

Unlocking purpose  
and performance:  
Harnessing gratitude

The most influential person in  
your life is YOU



**TJ SWEET**

THOUGHT LEADER • INSPIRATIONAL SPEAKER

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Self Awareness

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Developing Daily habits

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Purpose

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Optimism

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Communication

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Building trust

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The power of gratitude

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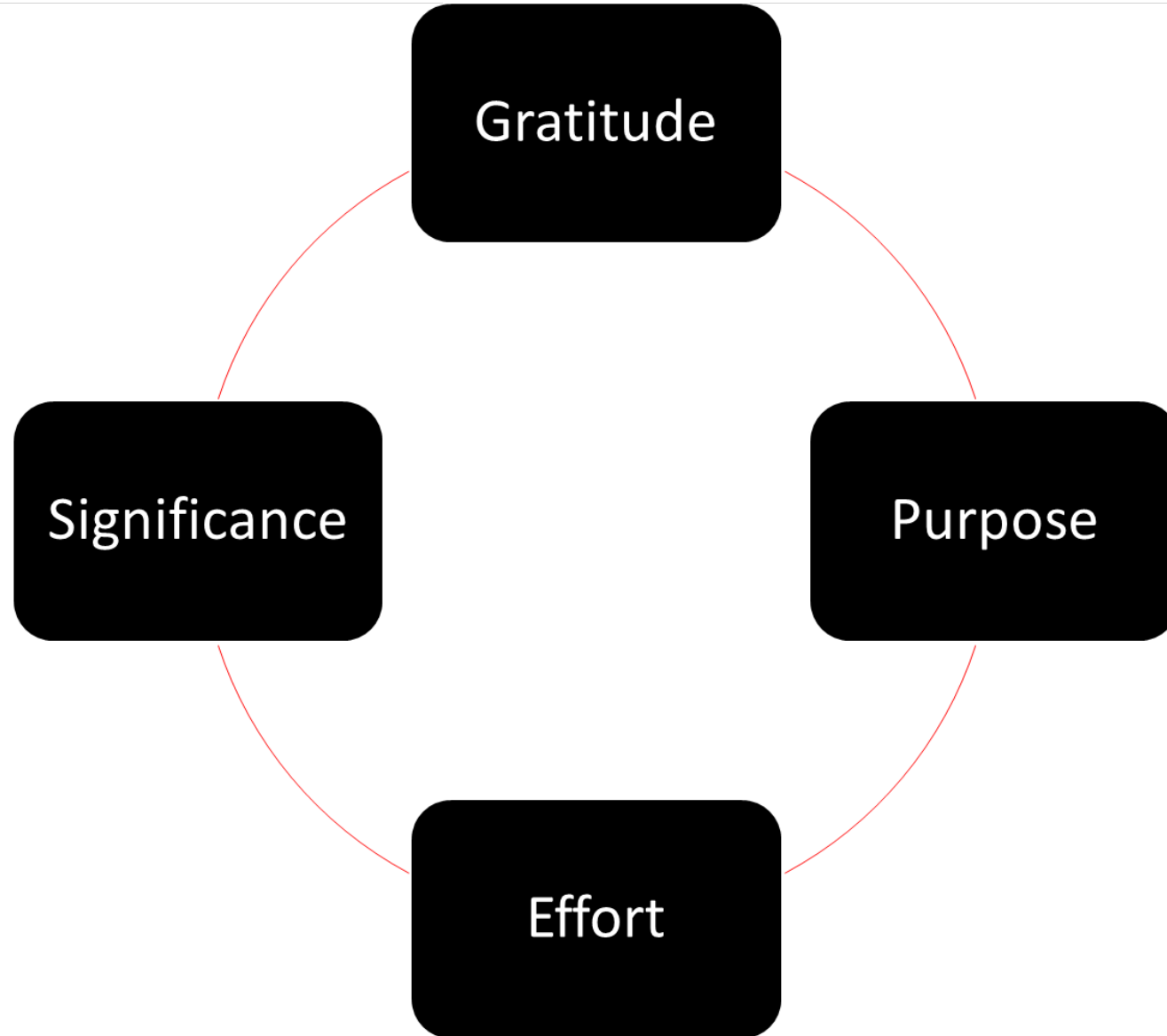
Gratitude

Significance

Purpose

Effort

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# Self Awareness

- In order to feel something different, you need to stop and record how you feel throughout the day...
  - Are you in charge of your own emotions?
  - How do you feel when you wake up?
  - How do you feel mid day?
  - How do you feel when you leave work?
  - How do you feel when you get home from work?
  - How do you feel when you go to bed?

