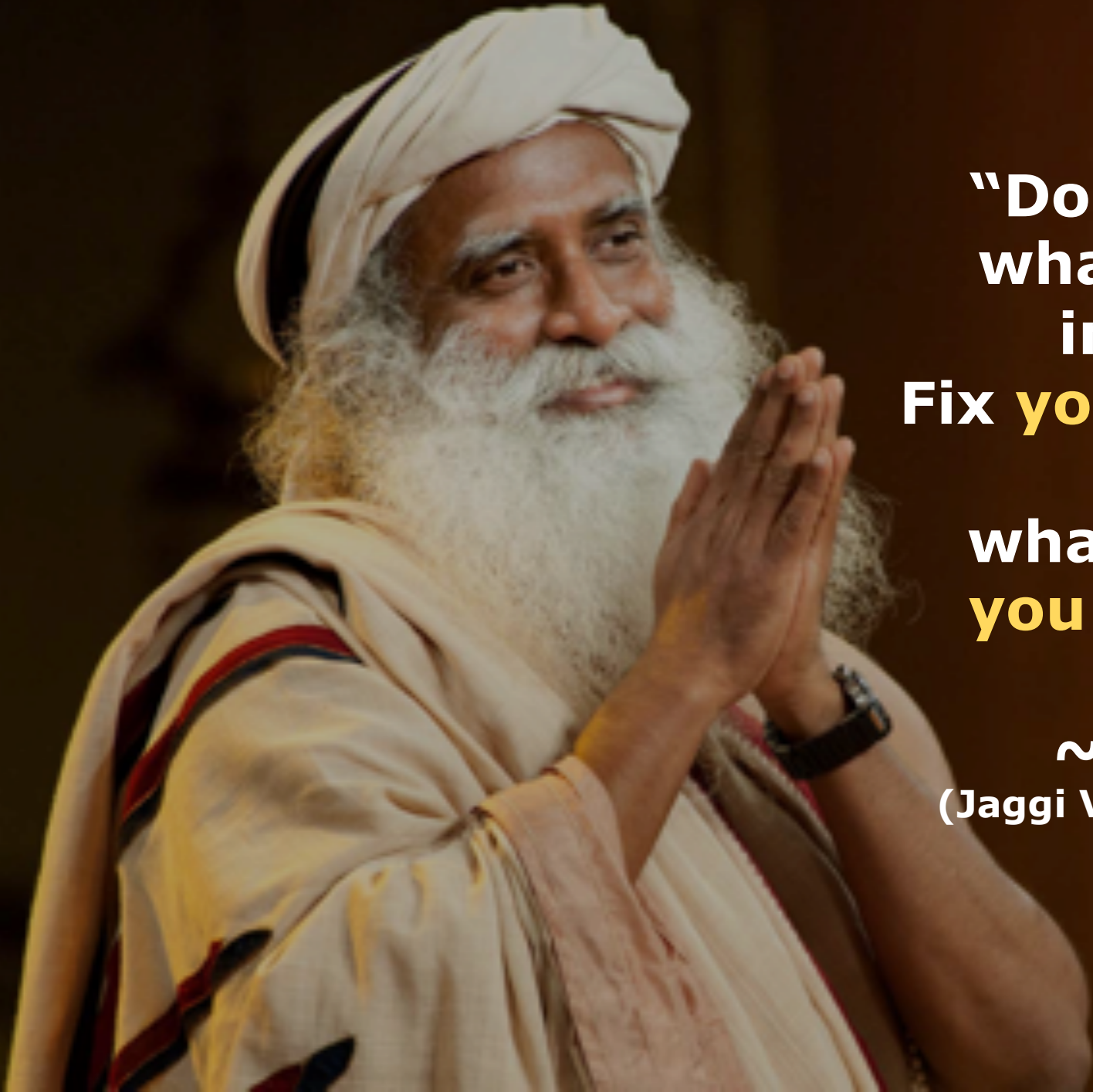
Motivation and life cannot be
separated from the **NOW.**



Staying in the **Present**

Same **Thoughts** = Same **Emotions**

This is the very definition of living in the **past**.

A portrait of Sadhguru, a spiritual leader, with a long white beard and a white turban. He is wearing a white shawl with red and blue borders. His hands are clasped in a prayer position (Anjali Mudra). The background is a warm, blurred orange-brown.

**“Do not try to fix
whatever comes
in your life.
Fix **yourself** in such a
way that
whatever comes,
you will be fine.”**

~ Sadhguru
**(Jaggi Vasudev, founder Isha
Institution)**



Change Your **ENERGY**, Change your Life

Neuroplasticity

The brain **continually** reorganizes itself by learning new neural connections throughout life.

