

# QUICK! WAKE UP THE PILOT

An introduction to  
Switched on Thinking®

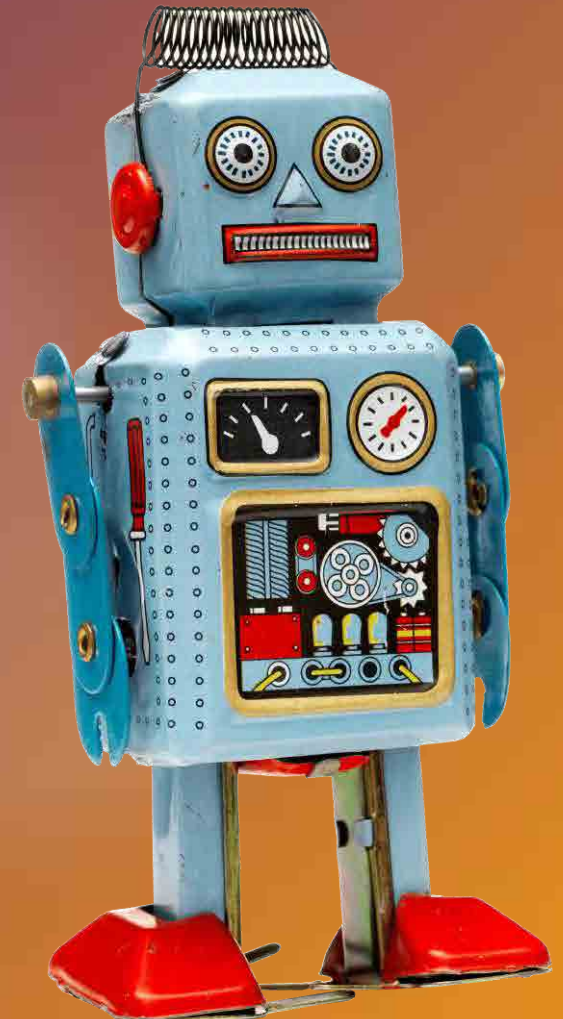
Most people....95%

Increasing your awareness of  
what and how you think,  
is  
'Switched on Thinking'

Most people live life  
on autopilot.

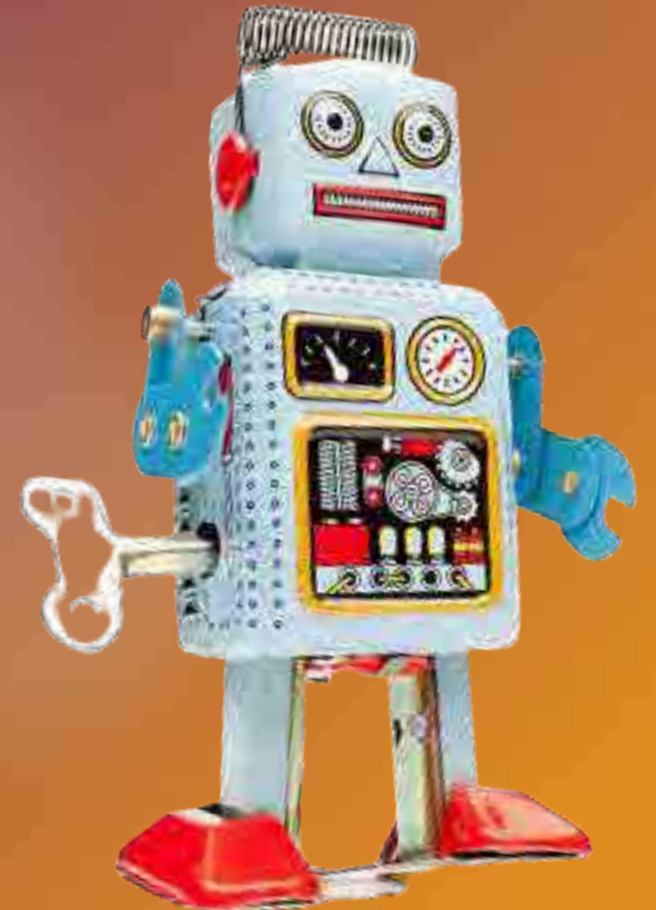
Always doing what we've  
always done

Based on our learnt  
behaviours and values



# We are all programmed to act or react:

- Shock or Surprise
- Happiness or Sadness
- Fear or Fun
- Anger or Acceptance
- Love or Loathe
- Fight or Flight



Emotions change how we  
feel deep inside

And imagination also has the power to  
create feelings that may not exist....yet!

But who controls our imagination?

# During this talk, I'm going to explain:

- How the past affects our future
- How our brains work, in making us do things
- Why we feel the way we feel

But first, let's watch a  
short film to show how we  
can create feelings which  
may not exist... yet

A black and white photograph showing a person's hands holding a large, crumpled piece of fabric or paper. The image is grainy and has a high-contrast, somewhat abstract quality. The text "BASED ON REAL LIFE EVENTS" is overlaid in the center in a bold, white, sans-serif font.

