FAST TRACKS AND BRAIN HACKS FOR ENHANCED FINANCIAL LITERACY

Jac M. Arbour, CFP®, ChFC®
TODAY'S TAKEAWAYS

- Limitations
- Failure
- Opportunity
- Mentors, Circles of Influence, Building a Network
- The Vibration Gratitude
- Brain Hacks: A Vision for Life

Remember: *The Origin-Experience Cycle*
The Man Behind the Rope
“There is no such thing as dreaming too big”
“Fill your life with people who can mentor you in all areas of life in which you want to succeed and the cup of your life will overflow.”

- The Man on the Boat
“If you want to find the secrets of the universe, you must think in terms of energy, frequency, and vibration.”
THE ORIGIN-EXPERIENCE CYCLE

Vibration

Beliefs

Thoughts

Results

Actions

Habits
LIMITATIONS
We are limited only by our own beliefs.

What do you believe?
Who is this guy?

Belief & Permission
WHO WANTS TO BE A MILLIONAIRE?
FAILURE
“How we respond to our own perception of failure will determine the rate at which we experience our own definition of success.”
FAILURE VS. SUCCESS

- 5’11
- Cut from varsity team as a HS Sophomore
- Missed more than 9,000 shots
- Lost nearly 300 games
- Missed 26 game winning shots

- Six NBA Titles
- Five NBA MVPs
- Ten Times Scoring Title
- Two Olympic Gold Metals
- Top selling athletic brand
- Underwear Model
A Teacher's Story
Dr. Yuri Kholodenko
99/1 Rule
“Opportunity is missed by most people because it is dressed in overalls and looks like work”

-Thomas Edison
How Many?
MENTORS
CIRCLES OF INFLUENCE
BUILDING A NETWORK
MENTORS

- Teach kids how to ID mentors
- Mentors are all around us
- Literary
- Teachers
- Coaches
- Digital Media
“Mentors accelerate the growth curve and shorten the learning curve.”
CIRCLES OF INFLUENCE

- Awareness
- It is a choice
- Does it feel good?
- Supporting or hindering the goal?
- Accelerating or slowing the rate of achievement?
- Positive or negative?
“We are the average of the ten people we hang around most.”
BUILDING A NETWORK

• Similar goal sets
• Complimentary skill sets
• Network of their own
• Abolition of slavery
• “Take it all way, but let me keep my network and …”
“Who can you call at 2am?”

- Harvey Mackay

How to Swim with the Sharks Without Being Eaten Alive
THE VIBRATION OF GRATITUDE
BRAIN HACK

A Vision for Life
Reticular Activating System
A diffuse network of nerve pathways in the brainstem connecting the spinal cord, cerebrum, and cerebellum, and mediating the overall level of consciousness.
The reticular activating system is a short, pencil-sized piece of the brain located just above where the spinal cord is attached to the brain. It acts as the gatekeeper of information between most sensory systems and the conscious mind.
Thank You!

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