



***Make Every
Conversation Count™***

**With
Yourself
& Others**



Presented by Cindy Tomcak
Cindy Tomcak Coaching and Development
www.makeconversationscount.com



Master Your Thoughts



CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE



***Make Every
Conversation Count™***

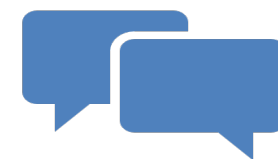
**With
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Importance of
Mastering Your Thoughts



Increasing awareness to
thoughts that don't
serve you

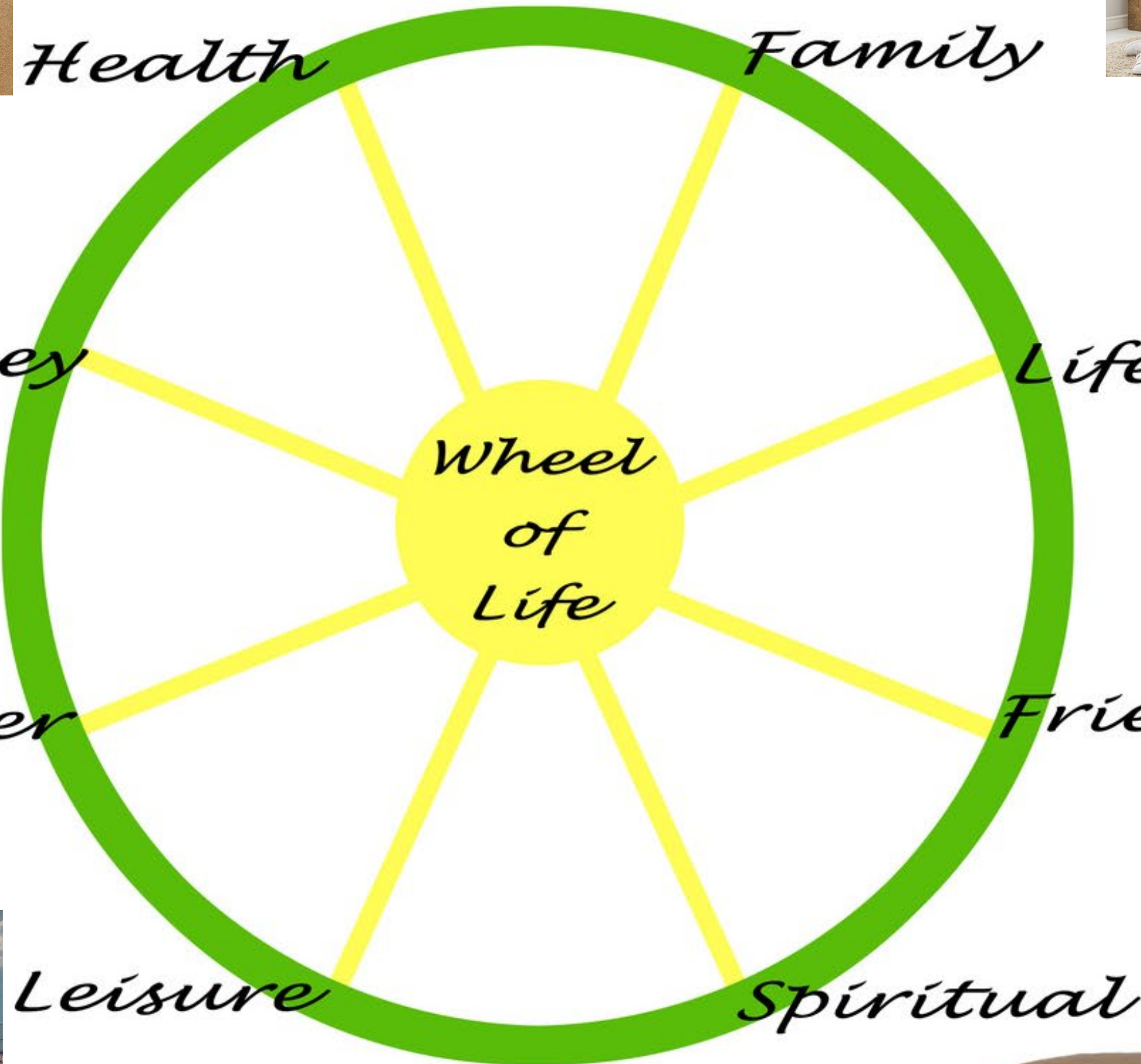
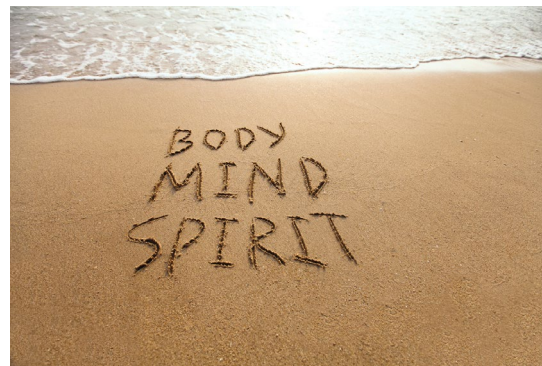


Mastering your thoughts to
make conversations count
with others



Face Everything And Rise
to your full potential!



