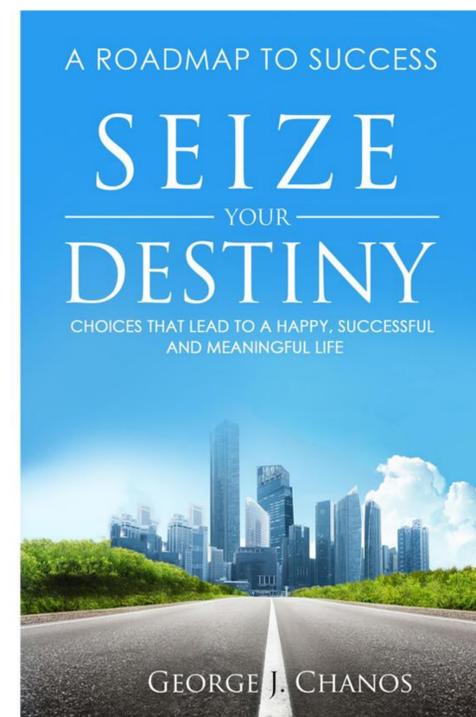


# SPEAKING POINTS Page 2

**Seize Your Destiny: Choices That Lead to a Happy, Successful, and Meaningful Life.** by George J. Chanos



## ADVICE

**The brain is a tool. Neuroplasticity and Mindfulness.**  
We have control. We need to sharpen our tools.

### **Perception.**

We need to understand the influence of perception.

Our brains are highly malleable.

95% of our brain activity is unconscious. 5% conscious.

We process 11 billion bits of information each second.

If you're not controlling your brain, chances are someone else is.

Politicians ( NRA ad. "The rich don't want you to have guns" ).

Trump ( "Ban Muslims, deport Mexicans" )

Hillary ( Flint – "This wouldn't happen in a white community", emails, Bengasi )

Consumerism.

It's all manipulation, distortion, perception.

We have the power to control our brains and to shape our destiny.

We need to work on all of the below areas. We need to improve our minds and our performance. We need to rise to the challenge. We need to elevate our game.

**Awareness**

**Attitude**

**Character**

**Commitment**

**Courage**

**Relationships**

**Choice**

**Communication**

**Community**

**Compassion**

**Authority**

**Happiness**