**BASED ON REAL  
LIFE EVENTS**



In other words, what you  
create with your imagination:

Produces real physical feelings,  
That creates an action,  
That creates an outcome,  
That produces YOU.

“What you think,  
you become.”

Let's crack on with a story.

*Once upon a time.....*

*There was a hero, that struggled to get what they wanted. They found a friend that showed them the way.*

*And they lived happily ever after  
(aaaaahhhhhh)*

And there we have:

The past (yesterday)

The present (today)

The future (tomorrow)

And we all  
have a past,  
don't we  
(although some of us  
had more hair!)



I'm also going to show  
you, that TODAY is  
NEVER too late to create  
your TOMORROWS you  
truly want.

## Let's talk about Motivation by FEAR (victim mindset)

I do this, because I  
don't want to be:

Broke

Controlled

Alone

UNLIKED

Vulnerable



## And Motivation by ATTRACTION (creative mindset)

I do this, because I want to:

Be financially stable

Work how I want

Spend time with the people I want

Not worry what others think

Enjoy life!



Motivation (what's your Attraction)

This is your focus, this is your:

INTENT



Motivation (what's your WHY)

This is your REASON, this is your:

PURPOSE

Motivation (what's your WANT)

This is your emotional driver, this is your:

PASSION

Which one do you feel more like at the moment?

Do you feel like a **victim**? (life and events control you)

or

Do you feel like you're a **creator**? (you control your life, business and beyond)

Its 'awareness' of how you think today,  
that enables you to **create** your  
tomorrows, by thinking the right type  
of thoughts.

And we're all chasing the future, one second at a time.

Wouldn't it be good if.....



Let's break that down into:

The past – we've **done**

The present – we're **doing**

The future – we're to **do**

Let's break that down further:

The past can be seconds, minutes, days weeks, if it's gone, it's the past.

The present only exists in the 'here and now'

But what is YOUR future?

# Why should you listen to me?

In 2015 I had a wakeup call. Just 30 seconds from disappearing off this planet.

Something had to change!



I had more money than I needed, material stuff, cars, posh house blah blah blah.

A loving partner, great kids, business freedom.

Why wasn't I happy?

I was living in a life of  
deferred happiness.

I'll be happy when.....

But happiness never came..

# My mission became.

- Why do we feel the way we feel?
- Why do we do the things we do?
- What can we do, to become the version of ourselves that we want to be?

After 5 years of R&D and a PhD I found the answers to:

- Why do we **feel** the way we feel?
- Why **do** we do the things we do?
- What can we do, **to become** the version of ourselves that we want to be?

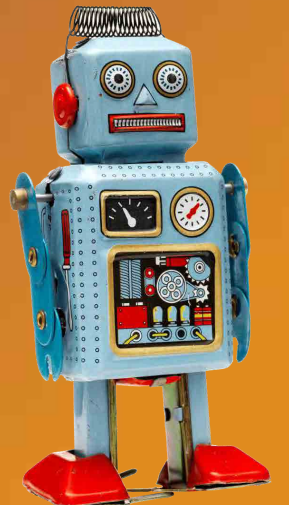
Which I'm going to share with you now...

The answer is:

*What you think, you become.*

The challenge is:

*Most people are unaware of what their mind is thinking, or the decisions it makes, 95% of the time!*