“Every **thought, every
reverberation you create on the
level of the mind changes the
chemistry in your body.”**

~ Sadhguru
(Jaggi Vasudev, founder Isha Institution)

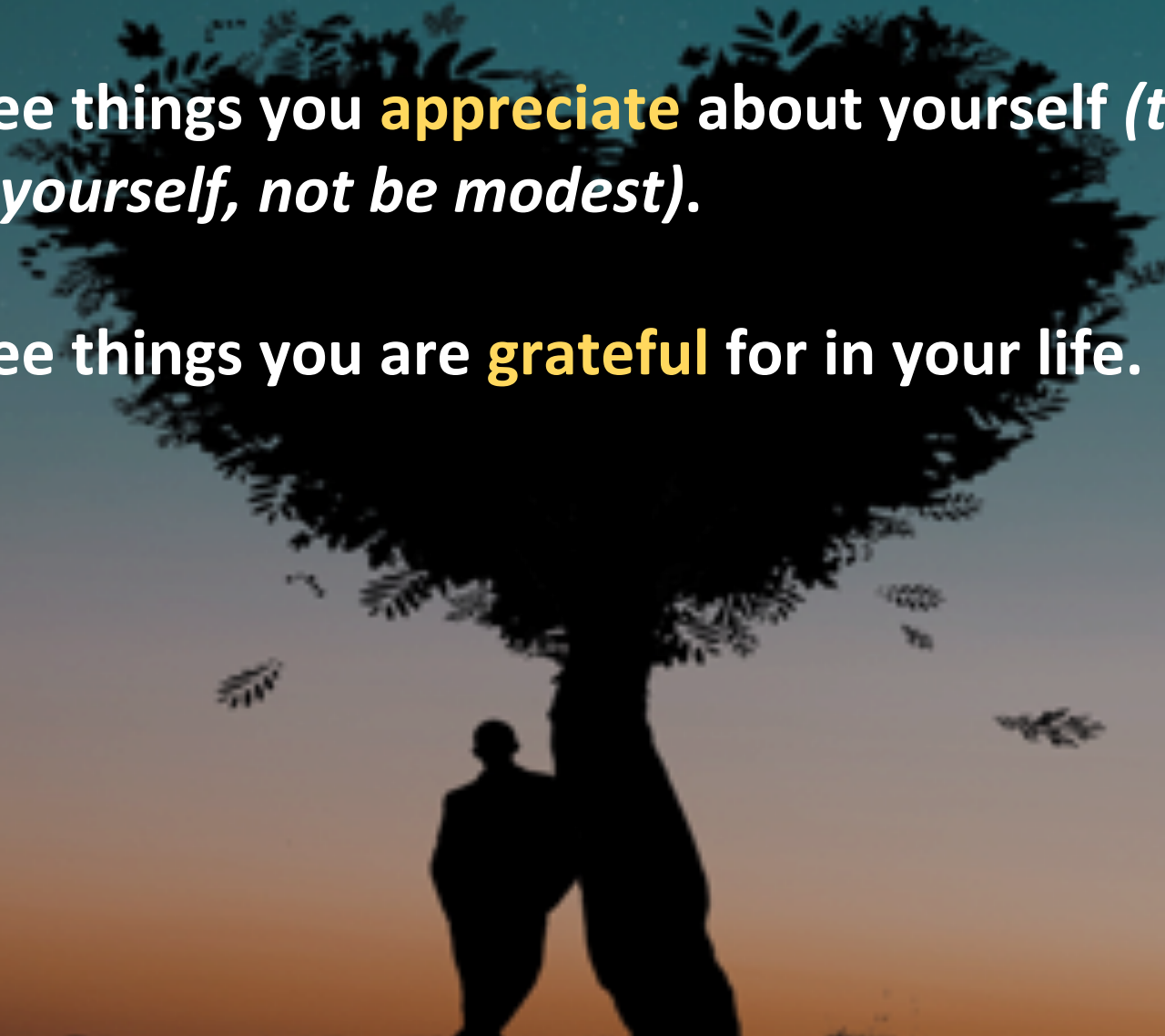
This is YOUR year to soar.



Appreciation & Gratitude

Write down three things you **appreciate** about yourself (*this is a time to **show love** to yourself, not be modest*).

Write down three things you are **grateful** for in your life.





