

# Overcoming Blocks & Fears in Decision Making.

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**Coach**



DIGITAL NOMAD EDITION  
**MADEIRA  
WEB  
SUMMIT  
2023** 25-29  
JAN

Living & Working @ Paradise

POWERED BY



MADEIRA  
OUTDOOR  
EXPERIENCE



visit  
Portugal

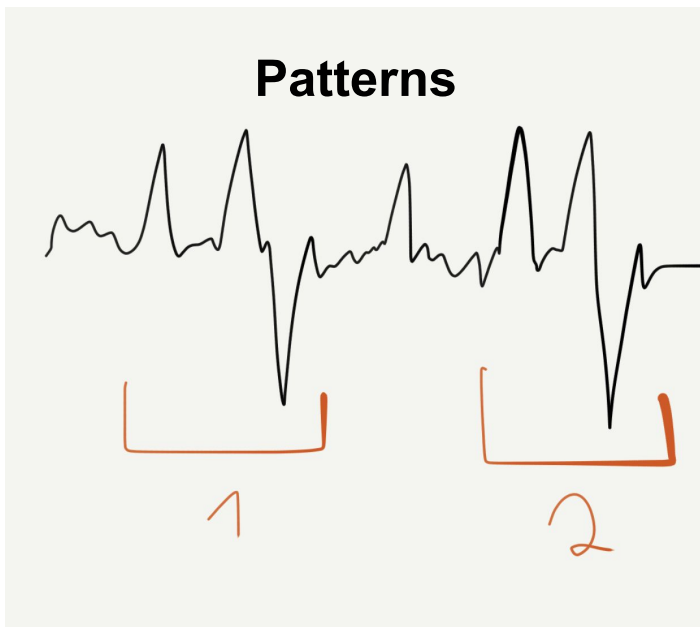


MADEIRA  
ISLANDS

# Agenda

1. Why am I holding on to the things that are making me unhappy ?
2. How to kill doubt ?
3. What is purpose ?
4. What does pain teach me ?
5. What comes next ?
6. From comfort zone to the zone of magic.
7. The **G O A L S** secret formula.