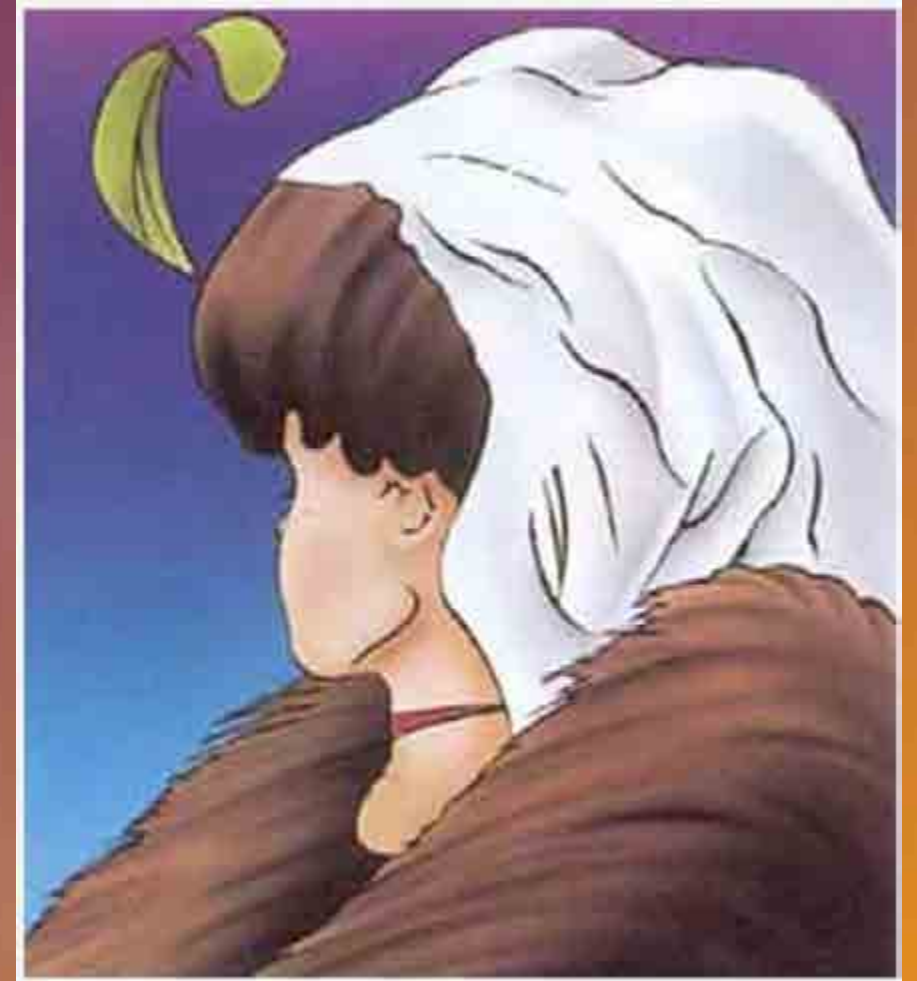
*We know what the past is, and  
that it's what made us here, today*

*But how do we create the tomorrows that we  
truly want....*

First, we need to understand perceptions.

Sometimes, things ain't what they seem!

What do you see, old woman, young lady or a mountain?



*And sometimes what we see as reality, is just as we 'perceive' it, based on our bias.*

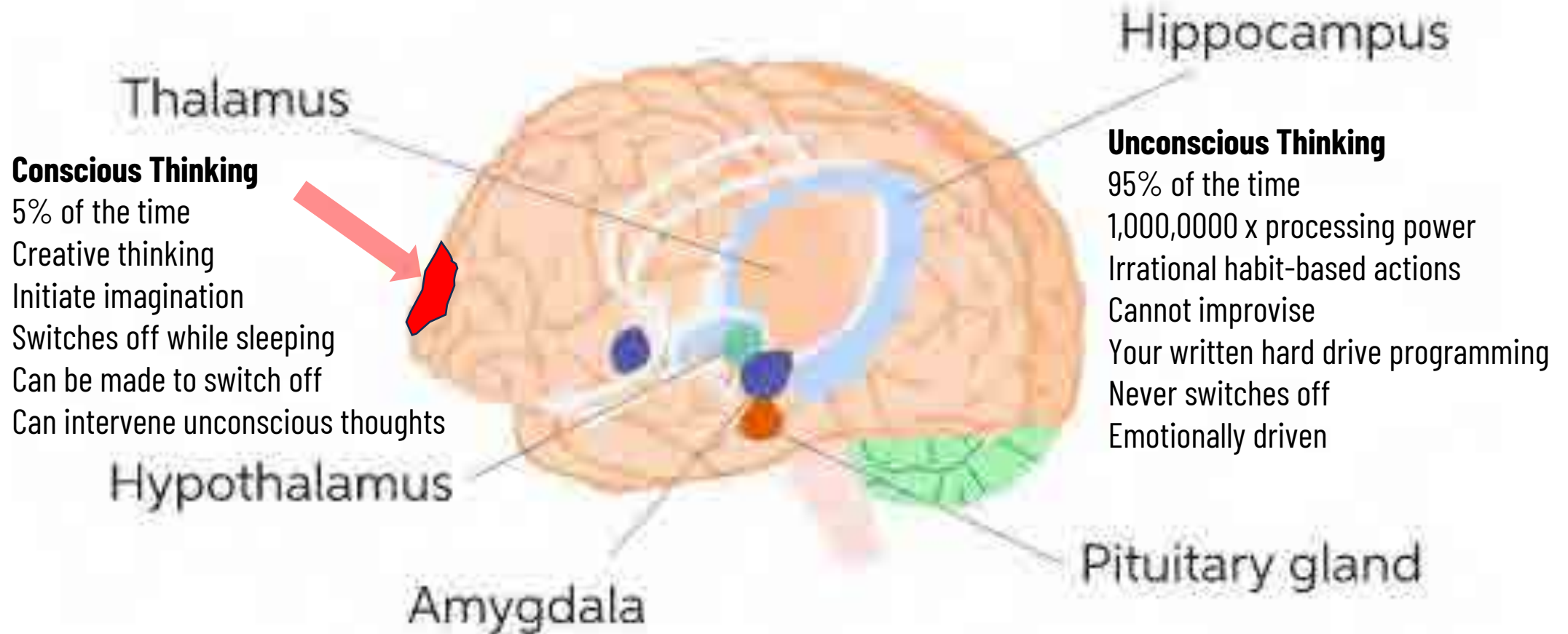


# Adding the science

That's all a good story but.....