Mastering the Mindset of **Inspired** Living

Mindset

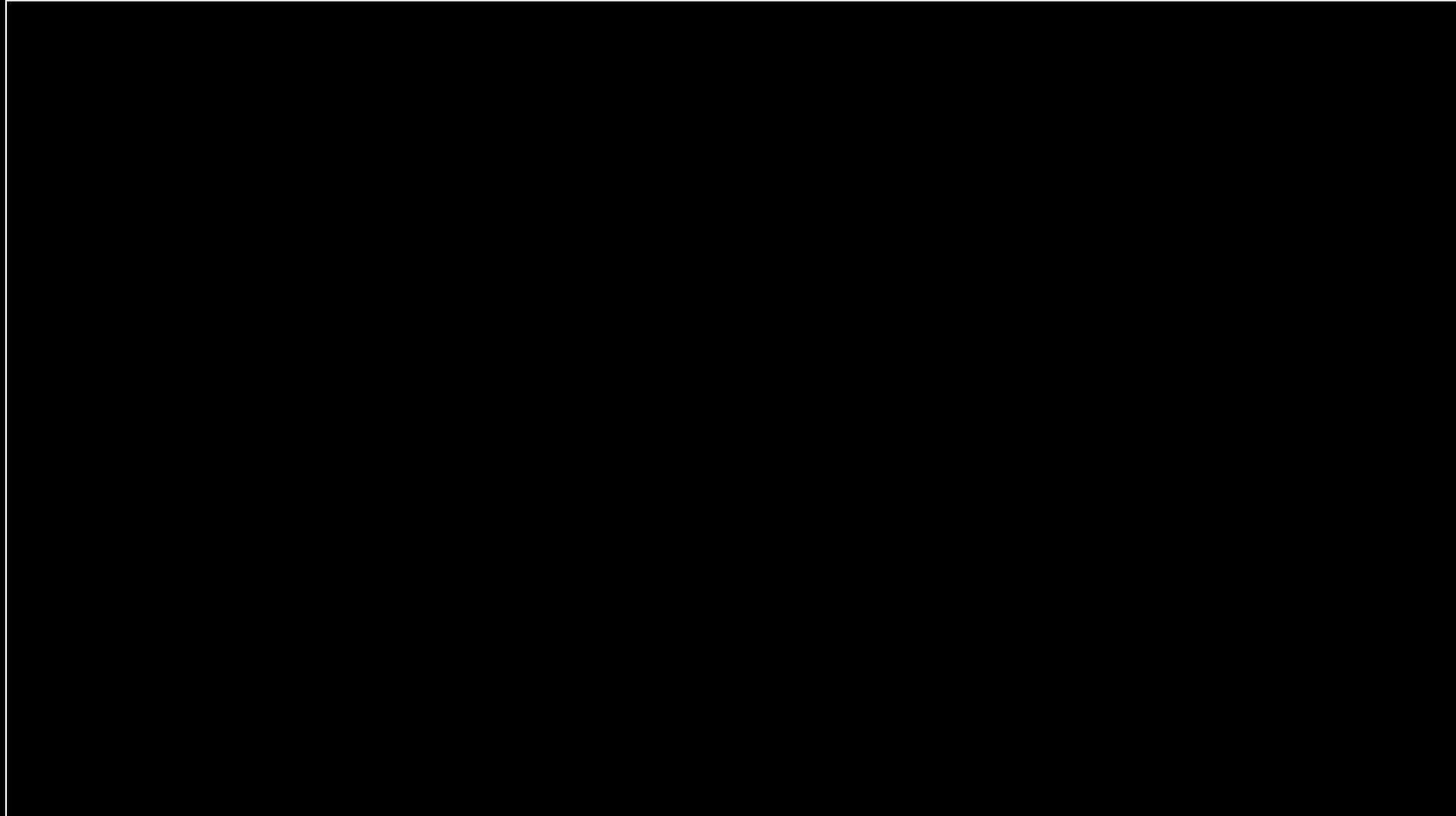
[mīn(d)set]

(noun)

the established set of attitudes held by someone.