# Self Awareness

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Our brains cannot comprehend how we feel throughout the day, so it helps to designate significant moments throughout the day to recognize and journal how you feel.

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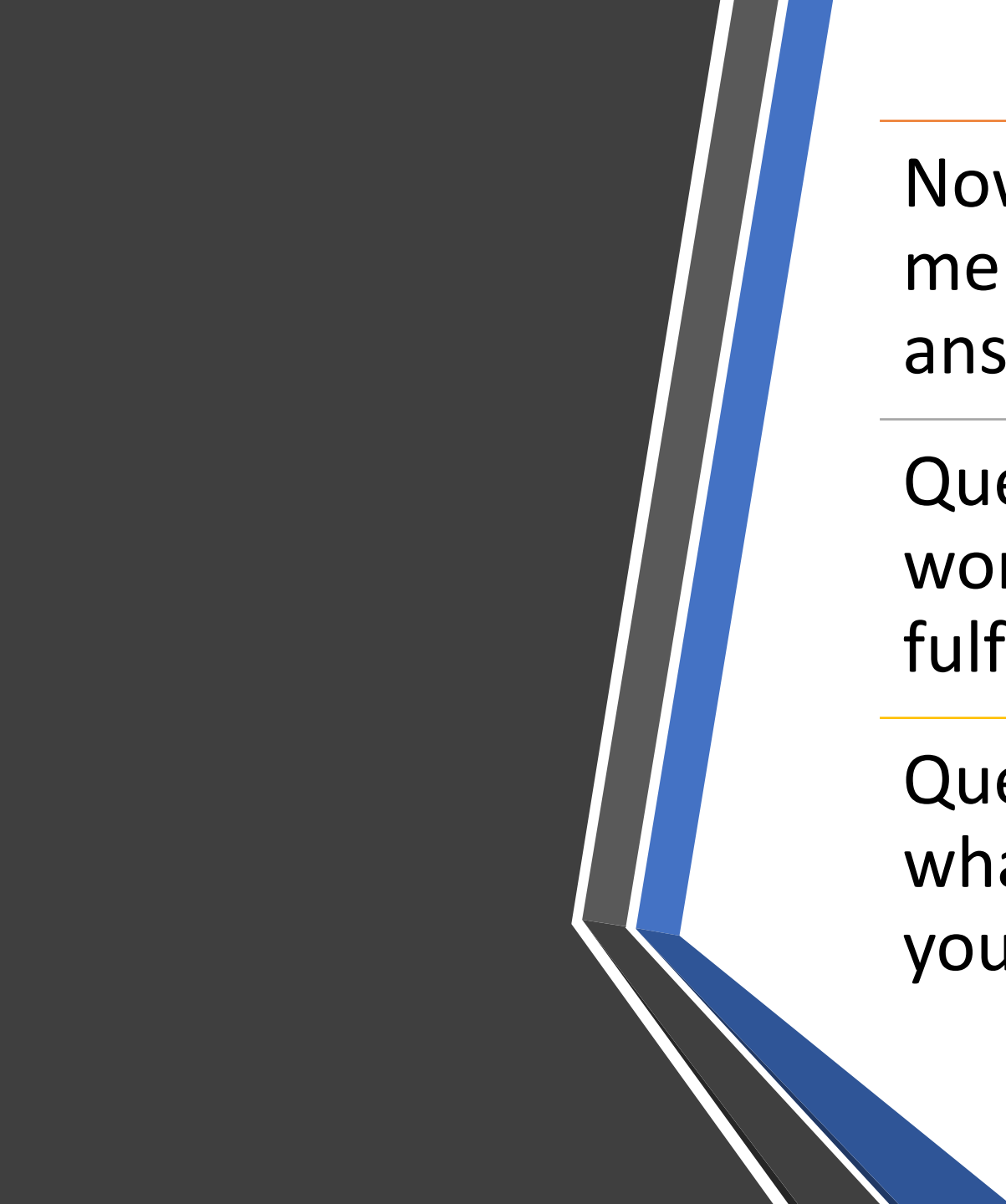
Our brain seeks to find comfort and rest so you must create moments to journal how you feel.

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Write down one word to describe how you are feeling

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Don't overthink it and keep it simple.



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Now that you are aware of your mental presets ...take 5 minutes to answer these 2 questions:

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Question #1 What are you doing at work when you feel the most fulfillment?

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Question #2 When people ask you what you do or a living, what do you tell them?

# The Power of habits

Everything we do affects everything we do

All of us have habits and we need to be self aware enough recognize and respond to them if they aren't serving us

Live by choice, not by chance

Morning or nightly check-ins with yourself

# HABITS

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Do you have a habit of not sticking to new habits?