# 1. Why am I holding on to the things that are making me unhappy ?

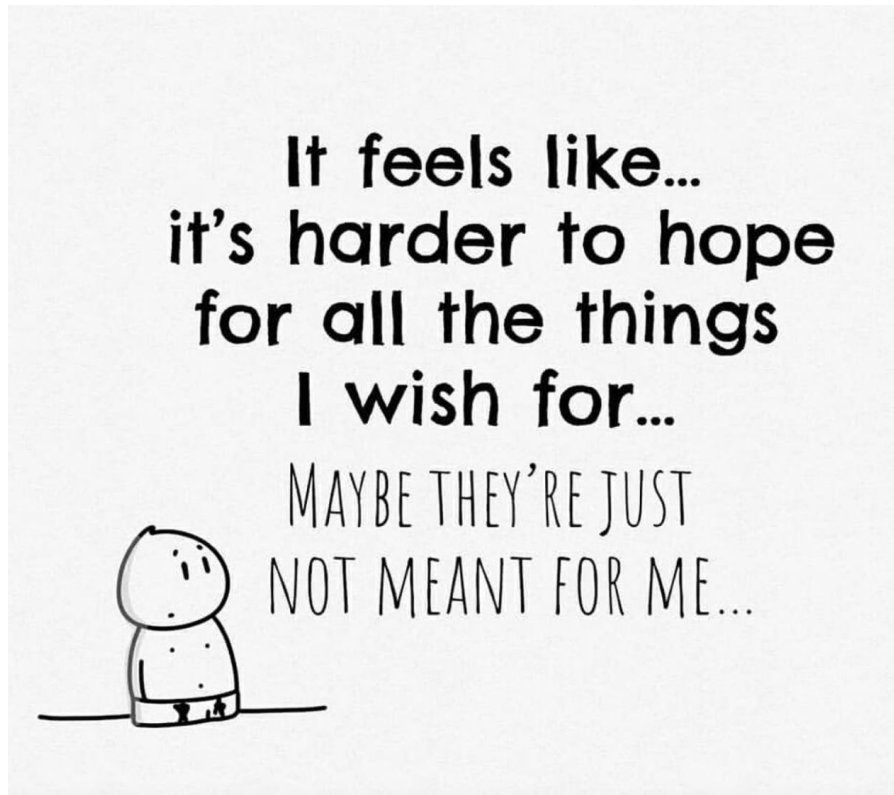


## Lack of Self-Discovery



# EGO VS YOU

Your choice : you **against** you or you **with** you



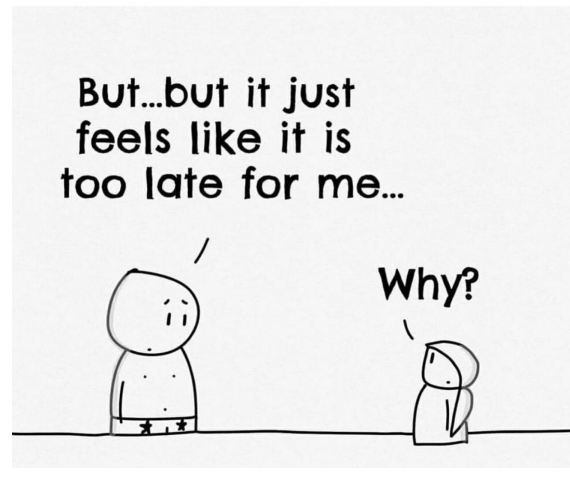
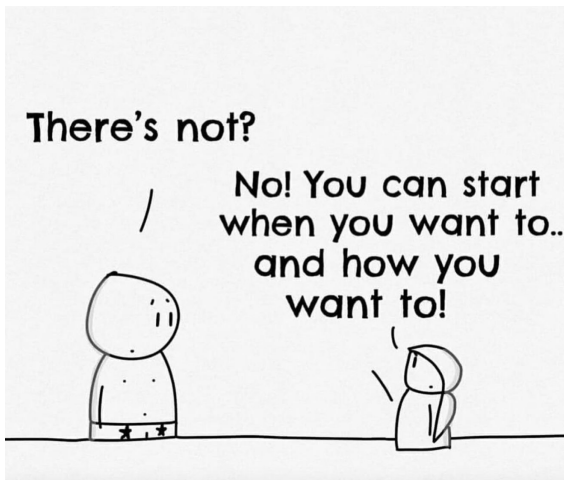
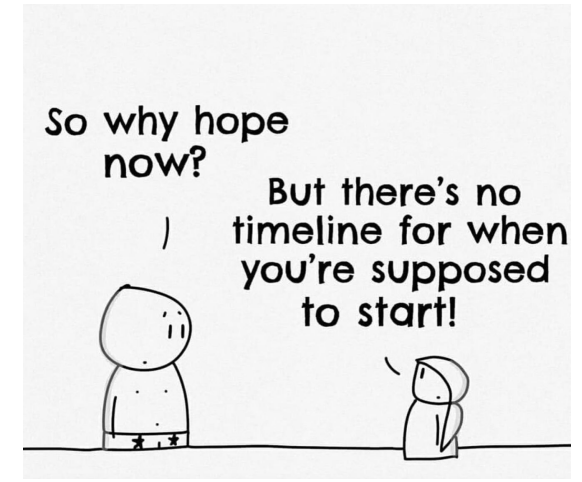
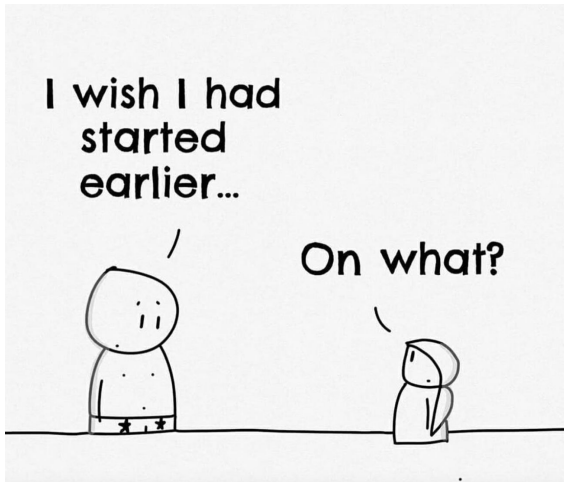
# AMYGDALA VS YOU



NLP : Neuro-Linguistic  
Programming to solve :