Michael Phelps – Goals & Mindset – VIDEO

Source: Youtube: <https://www.youtube.com/watch?v=cU-my2mzhmU&t=9s>



**Life is a product
of your most
dominant thoughts.**

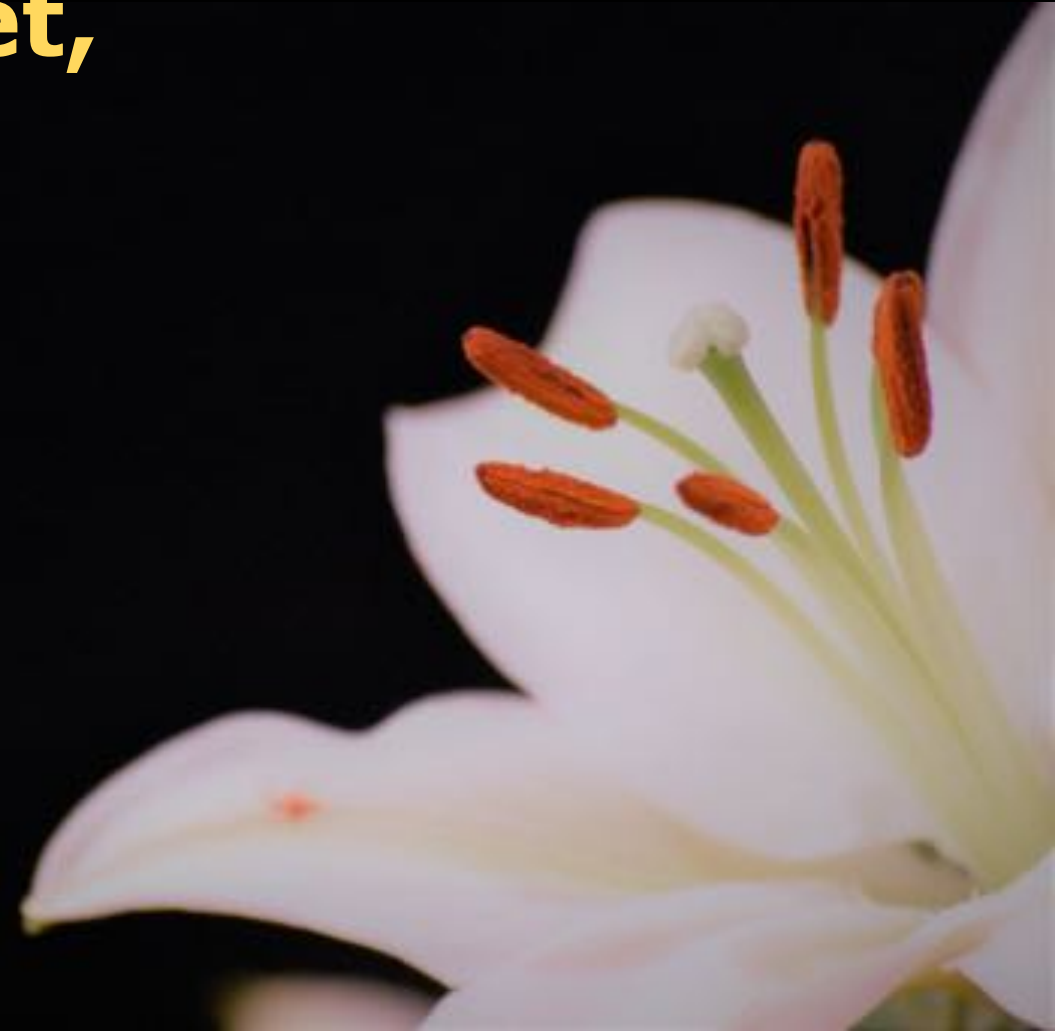


Table Discussion

How would you **describe** your morning **mindset**?

What is your **dominant thought** walking
into **work** on your average day?