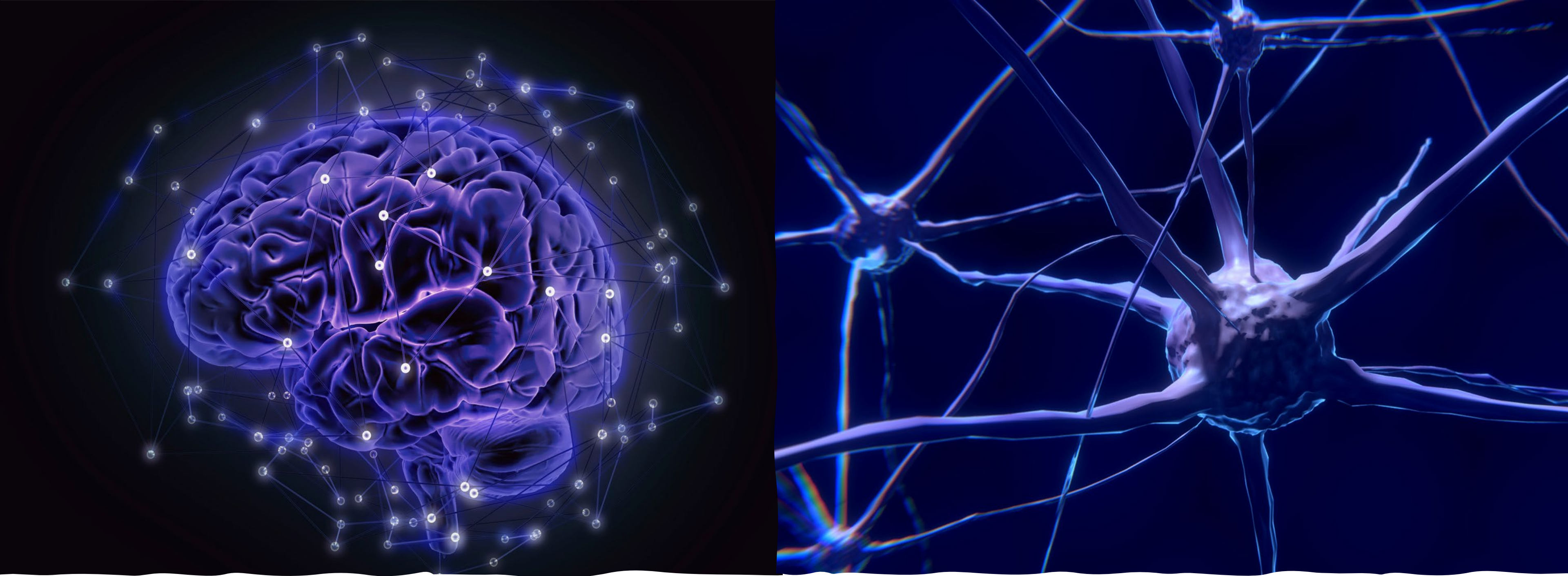


COULD IT BE

YOU

**holding yourself back and possibly limiting your results
because of what you think?**





Reticular Activating System



Thought

(Noun) a personal belief, opinion or judgement that is not founded on proof or certainty

Source: Cambridge Dictionary

I don't have time to do X..
I am so busy....

I'm too old/young
to do X...

I will be judged
if I.....

I can't...

Asking for referrals
will annoy my prospects/clients..

I sound salesy if I ask.....

I am not a natural
salesperson
like he is...

I am not
[smart, experienced, credible]
enough to talk to X...

Asking for help is
a sign of weakness...

I am not as good
as them...

No one likes me...

I have failed..

I am an
Idiot...

I am too fat...

It's not what you say out
of your mouth that
determines your life,
it's what you
whisper to yourself
that has the
most power.