Let me add the scientific proof, join the dots, how the brain works, and why we do the things we do!

# How the brain works



# How does the brain deal with

## Past

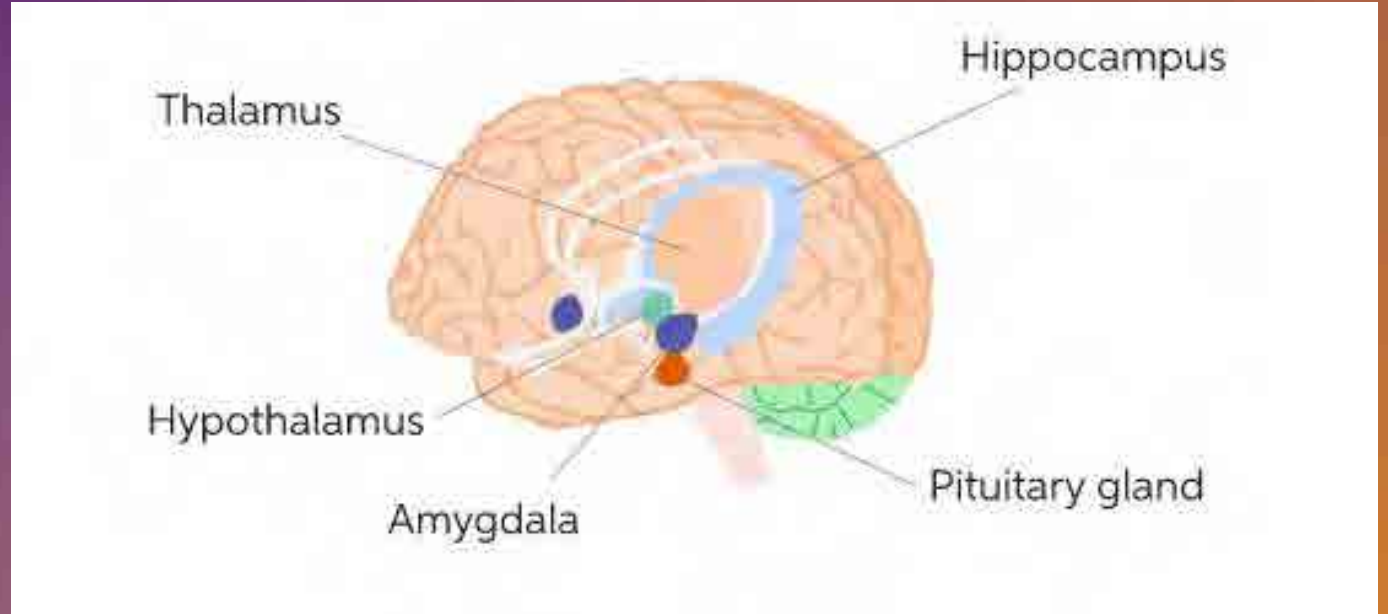
Forms habits  
Learnt behaviours (skills)  
Values  
Beliefs

## Present

Perception (which is different for each of us based on above)