**Change Your Mindset,
Change Your Life**



Power of **CHOICE**



**Everyday we have a choice
when we wake up:**

**Or we can focus on what's
WRONG with our lives.**

**Everyday we have a choice
when we wake up:**

**Or we can focus on what's
RIGHT with our lives.**

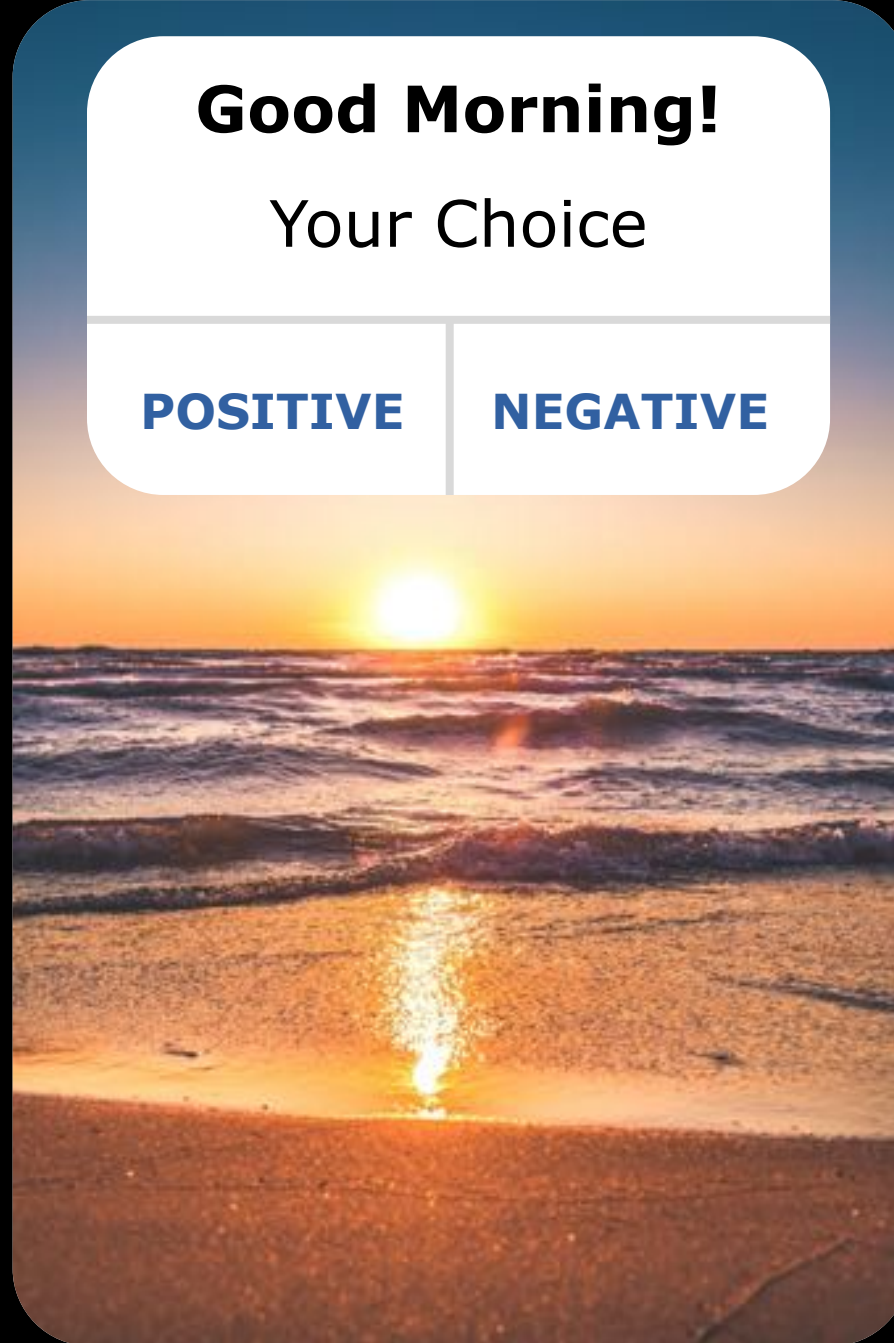


Good Morning!

Your Choice

POSITIVE

NEGATIVE



Good Morning!

Your Choice

**WHAT'S YOUR
QUESTION TODAY?**



Good Morning!

Your Choice

**OWN THE
DAY AHEAD**

**LET THINGS
FRUSTRATE
YOU**



Jessica's Chatfield, 2001 Affirmation – YouTube

Source: Youtube: <https://youtu.be/qR3rK0kZFkg>



My **Vision** for My Life

Write your vision for your life in the **first person, present tense** (I am...; I feel...; I experience...;) as if you're experiencing it now.

Be as **specific and detailed** as possible.

Consider how the following areas of your life **will be**: family, health, spiritual, recreation, financial, professional, social, and personal growth.



Rituals



Setting Your Daily Intentions



**We can control our impulses by
conditioning our thoughts.**

Setting Your Daily Intentions

- 1) One word that describes the person **I will be** today...
- 2) One **task** that absolutely **must be done** today is...
- 3) One **positive affirmation** I will **repeat** to myself throughout today...
- 4) One person I need to **connect** with today (and **how** I'll do it) is...
- 5) One thing I need to do to **take care** of my mental/physical **well-being** today is...