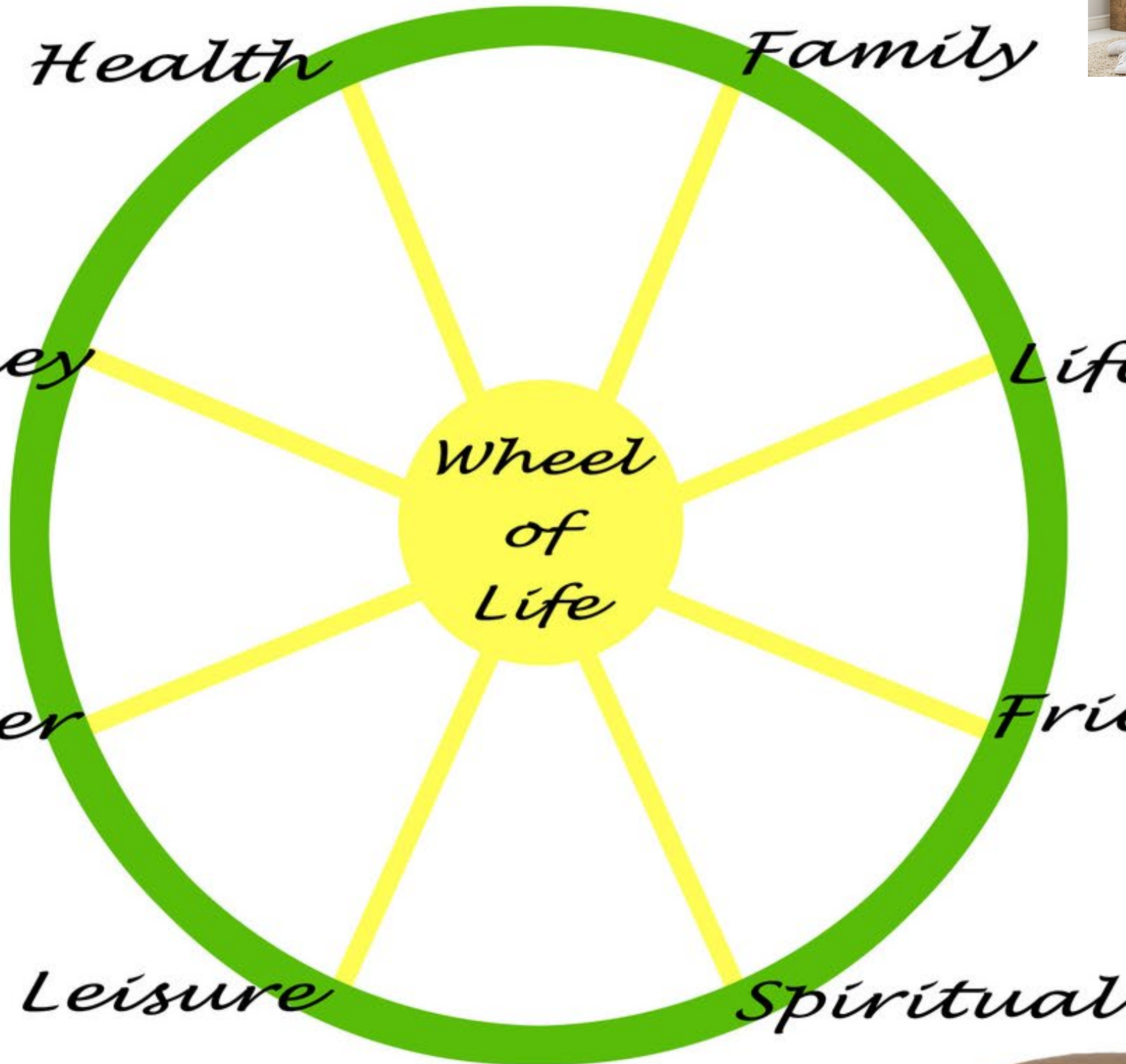
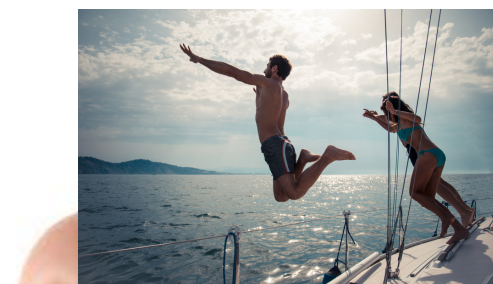
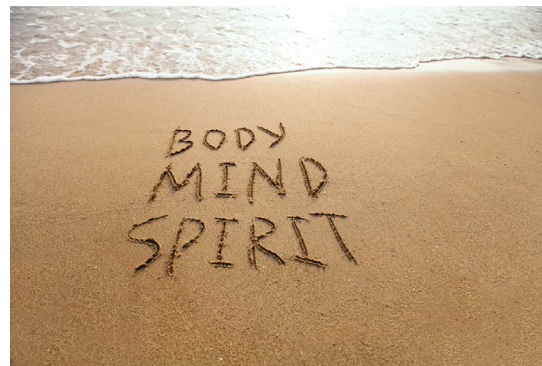
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