## Future

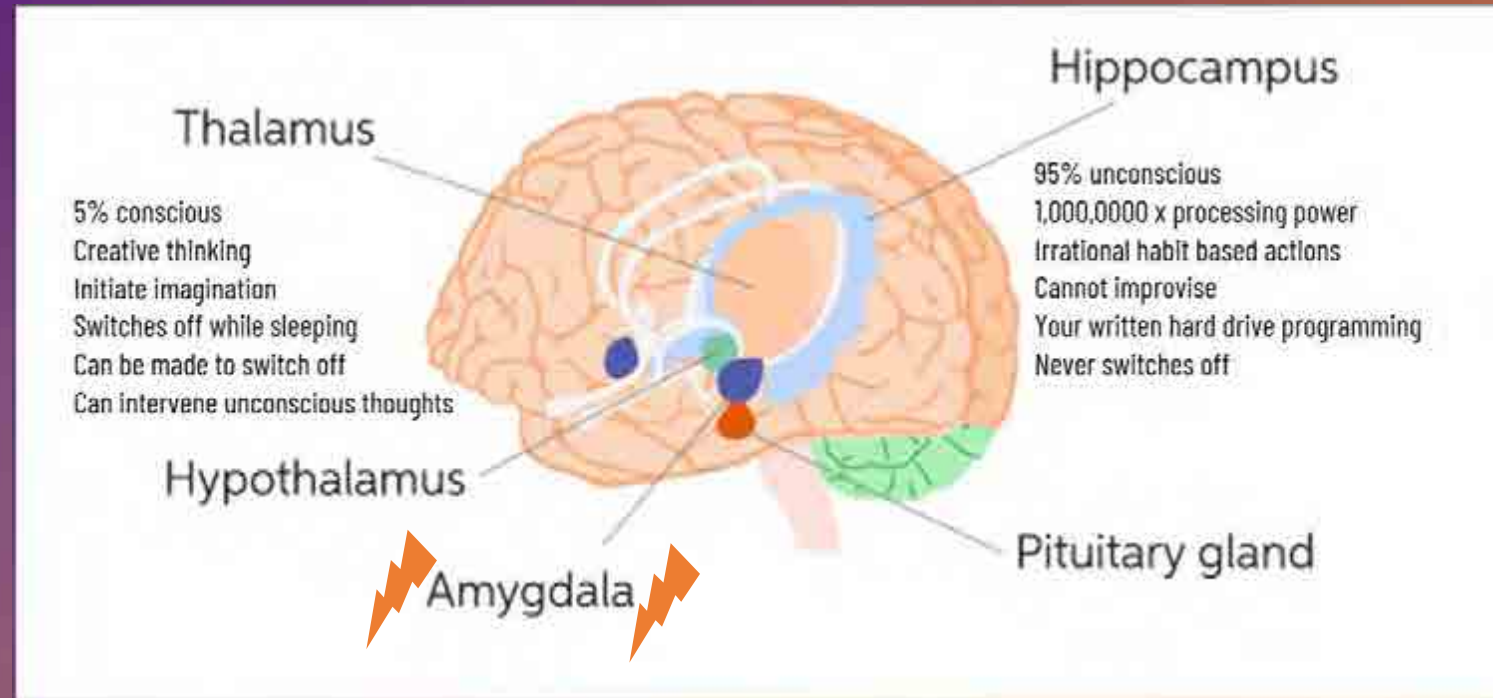
Imagination based on our belief and desires



# Let's introduce STRESS and EMOTIONS

Fight, flight, freeze, reduces  
blood flow to:

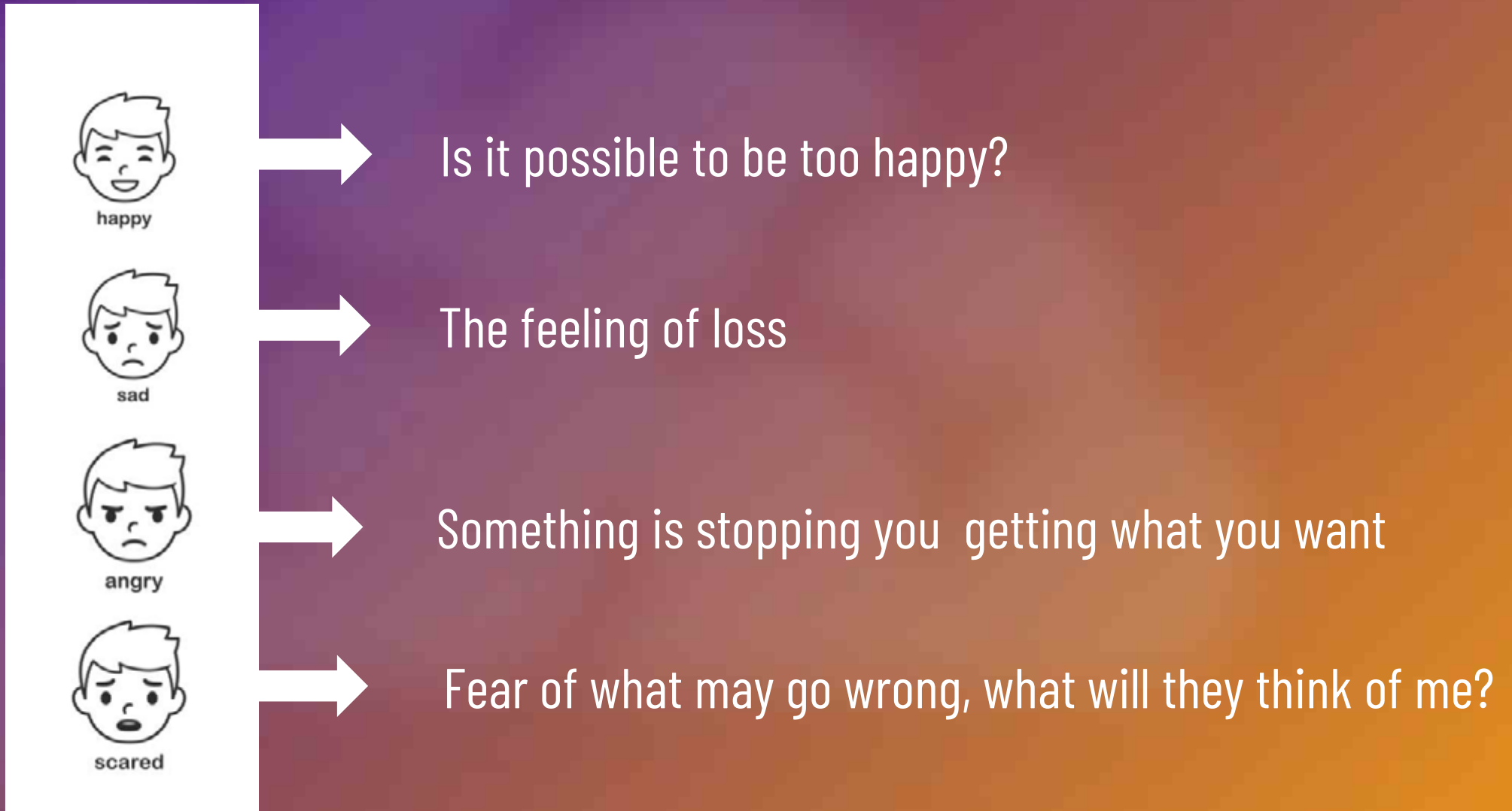
- ❖ Digestive system
- ❖ Immune system
- ❖ Prefrontal cortex  
(conscious thinking)
- ❖ We become 'emotional'