Harness Your Intentions: Ignite Your 2020 Mindset

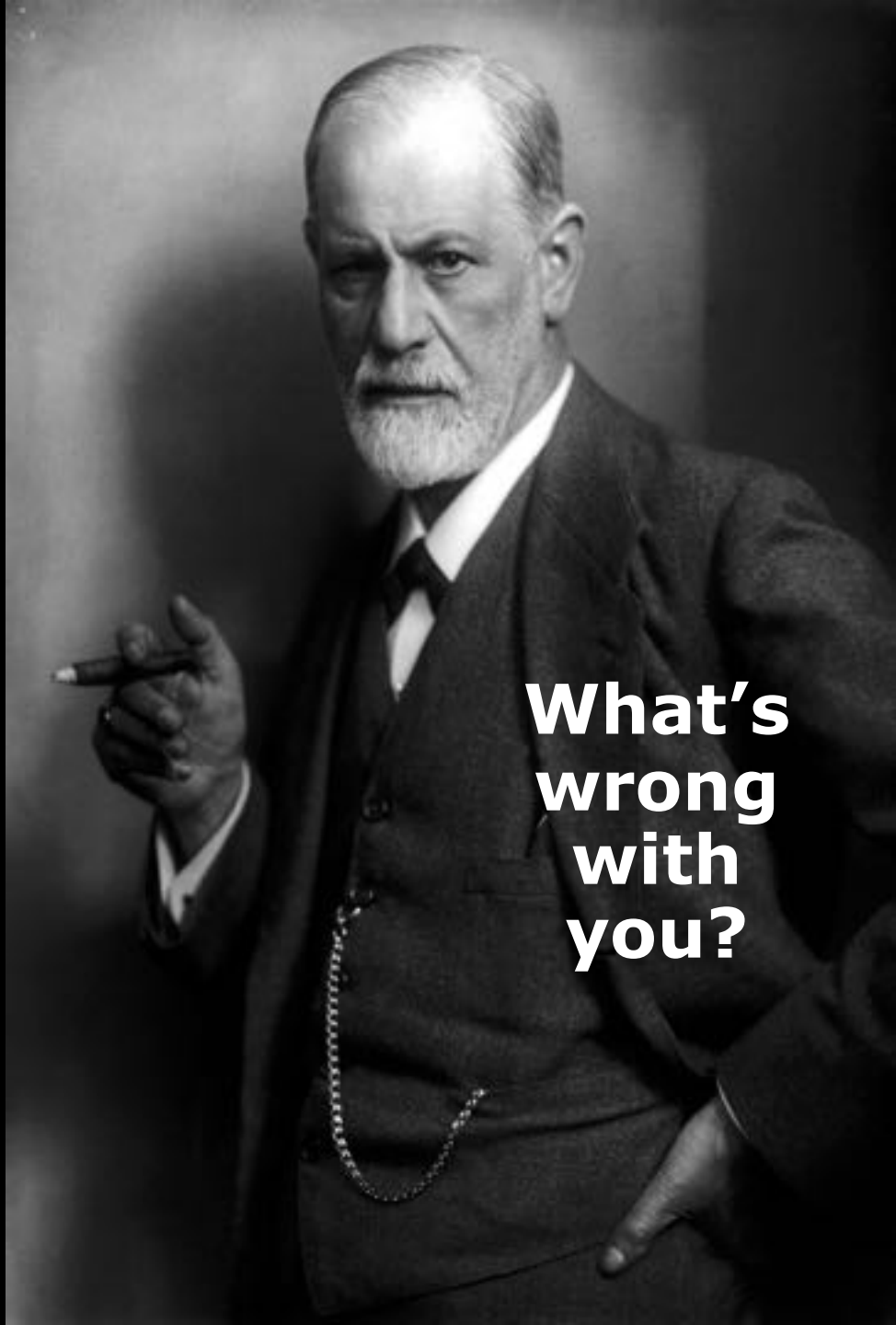




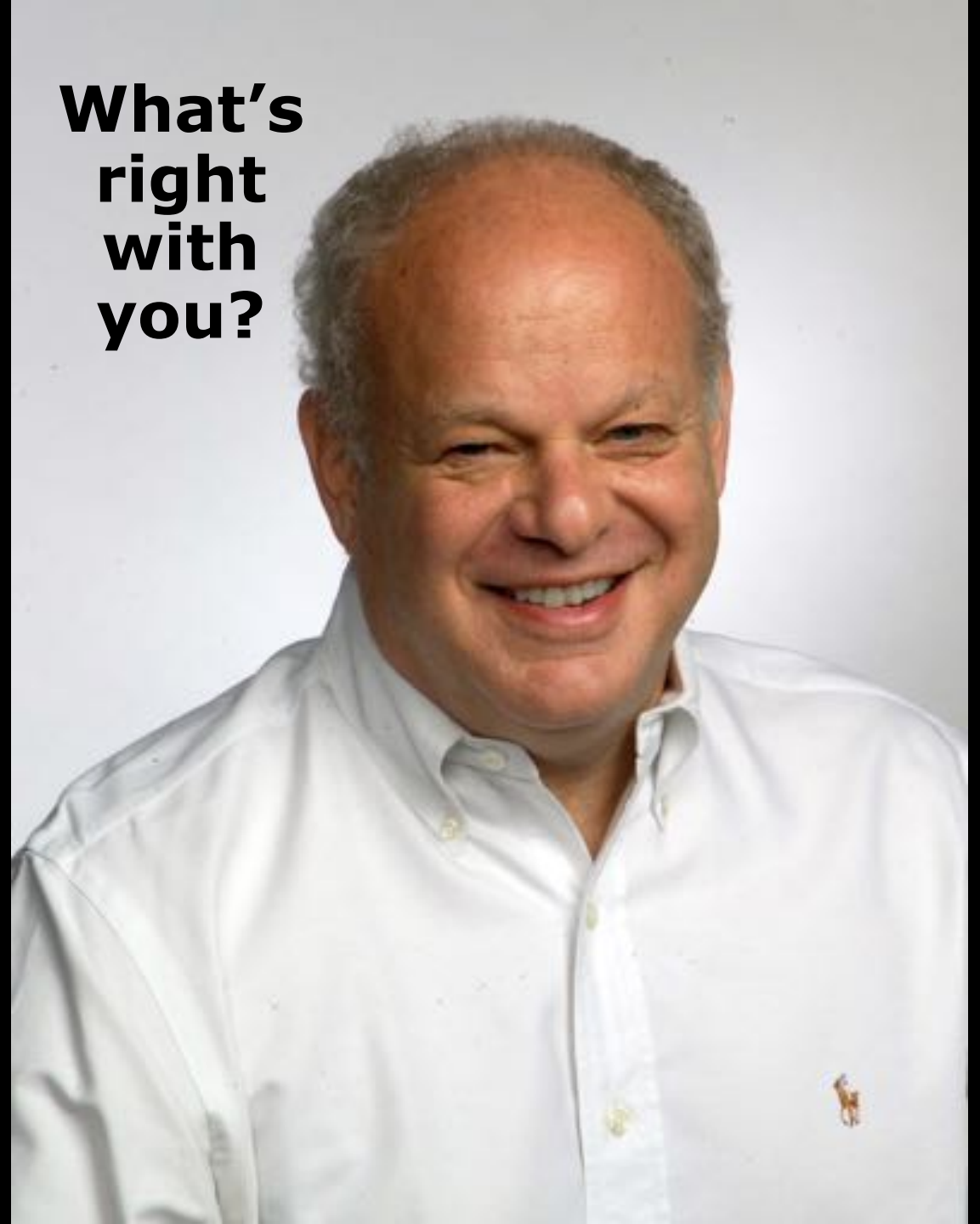
Exploring **Positive** Psychology



Do **happier** people live longer?