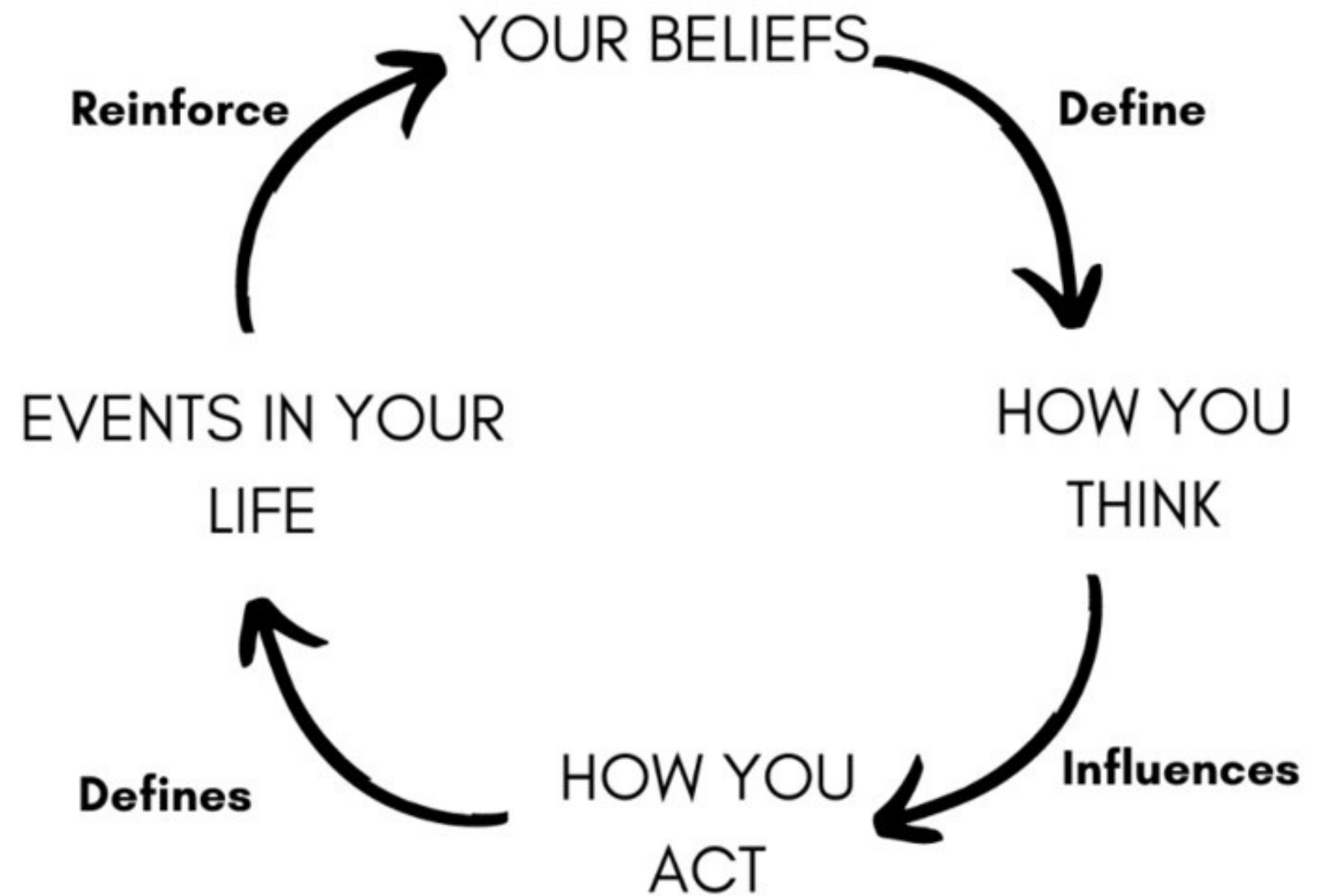
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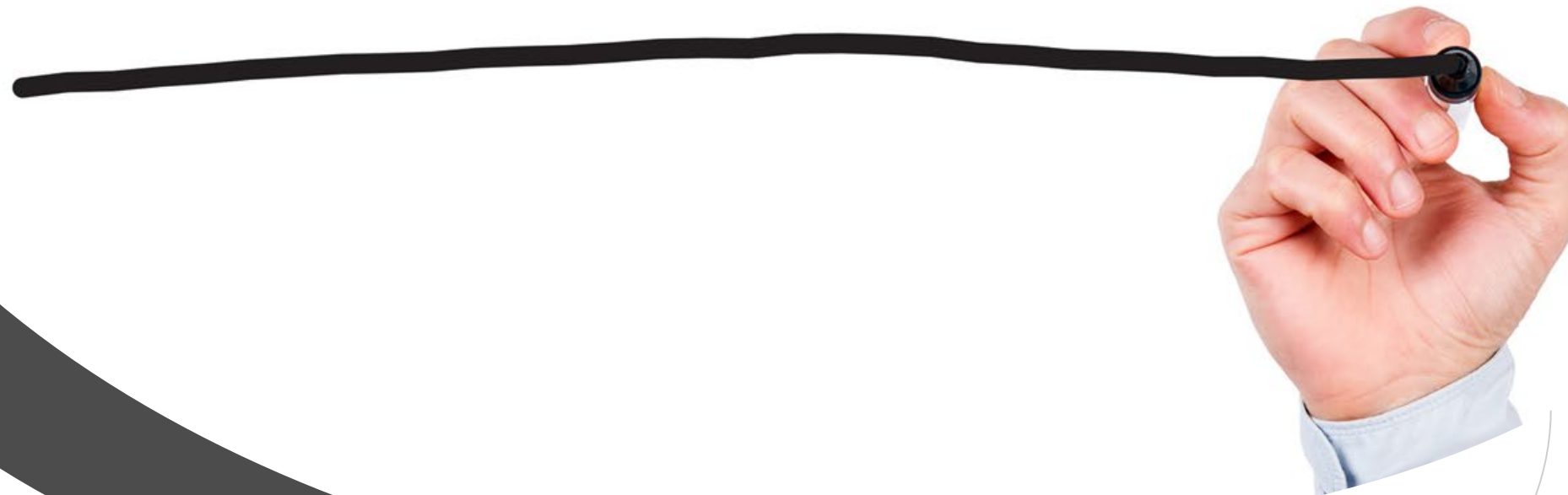