## We run on Autopilot!



# Adding emotions to science



# The present (how you perceive it)

Past – fond memories



Future – excitement, enthusiasm

Past – heartfelt loss (depression)



Future – hopeless, pointless

Past – resentment, blame



Future – irrational, aggression

Past – numb and negative reinforcement



Future – fear of failure  
(anxiety)

# What will form tomorrow?

*“it will be based on the decisions you make today, reinforced by the values and belief that have in the present which were formed in the past”*

Tomorrow will be a creation, from what you think today.

# What will our tomorrow be like?

*When we live on Autopilot, tomorrow will most likely be the same as all your other todays, which are now yesterdays.*

***Unless***

*There is a traumatic event which forces you to change!*



*OR*

You know how to change  
what, and how you **think!**

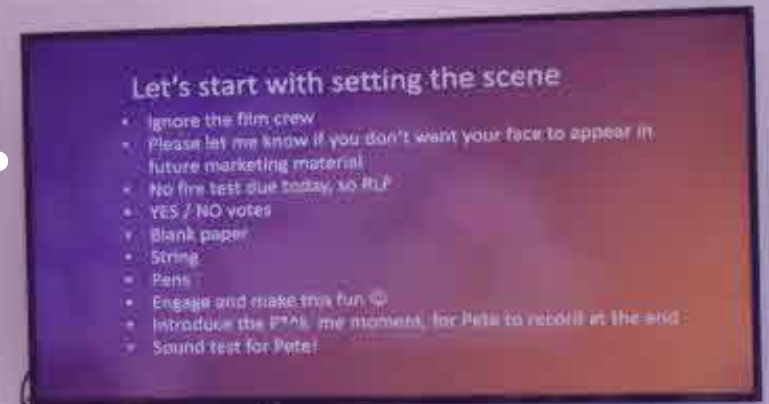
# And that's what I do.

*I show people how they can change their thoughts through masterclass workshops and talks.*

**It's called 'Switched on Thinking'**

43 'change creation modules'

CPD accredited





For business owners,  
entrepreneurs, leaders  
and their teams.

# The benefits of Switched on Thinking

- ✓ A happier and more engaged workplace
- ✓ Increased Ownership & Accountability
- ✓ Mojo rejuvenation
- ✓ Increased awareness and open-mindedness
- ✓ Reduction of absenteeism

# How can we Switch on our Thinking?

*It starts with a conscious effort of  
awareness of self.... plus*

Intent

Purpose

Passion

create

Progress



We need to feel achievement  
in the present, so our sense  
of worth increases



With achievement & self worth,  
we grow in confidence





And when we do this  
within a team, we find  
our sense of belonging  
our TRIBE



Which takes us on a journey  
of discovery



Because:

“What you think, you  
become”

# And finally

The connection between sand and your age!

# How old are you?

# And finally

The connection between sand and your age!

## Are you sure? Y/N

## How sure?

Please visualise this



An hourglass-like structure composed of golden, granular particles. The top half is an inverted cone, and the bottom half is a cone. A thin stream of particles flows from the top to the bottom. The background is a smooth gradient from purple on the left to orange on the right.

The present



TODAY IS  
NEVER TOO  
LATE

Whatever's holding  
you back...