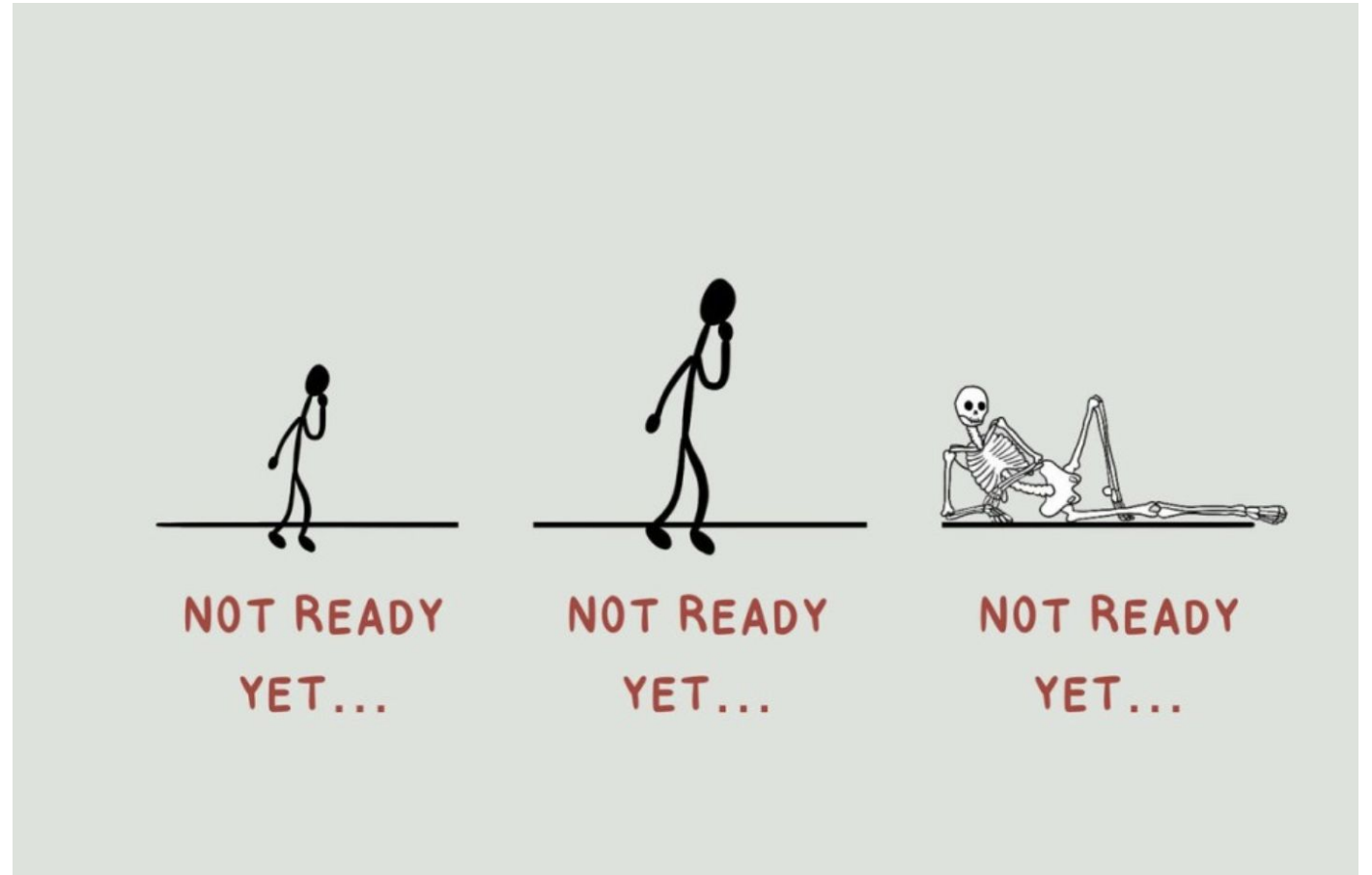
- changes thoughts and behaviors to help achieve desired outcomes

# It all starts with you - Your Inner Dialogue



## 2. How to kill doubt ?

- You cannot kill doubt but you can rise confidence
- The only way is to experiment
- You cannot be wrong