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Start with any habit...then ask “why”, then ask “why” again until you can't break it down any further

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Tiny or micro habits reduce the threat to our brains-  
SCARF

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Do your habits cause you stress?

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Do your habits bring you happiness?

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Do your habits reflect the life you want?



# HABITS

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One habit leads to the next habit. The brain begins to develop new neurochemical pathways to reinforce habits.

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Dopamine is released when we perform habits that make us feel good

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The thinking brain and emotional parts of our brain are wired to analyze and commit to patterns to reduce deviation and seek comfort

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Every habit starts with a trigger or a WHY

Table  
activity  
HABITS

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What is one habit you have that you want to stop?

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What is one habit you **WANT** to have?

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How would your life be different if you were able to commit to that one habit?



# Purpose

Any strong WHY can  
endure any HOW

Powered by  
purpose

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Discretionary effort

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Focusing on the future instead of the past

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Energized and optimistic

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Recognizing that we are doing something  
that is bigger than ourselves

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The bridge from KNOWING and  
DOING....PURPOSE

Powered by  
purpose

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Viktor Frankl

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New Orleans Saints

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Los Angeles Lakers

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St. Louis Blues

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Deer out on the ice

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Mom's lifting car off children

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**\*\*mindset shift from why we can't to why we must\*\***

Table  
Activity

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What is your WHY?

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How often do you think  
about your WHY?

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What makes you work  
hard even under stress?

# Optimism

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hopefulness and confidence about the future  
or the successful outcome of something.

# Optimism

- Pessimistic mindsets are reinforced in our memories because our brains is wired to recall events that hurt us or protects us from threats
- News media reinforces that things “aren’t getting better”
- What you listen to, read, and watch will determine your belief about the future that is possible
- Roger Banister



# Optimism

- It's not about a glass being half empty or half full, its about being grateful you have a glass
- Gratitude combined with optimism makes the world seem, feel, and look differently
- Grateful for opportunities
- Grateful for the chance to grow

# Optimism

- It's not about always believing everything will be great and perfect...its knowing that you will be ok if it doesn't go as planned
- Believing in luck as a good thing
- The power of anticipation on our minds and bodies
- You joining this group already shows me that you are optimistic

# Optimism

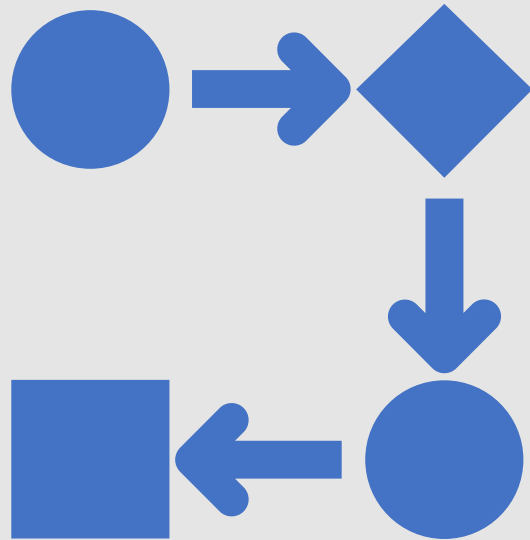
- Do you think bad things will happen to you?
- Do you think good things will happen for you?
- How often do you spend time in your imagination of would could be vs what always has been?
- We show a unique ability to learn and grow. We are optimistic about ourselves but FULL of pessimism about others...

# Optimistic Mindset



- You don't have to do anything on your own...no one of us is better than all of us
- Set intention on the day each morning about how your day is going to go and something you are looking forward to...could be simple things
- We live in an age of resources..."I don't know" isn't plausible anymore...I haven't learned that YET.
- Write down examples of when you have overcome challenges.
- Write down when things go your way.

# How to use Optimism



- When approached with a challenge...
- What can you control?
- What is the benefit of the outcome?
- Does this sound/feel like anything you have accomplished in the past...can you apply a lesson learned
- Get excited about being the first person/team to accomplish something even if it hasn't been done. Commit to the process of figuring out a way and NEVERSTOP even if others lack confidence...it just takes one person to change the environment

# A POWERFUL mindset

- THINK ABOUT WHAT YOU WANT...
- THINK ABOUT SOLUTIONS...
- THINK ABOUT WHAT YOU'RE GRATEFUL FOR
- THINK ABOUT OBSTACLES AS OPPORTUNITIES
- THINK ABOUT THE WORD "YET"

THOUGHTS → WORDS → BEHAVIORS → HABITS

*With gratitude...*



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*Questions?*



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