LET IT GO



# What have we covered?

The past has gone, and nothing can be done to change it

How you view the past, is based on your perceptions in the present moment

The past created your today

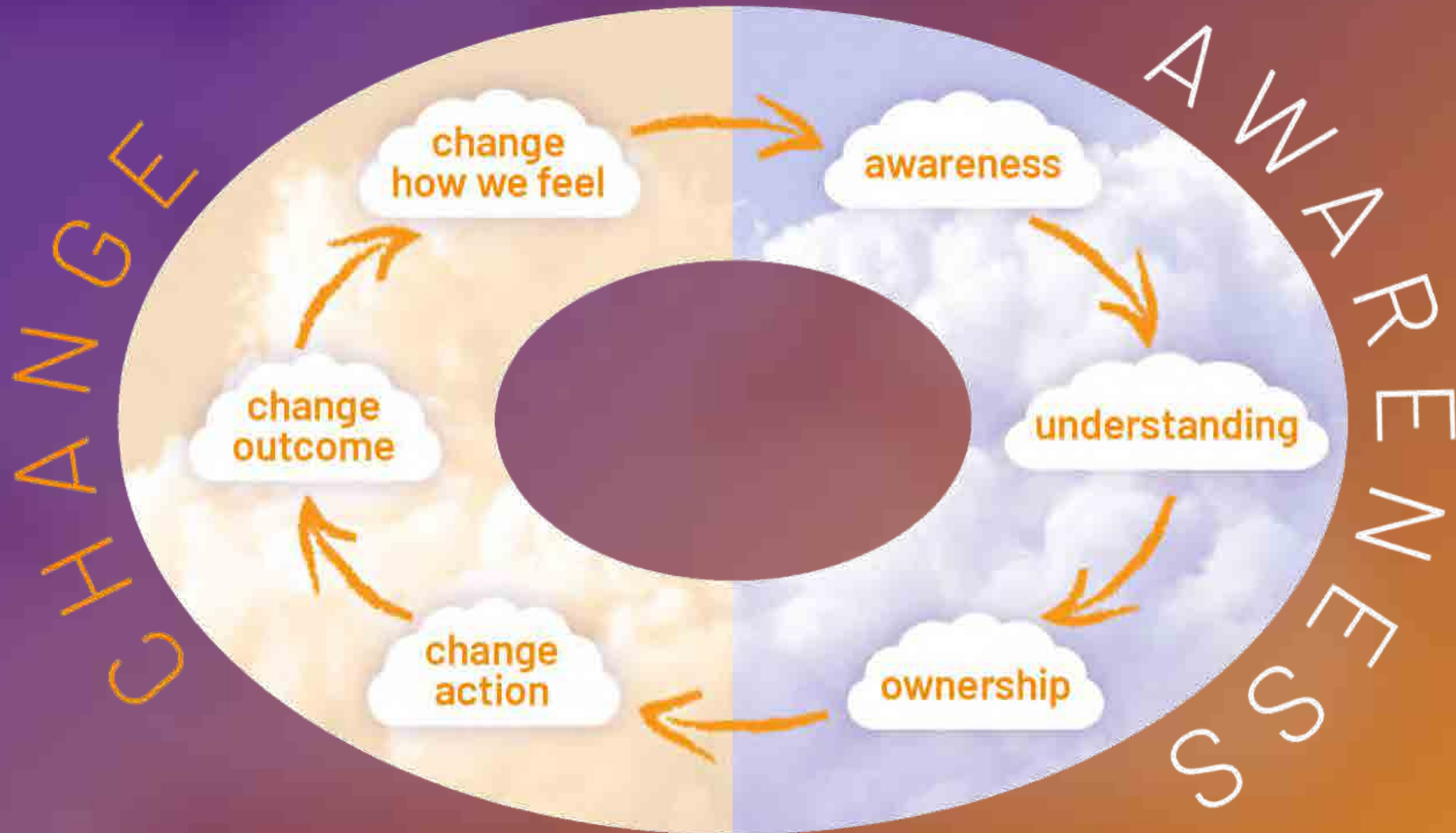
And today will create your tomorrows

You know how the brain works, to create your perceptions

No one else apart from you, is in control of your mind

You are the only person that can take control of your life, by the way you think

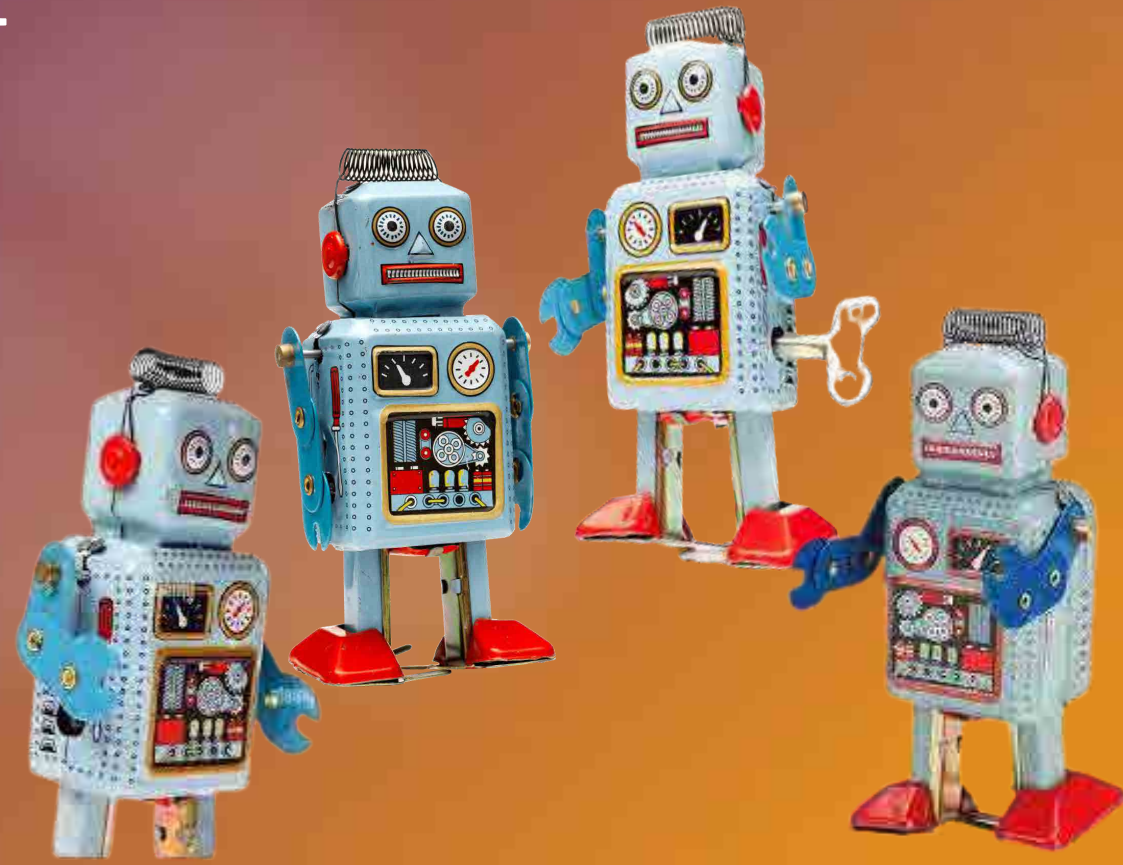
# How to create the tomorrows **you** want



And almost finally...