Gain in **CLARITY** through doing

**IN**  
**ACTIONS**  
**YOU WILL**  
**FIND**  
**ANSWERS**

DOUBT



DOUBT AFTER  
TAKING ACTION



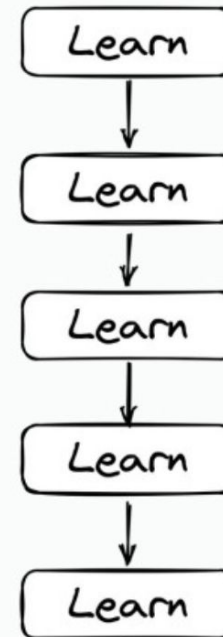


**LEARNING** is the first step to breakfree  
**DOING** is essential to learning 

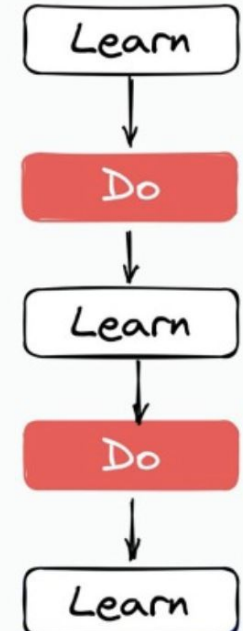
### STARTING SOMETHING



### CLASSIC LEARNER



### SMART LEARNER

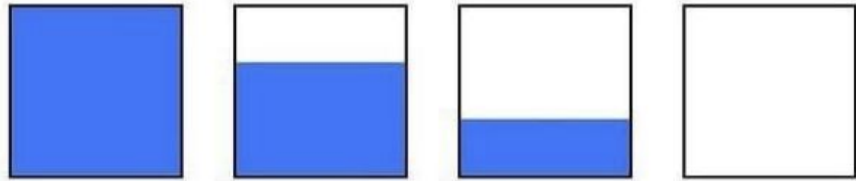


### 3. What is Purpose ?

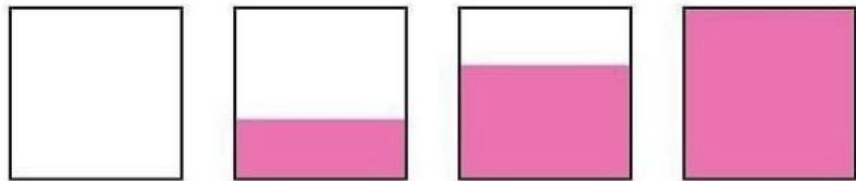
- What you love
- What you are good at
- What the world needs
- What you can be paid for



# Purpose comes from making space



sometimes you have to make some space



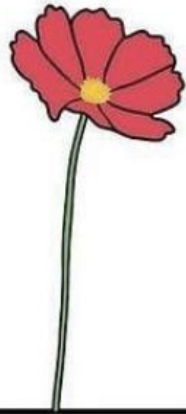
so you can discover what you really need

## Reset the **Ecosystem** of your Life

- Break
- Observe and re adjust
- Re-start
- Accelerate

# Purpose comes from uncertainty

WHAT YOU  
PLAN



WHAT LIFE  
PLANS FOR YOU



- The best way to take the lead is diving into trusting the unknown.
- Look at life as a mystery with an energy of abundance.

Our most

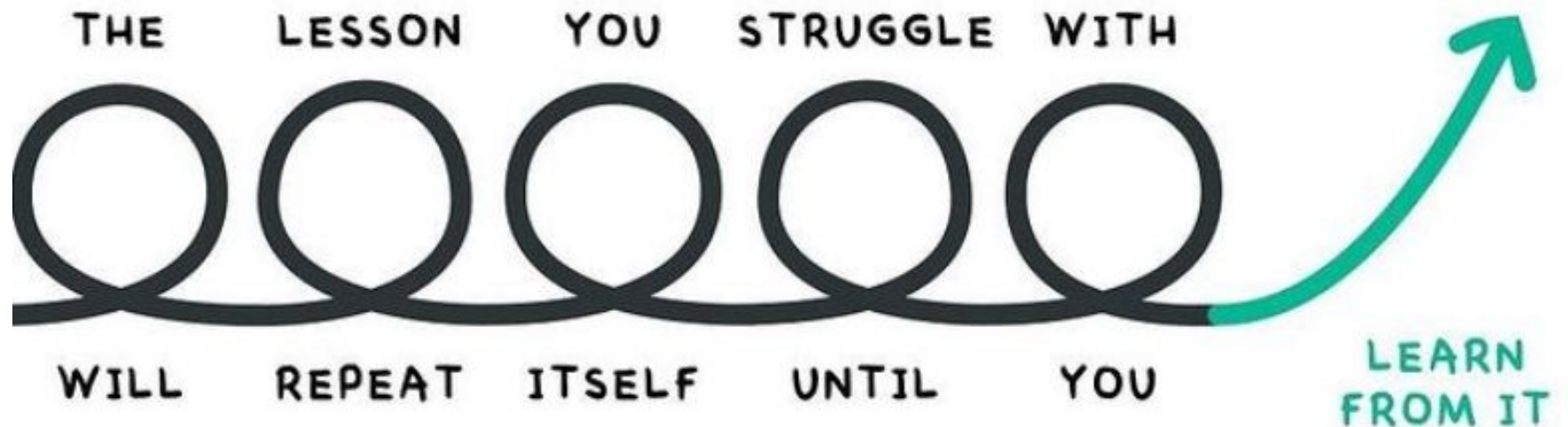
experiences

lead us

**Purpose** comes from your **struggles**

to discover

our **deepest**  
**passion.**



## 4. What does PAIN teach me?



Sometimes you must go to  
**WAR**  
with yourself.

