

DBA MINDSET

Three Parts Of You

I M G A R D E K O K O B E

WHAT YOU WILL LEARN

- That thoughts precede every goal you accomplish.
- The three parts of you and how they are connected.
- Understanding of how your mind works and how you can use it in the attainment of your DBA goal.

WHY YOUR ATTITUDE SHAPES YOUR DESTINY

- In order to accomplish any success, it is important to have a great attitude.

What is ATTITUDE?

- Attitude is a composite of your THOUGHTS, FEELINGS and ACTIONS
- You think, feel and act based on how you feel.
- Action is key to getting things done right?

In order to understand, it is important the parts of you and how they are connected.

"Do the think and you will get the energy to do the thing"

~Ralph Waldo Emerson

THE THREE PARTS OF YOU

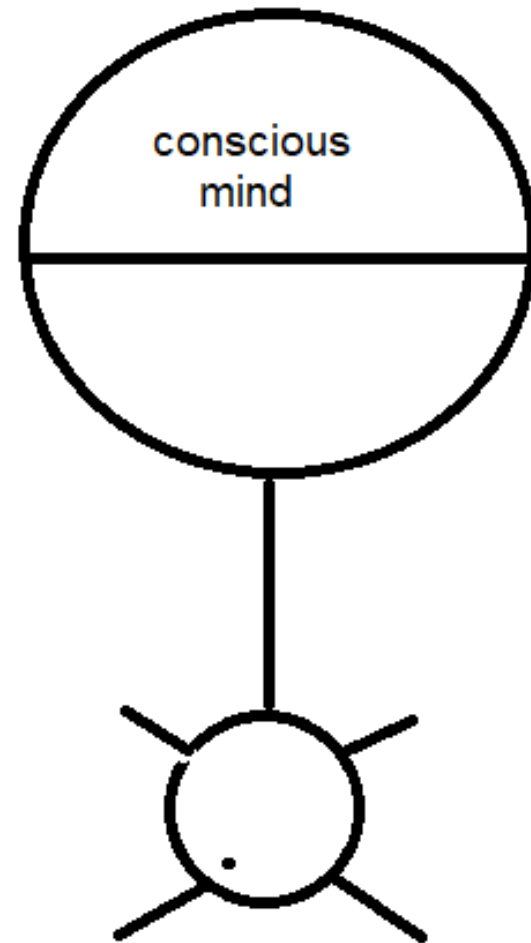
- YOUR CONSCIOUS MIND.
- YOUR SUB-CONSCIOUS MIND.
- YOUR BODY.

"To believe in the things you can see and touch is no belief at all, but to believe in the unseen is a triumph and a blessing"
~Abraham Lincoln

CONSCIOUS MIND

- This is the part of you that thinks and reasons.
- Can accept or reject any thoughts.
- The thoughts you choose will determine the outcome of your life.
- Your intellectual faculties reside here (Reason, Will, Imagination, Memory, Intuition, Imagination).
- No person or circumstance can cause you to think thoughts you do not choose - Free Will.

CONSCIOUS MIND

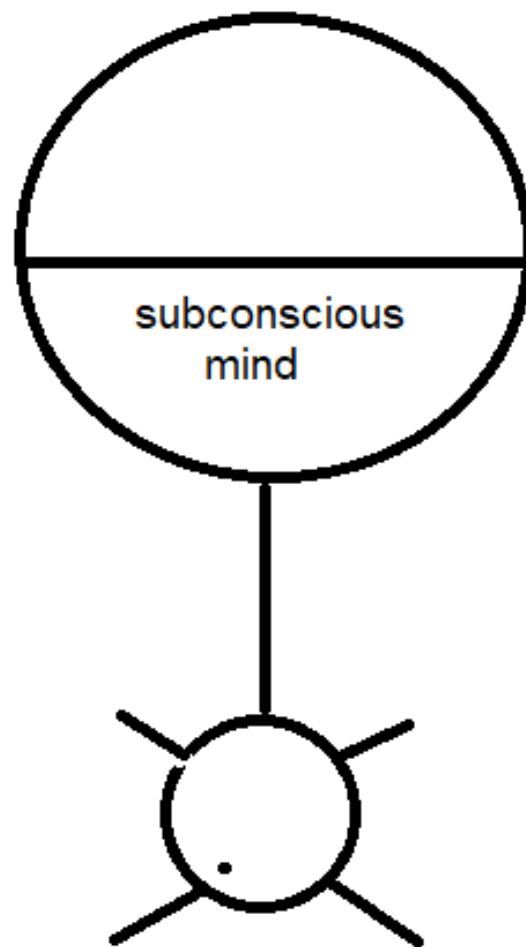


- You have the power to THINK
- You can ACCEPT an idea
- You can REJECT an idea
- You can use your IMAGINATION and ORIGINATE a new idea.

