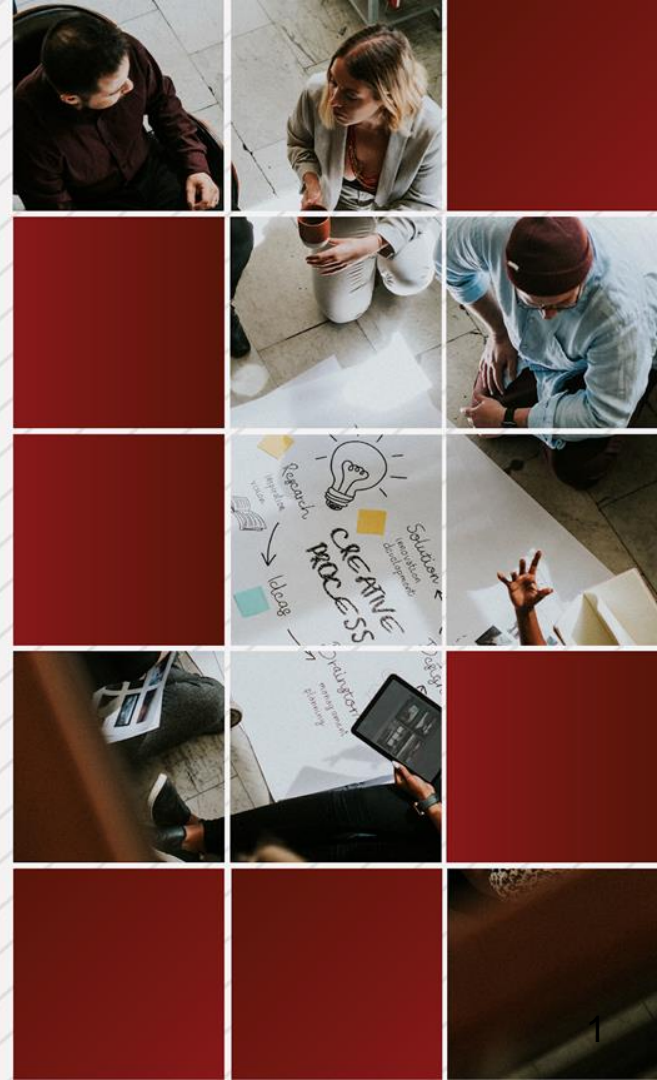


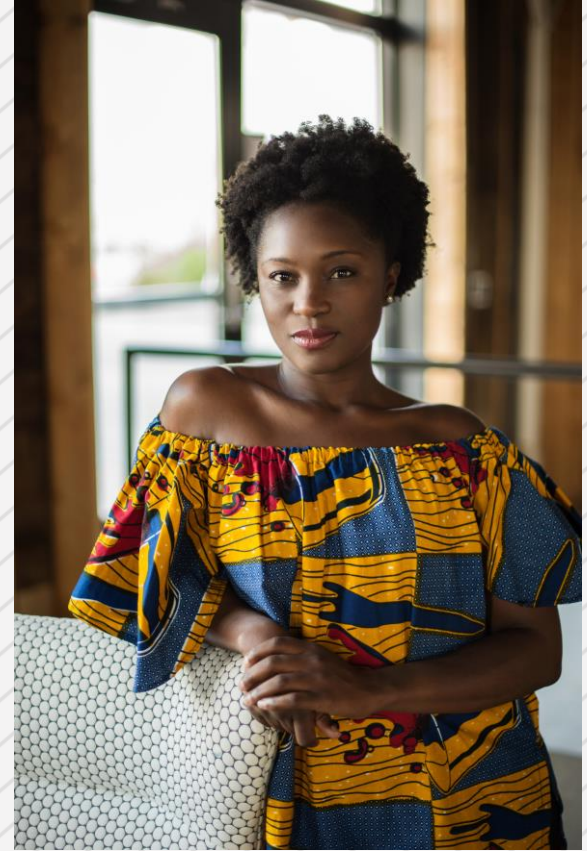
MIRUM
NK

**Build a Lifestyle and Business Culture that
Works Best for You**

Beatrice Adenodi



ABOUT ME





STORYTELLING TIME!

MY ATTACHMENTS



- ONE CULTURAL PERCEPTION
- JUDGEMENT
- HARD WORK
- ABANDONMENT
- BEING INDEPENDENT

WHY AM I TELLING YOU
THIS?



VS



REACTIVE THINKING

- Make decisions out of comfort
- Re-occurring unfavorable situations
- Not thinking through your process
- Too busy to think about your problems clearly
- Unconsciously becoming moody for no reason

REFLECTIVE THINKING

- Making decision-based logic
- Being progress about your process and learnings
- Stepping back to observe situations from a different perspective
- Being able to come more efficient about your schedule
- Knowing your boundaries

ACKNOWLEDGEMENT



- Take a pause and process what you are experiencing
- Weigh the Pros and Cons
- Approaching every situation with honesty and transparency
- claim responsibility for what part you played in your situation

Embracing growth mindset



- Constant becoming an avid learner
- Gather different perception on how to view a situation before making an informed decision
- Give grace to yourself and learn when to let any situation go.
- Every experience teaches us a lesson
- Listening to ourselves and the environment

EXERCISE TIME



WEIGHTING OUT YOUR PROS AND CONS?

Exercise

Pros- Love doing it. Produce results

Cons- Setbacks, Mental barriers, things that are consuming

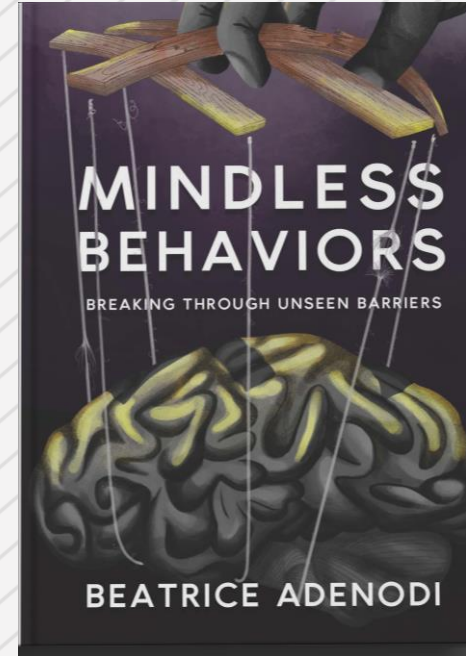
PROS (WINS)	CONS (BARRIERS)





When you closely analyze all the problems you've had in life, what patterns emerge? If you're like Beatrice Adenodi, you see that most of life's problems can be boiled down to the same handful of issues at the root. *Mindless Behaviors* sheds light on seven examples of reactive, negative cycles of human behavior and how effective communication is the answer to breaking them.

These seven stories examine life through the lens of mindless behaviors, you'll learn that if you change the way you perceive your circumstances and actions, you have the power to change your life forever. Let this book motivate you to gain a new perspective, acknowledge your unconscious biases, and activate your untapped potential



www.mindless-behaviors.com/thebook



Tips

- You are responsible for your emotion
- Be patient with yourself
- Learn to find ways to grow
- Channel energy into what aligns with **YOUR** vision



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