Until you  
take advantage of the  
**CHALLENGE.**

# Pain **creates** opportunity

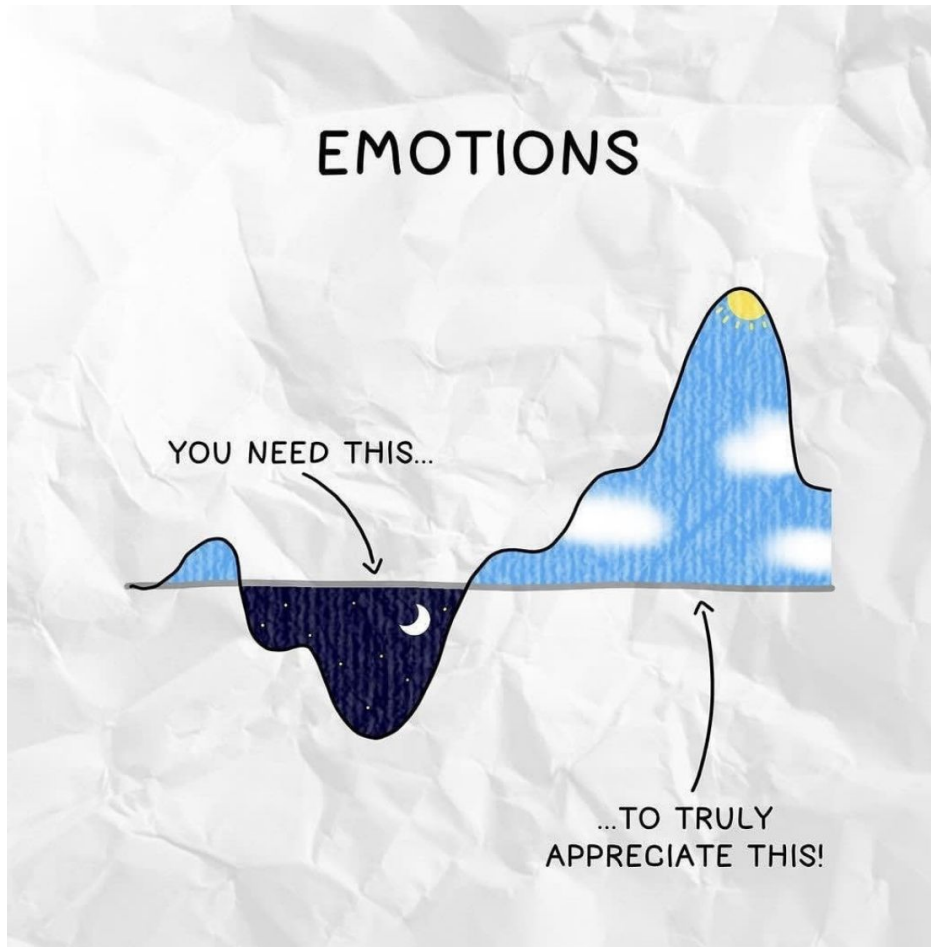
“When I’m good, I’m good, when I am bad, I’m better”.

- You cannot have that change without a pain point. It is human nature
- You’ll live in pain the whole life if you don’t go for that change

## **Choices are difficult, they are **not complicated****

- When you start making them complicated it is because you are **trying to procrastinate**
- When you start making them complicated it is because you are **trying to avoid pain**
- When you start making them complicated it is because you are **trying to stay miserable**