What You
BELIEVE
You Will
ACHEIVE

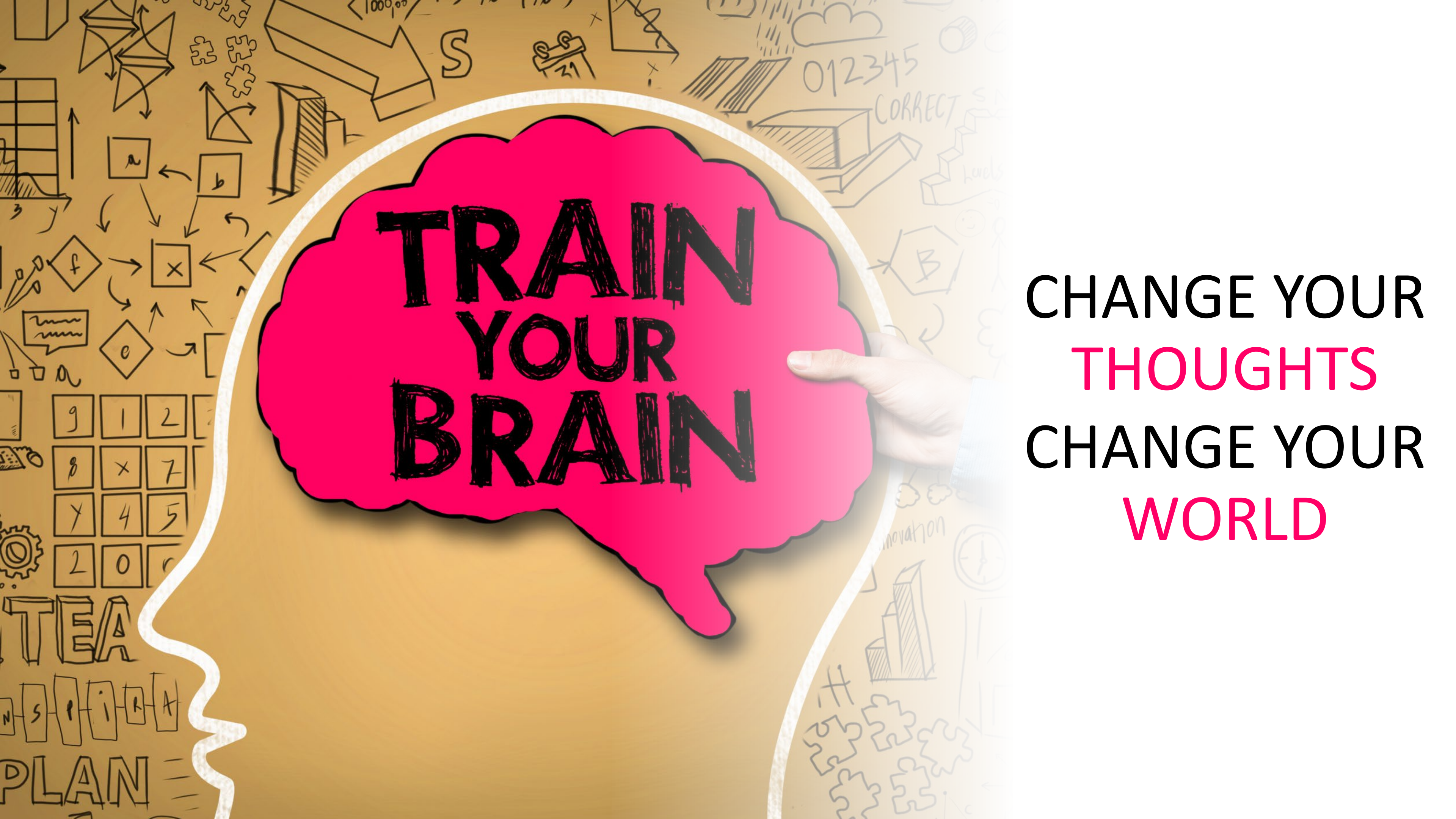


**YOU HAVE
A CHOICE**

Create more
potential
or
Create more
limitation



Face Everything and Rise to your Greatest Potential!



**TRAIN
YOUR
BRAIN**

**CHANGE YOUR
THOUGHTS
CHANGE YOUR
WORLD**





LOOK, SEE, TELL THE TRUTH, TAKE ACTION



LOOK

Be intentional to LOOK

- LOOK within to increase your awareness of your thoughts that do not serve you

See

Observe your thoughts

- What do you hear?
- When do they show up?
- How does it shape you in that moment?