SUB-CONSCIOUS MIND

- This is the spiritual, the most intelligent part of you and knows no bounds.
- As you accept a thought it is impressed upon your SC mind.
- Every thought your conscious mind chooses to accept, your sub-conscious mind will also accept.
- Operates in an orderly manner by law and expresses itself through you in feelings and action.
- Any thought you think about over and over becomes fixed in your SC and is called a habit.
- These habits will continue to express themselves without any conscious effort until they are replaced.

SUB-CONSCIOUS MIND



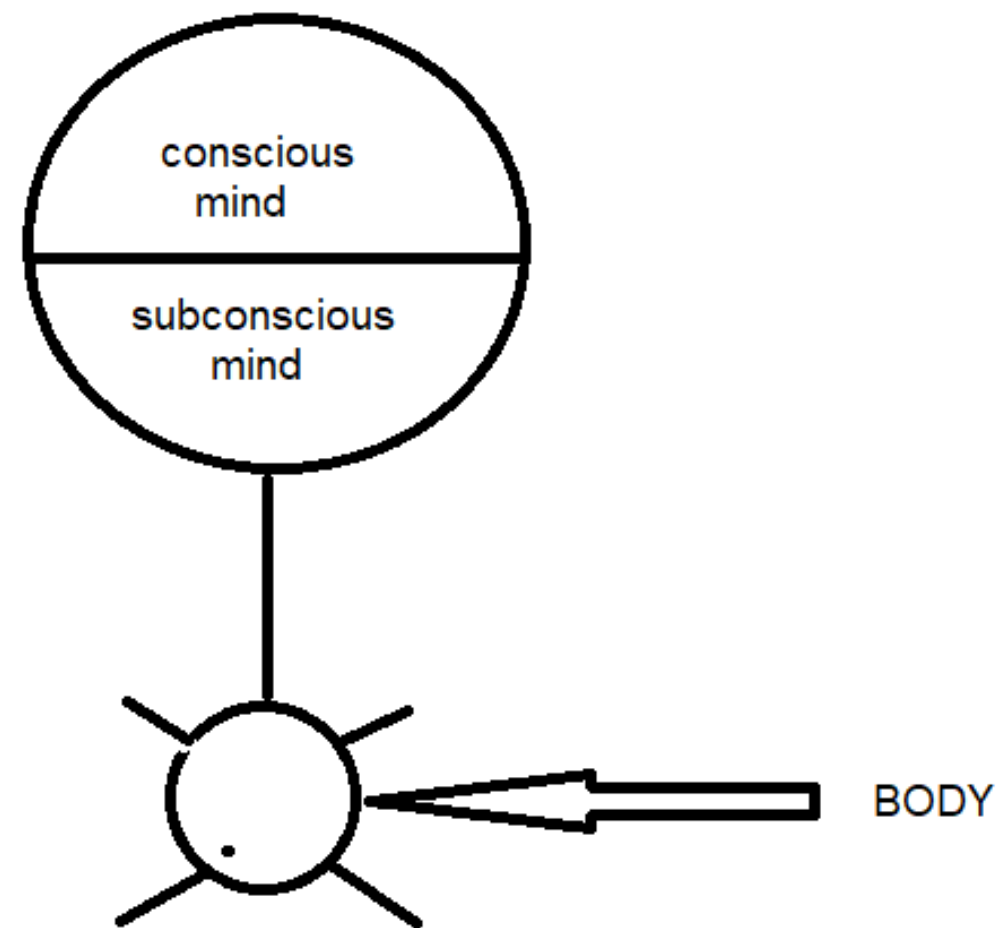
- Accepts every thought your conscious mind accepts and moves your body into action.
- Cannot tell the difference between a thought that is real or imagined.

BODY

- The house you live in.
- The instrument of your mind.
- The thoughts or images consciously chosen, impressed upon your sub-conscious mind(which is in every cell of your body), must move your body into action.
- The actions you are involved determine your results.

"You become what you think about"
~Earl Nightingale

BODY



- Instrument of your mind.
- Moves into action or inaction and determines your results.

QUESTIONS

Ask your questions here