# Pain teaches appreciation



**E**verything  
**H**appens  
**F**or  
**A**  
**R**eason

**L I F E**

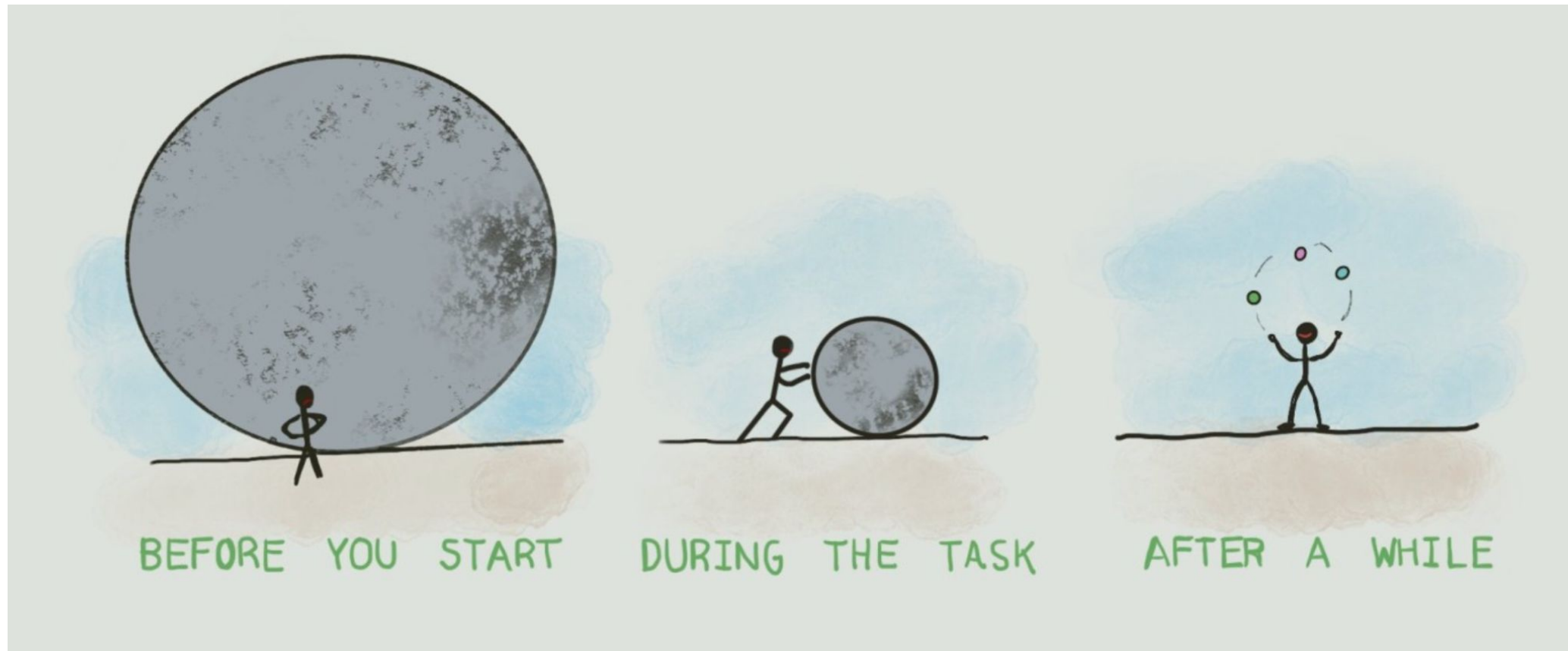


## 5. What comes next?

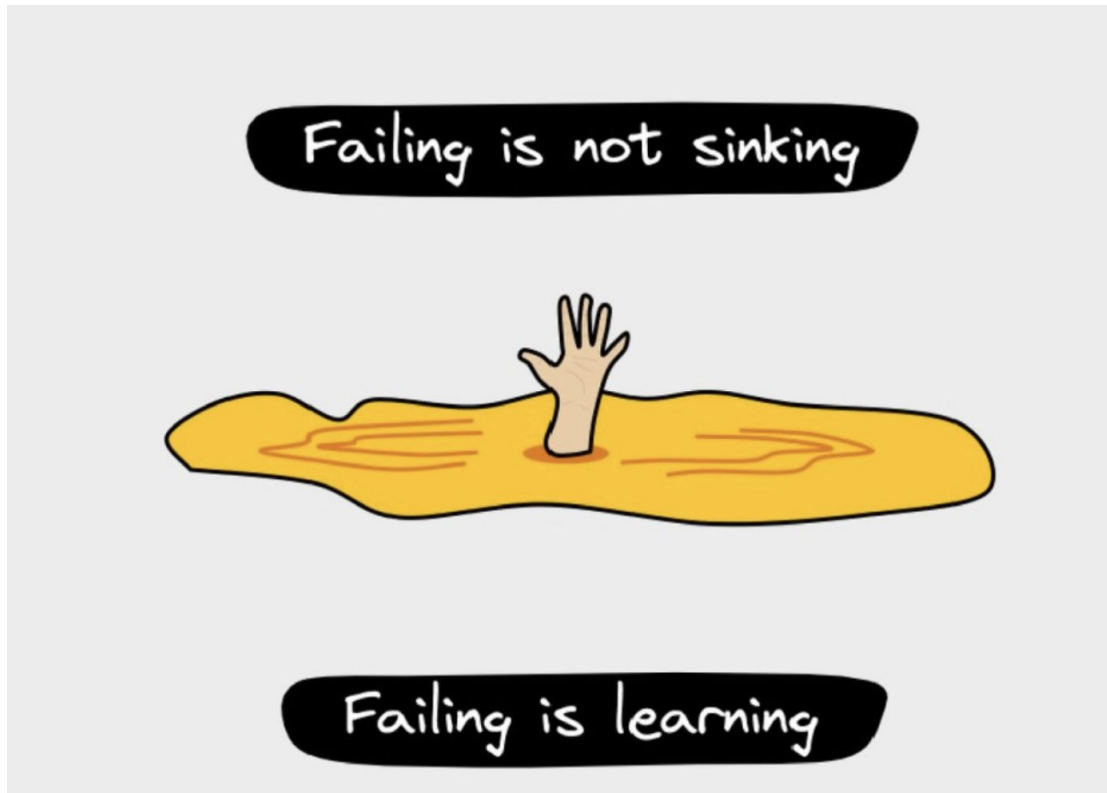


**FREEDOM  
IS  
SELF- DETERMINATION**

**Meaning** comes from working on something with intention that has importance to you.



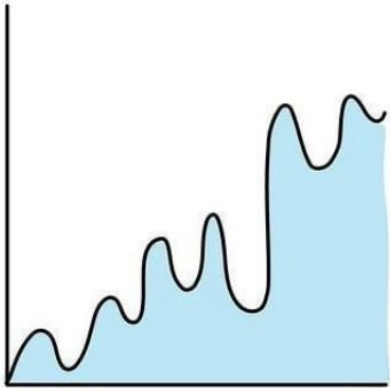
# What if I **FAIL**?