We become an average of  
the people we spend most  
of our time with.

*Join a group of 9 successful people  
and you'll be the 10<sup>th</sup>!*



Now it's your turn

TO CREATE YOUR  
TOMORROWS, TODAY.

If you're lucky, join me in my workshop later, to also find out

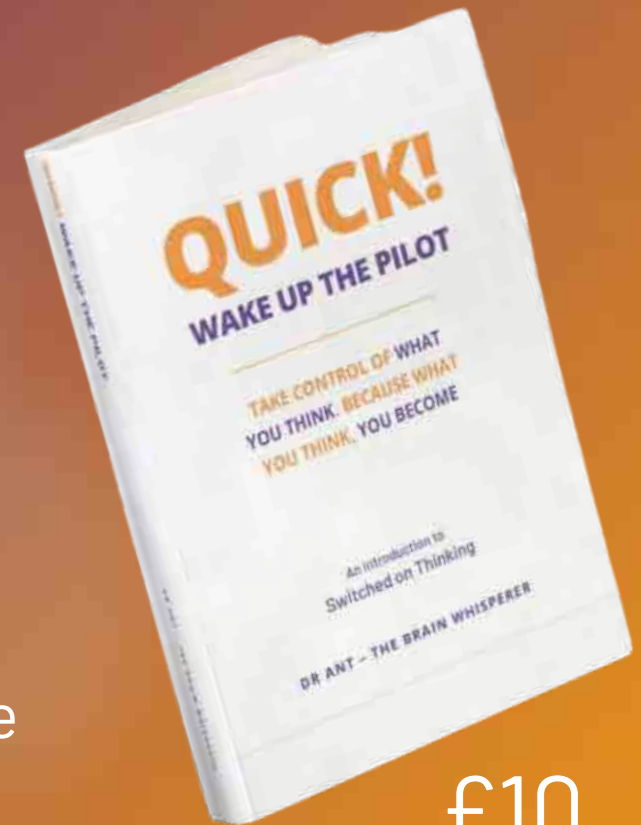
WHY DO WE DO THE THINGS WE DO,  
SOMETIMES...

# Let's end with a gift

My book is for sale today, normally £14.99,

Only £10 today, when you join our mailing group

PS. Learn how my 30 second U-turn happened, and how to create the tomorrow you truly want.



£10