**What's
wrong
with
you?**



**What's
right
with
you?**

Psychological Abstracts (1967-2000)

Anger: 5,584

Anxiety: 41,411

Depression: 54,541

Ratio:

21/1

Wrong/Right

Stress: 415

happiness: 1,710

Life Satisfaction: 2,582



Can Smiles Predict Mortality Rate?



It Appears So!



Photographs of 196 professional baseball players taken in 1952 were rated for smiling. Smiles predicted the mortality rate occurring by 2009.

No Smile – 72 Years

Flight-Attendant Smile – 75 Years

Duchenne Smile – 80 Years



Happy Nuns Live Longer

180 Catholic nuns (wrote autobiographies at an average age of 22).

Survival Rate at Age:	85	93
Most Cheerful:	79%	52%
Least Cheerful:	54%	18%



The Seven Principles
of Positive Psychology
That Fuel Success and
Performance at Work

THE HAPPINESS ADVANTAGE

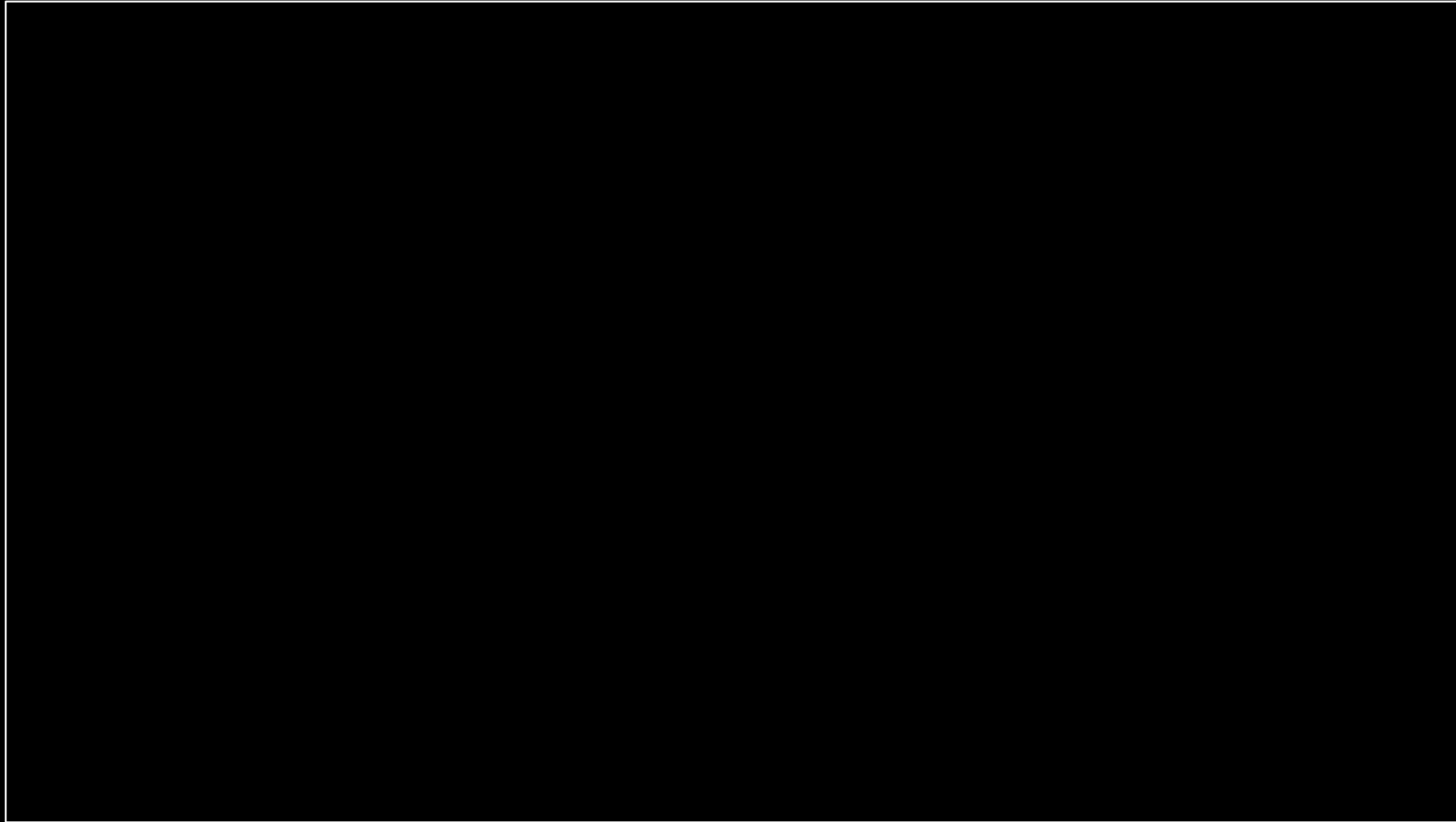
SHAWN ACHOR

As Taught in Harvard's Famed Happiness Course and to Companies Worldwide

Happy people are more
successful, more creative,
develop better relationships,
and live longer.

VW – 2013 SuperBowl Commercial – Get Happy

Source: Youtube: <https://youtu.be/7VQqUuW1ii0>



Power of Reframing



Reframe

/rē'frām/

(verb)

frame or express (words or a concept or plan)
differently.