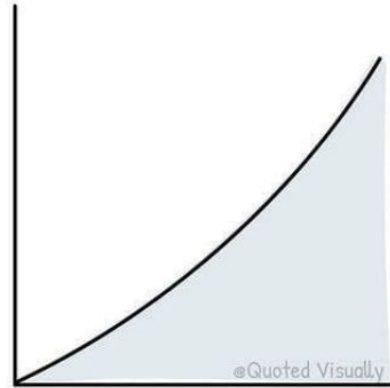
**EXCUSES MAKE  
TODAY EASIER, BUT  
TOMORROW HARDER**

# Failing is learning, learning builds up confidence

## CONFIDENCE



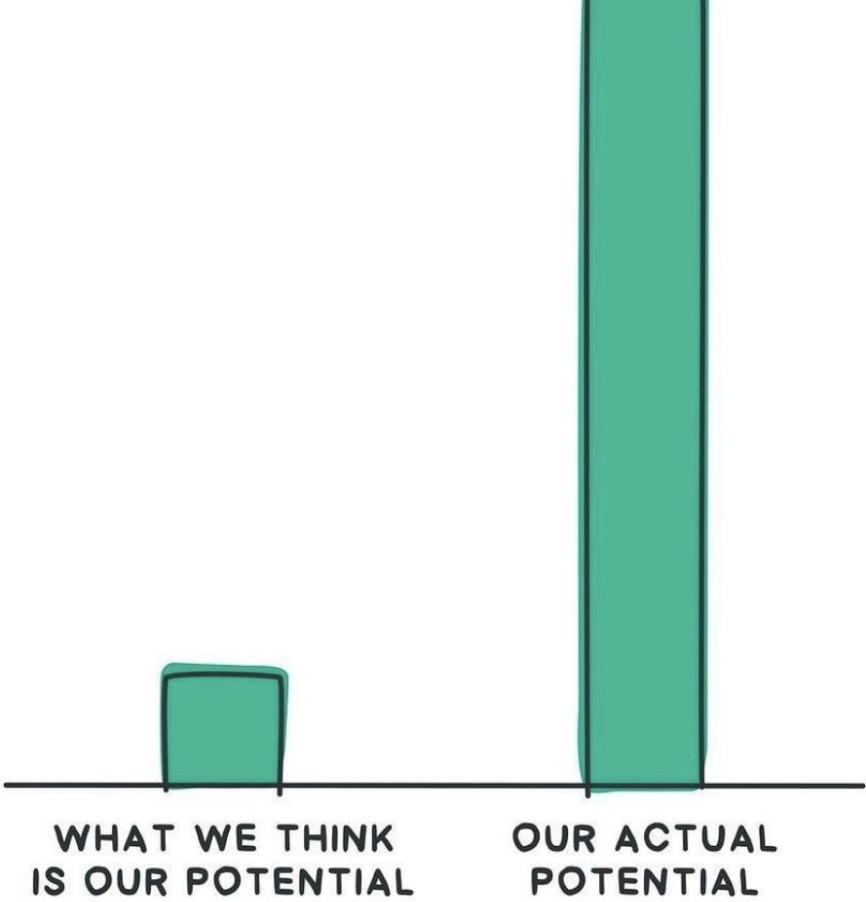
Means deciding  
you're unstoppable



Not that you'll  
never fail

**FOLLOW YOUR  
PLAN AND  
NOT YOUR  
MOOD.**

# 6. From **comfort zone** to **zone of magic** ...

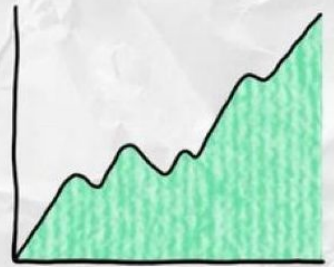
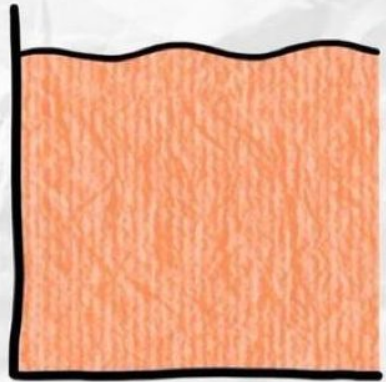
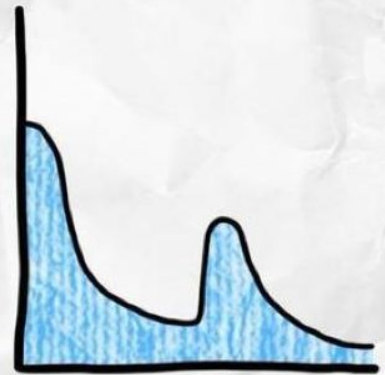