Tell the Truth

Look again

- Is there actual evidence for what you are thinking?
- Is it limiting you or empowering you?

Take Action

Shift Your Thoughts

- Decide how you would rather be, act, feel
- Visualize the outcome you desire, in detail (Repeat)
- Take Action to be, act and feel empowered





LOOK

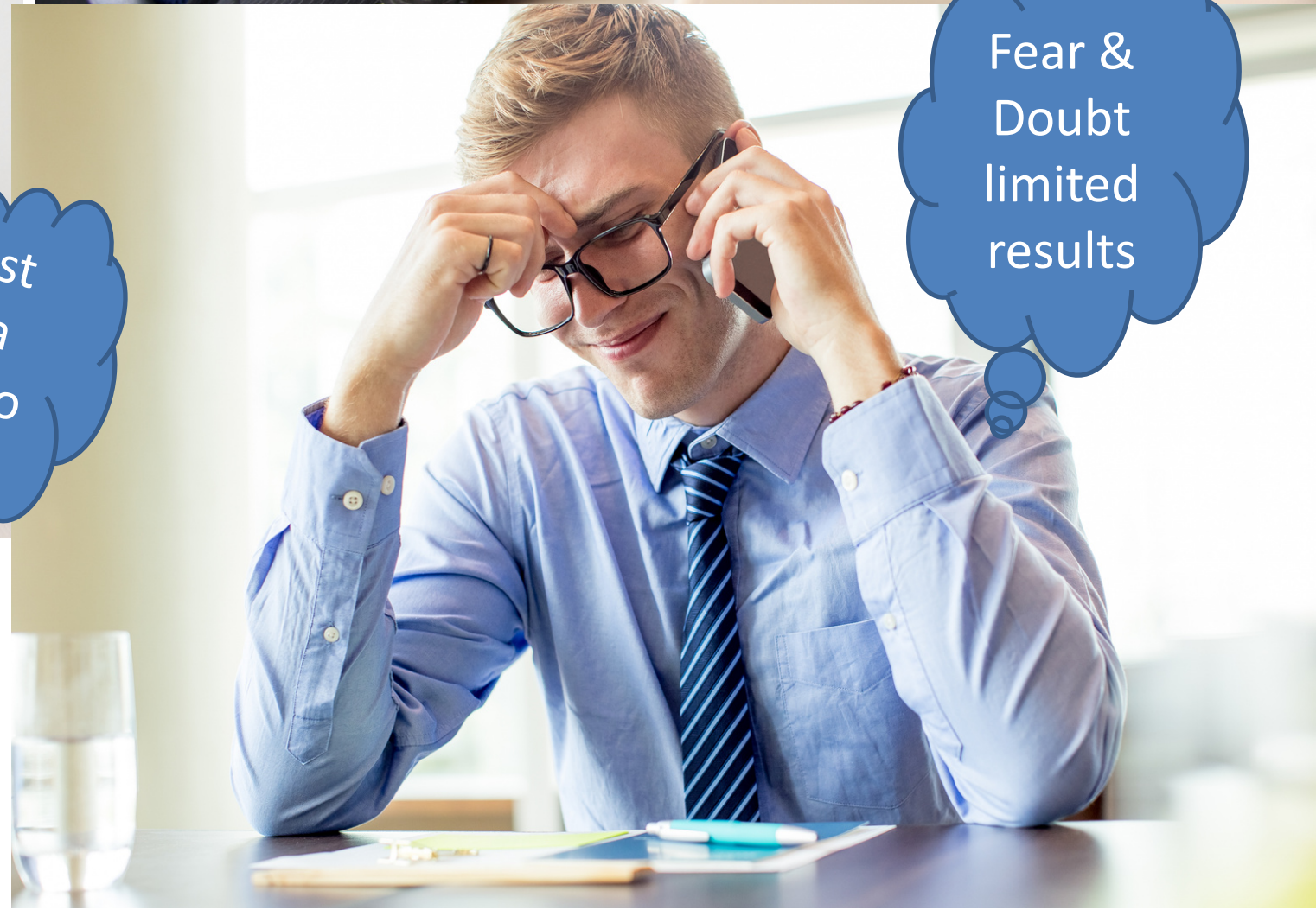
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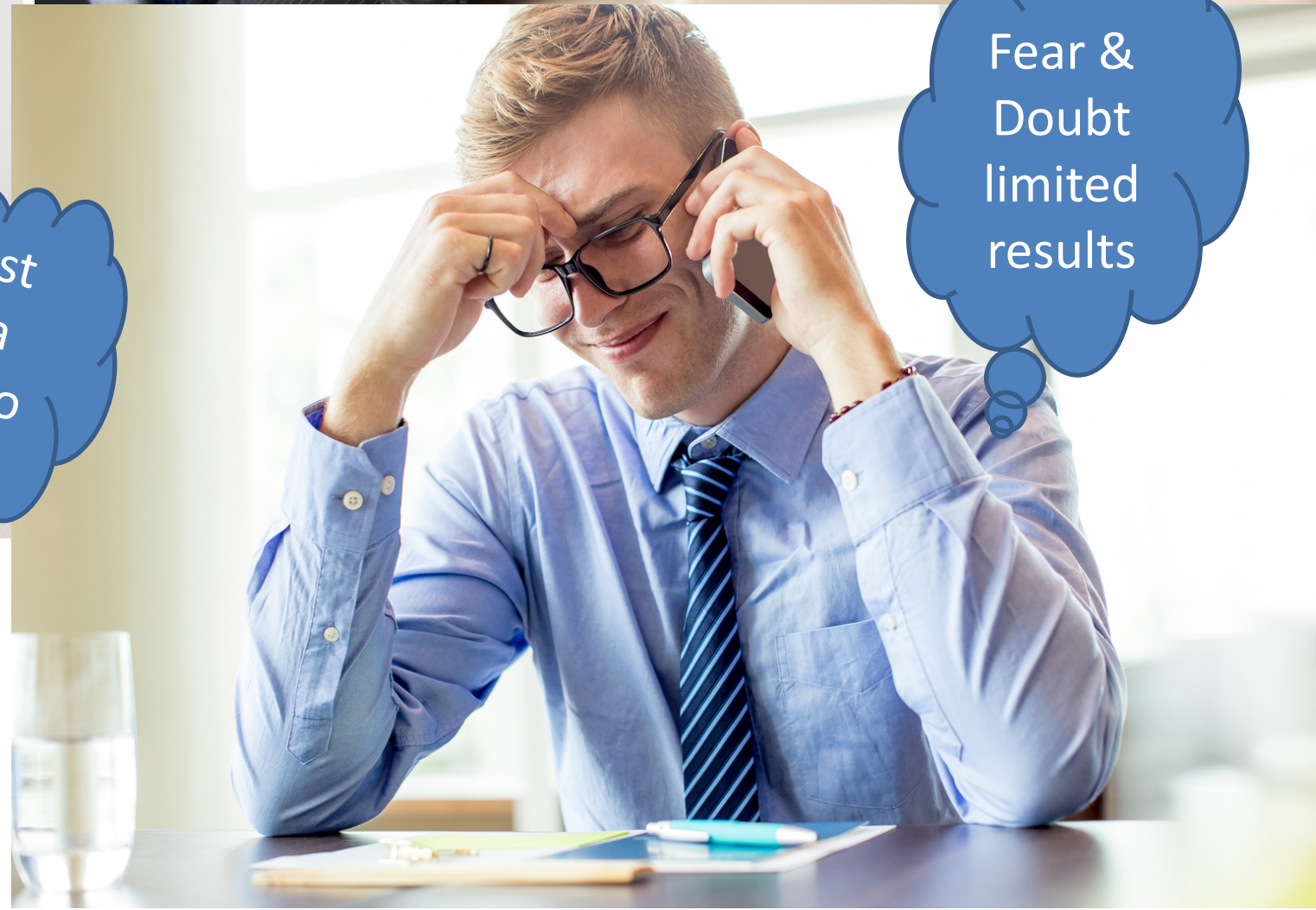
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I can hire help