Reframing to Live Inspired

“I HAVE TO...”

versus

“I GET TO...”



If you **don't know** where you're going,
any road will get you there.

~Lewis Carroll

Mind Mapping Your 2020 & Life Goals

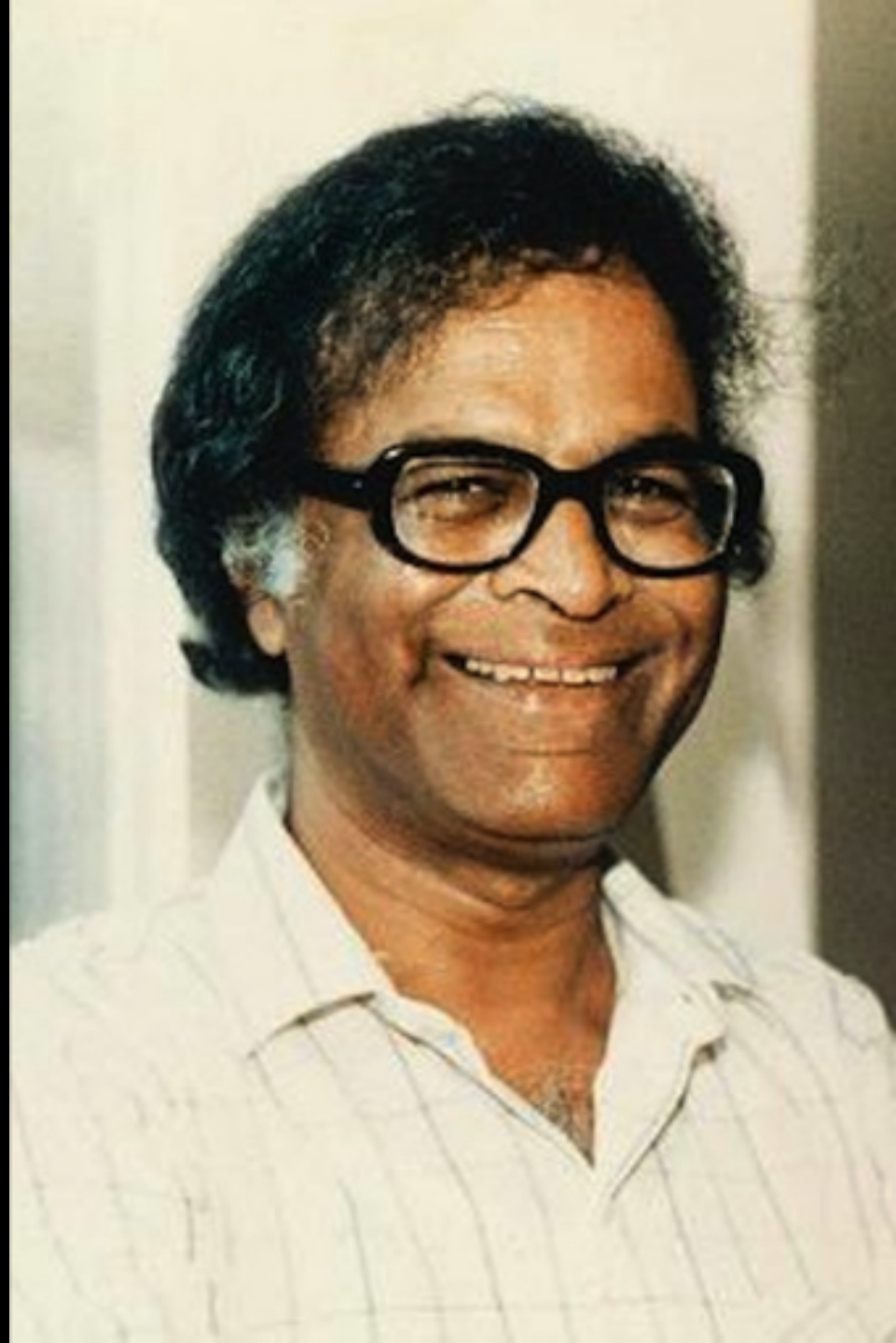
(Rate yourself 1-10 on each area)



“To a disciple who was forever **complaining** about others, the Master said:


‘If it is peace you want, seek to **change yourself**, not other people. It is easier to protect your feet with slippers than to carpet the **whole** of the earth.’”

~ Anthony de Mello
(Indian Jesuit priest and psychotherapist)



Ignite Your 2020 Self – **Fire it Up!**

- 1) **Start** Your Day with **Appreciation & Gratitude** (avoid the phone for 30min)
- 2) **Direct** Your Dominant **Thoughts** (affirmations; mantra)
- 3) Create **Rituals** and/or **Systems** to **Own Your Mindset**
- 4) Set Your **Daily Intentions**
- 5) **Reframe** or **Address** Anything that **Limits** You
- 6) Give Yourself the **Gift** of **Exploring & Setting** Life Goals; **Check-In** Often



Mahalo