# Maintaining that **GROWTH** Mindset.

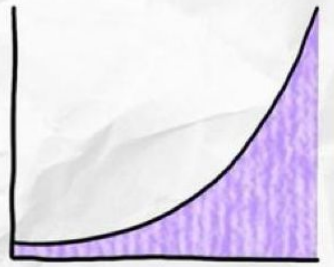
## CONSISTENCY

MOTIVATION

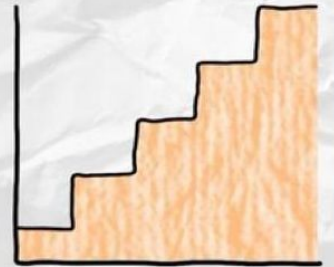
DISCIPLINE



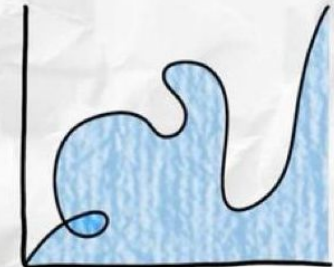
THIS IS GROWTH.



THIS IS GROWTH.

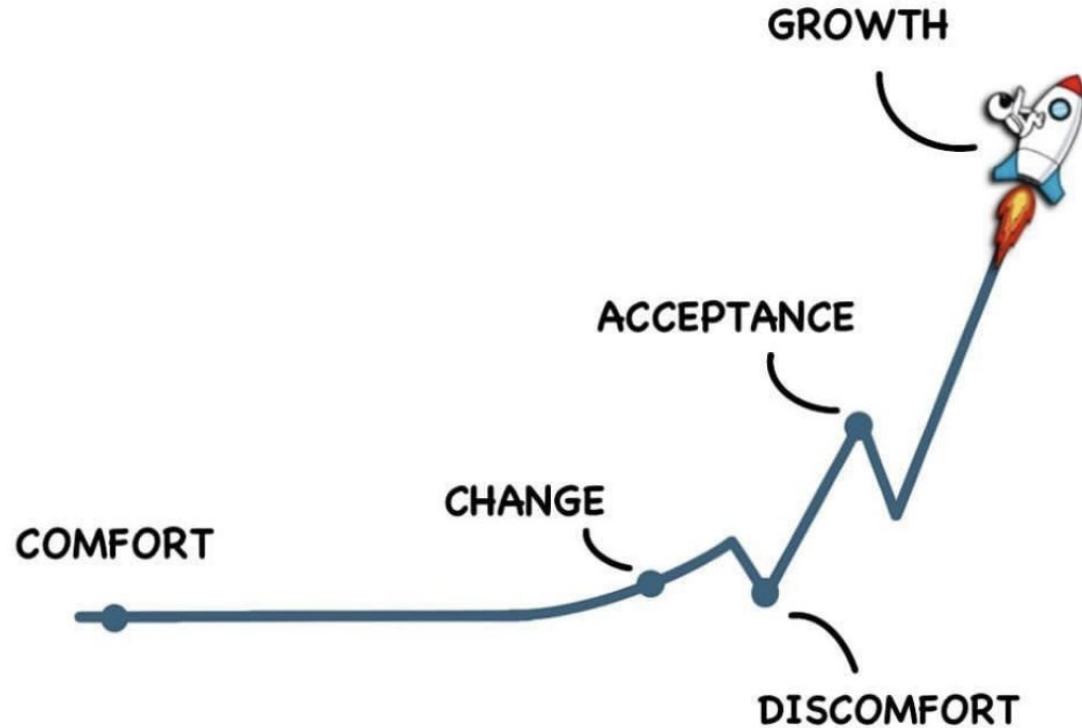


THIS IS GROWTH.



THIS IS GROWTH.

There will always be **constant learning**  
Constant learning is **having the choice**



## 7. The **GOAL** Secret Formula

**G**rowth  
**O**ppportunity  
**A**ction plan  
**L**earning  
**L**oving  
**L**aunching  
  
**S**mart





We will never be ready  
until we start.

@EHFARLIFE