I can see what I want



I am good at this



I am adding value

Keep going!

WIN

WIN AGAIN

WIN MORE



YES!

I did it!!



Make Every Conversation Count



Others see my success





TAKE ACTION

Feel Empowered and Take Action to Create Potential



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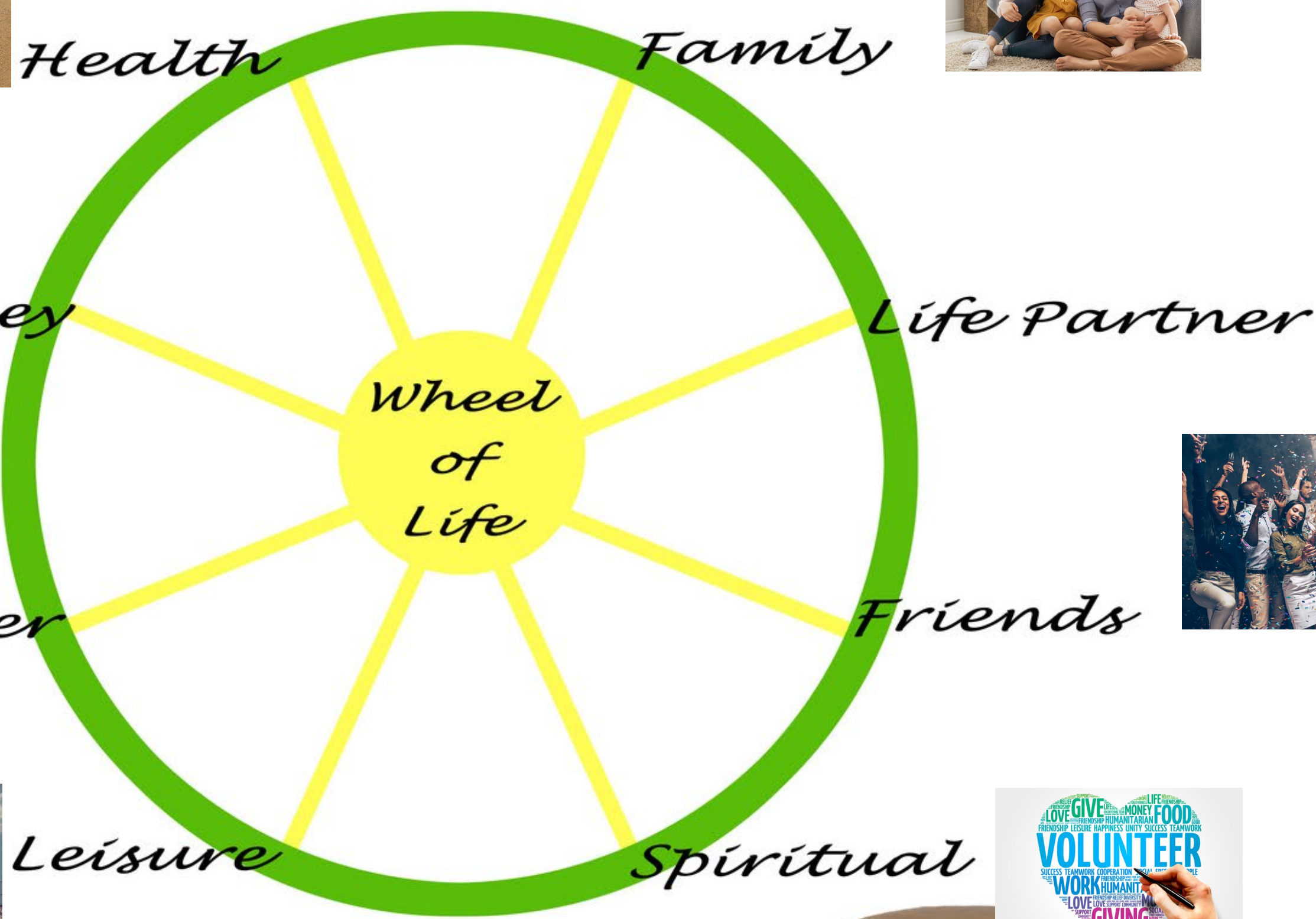
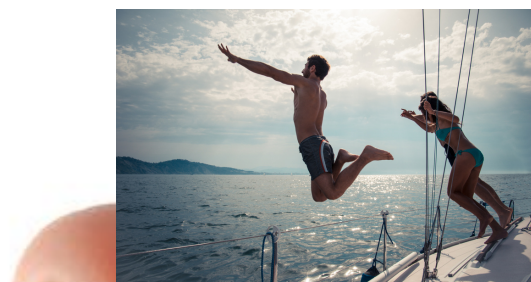
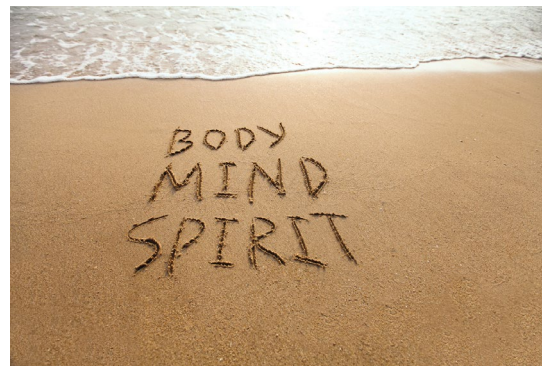
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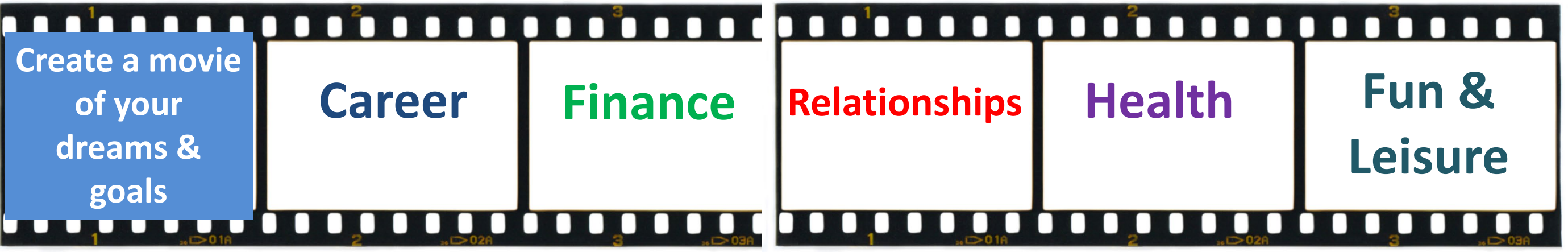
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Visualization Re-Trains The Brain



Career



Relationships



Fun & Leisure



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THANK YOU!