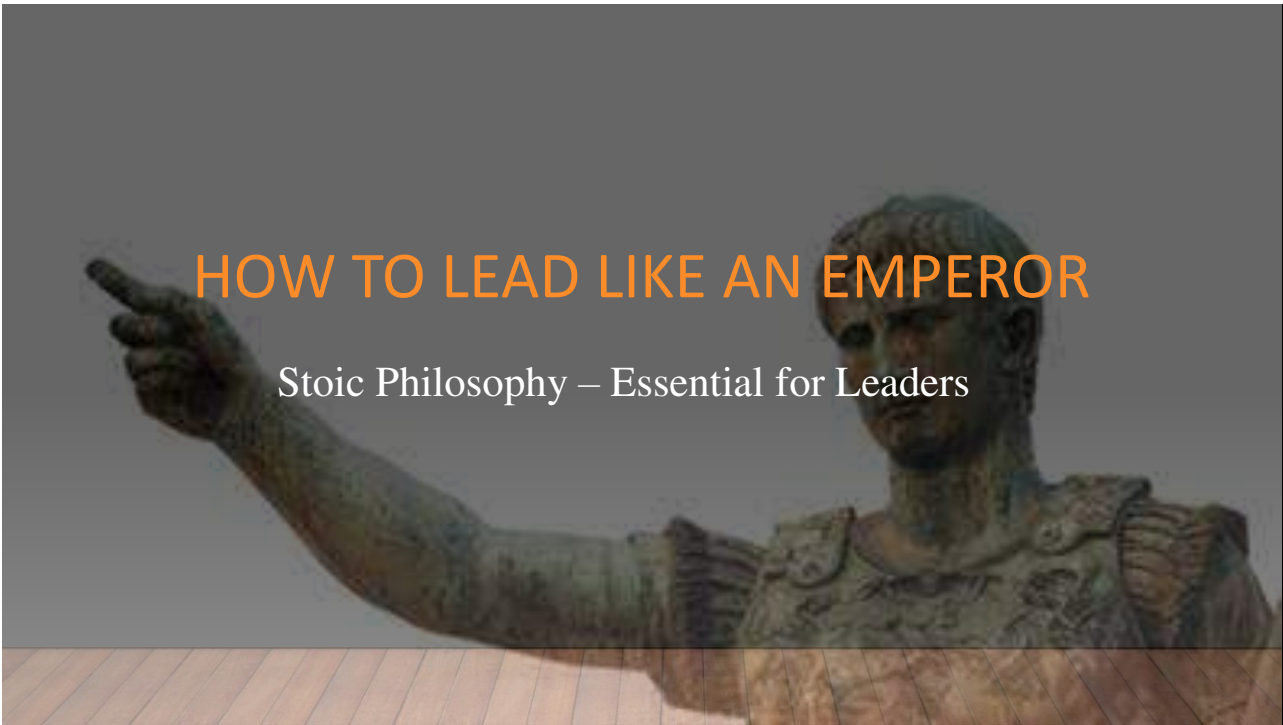




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Tom Speaks

Co-Founder and Partner, The Impact Group



MEET YOUR SPEAKER

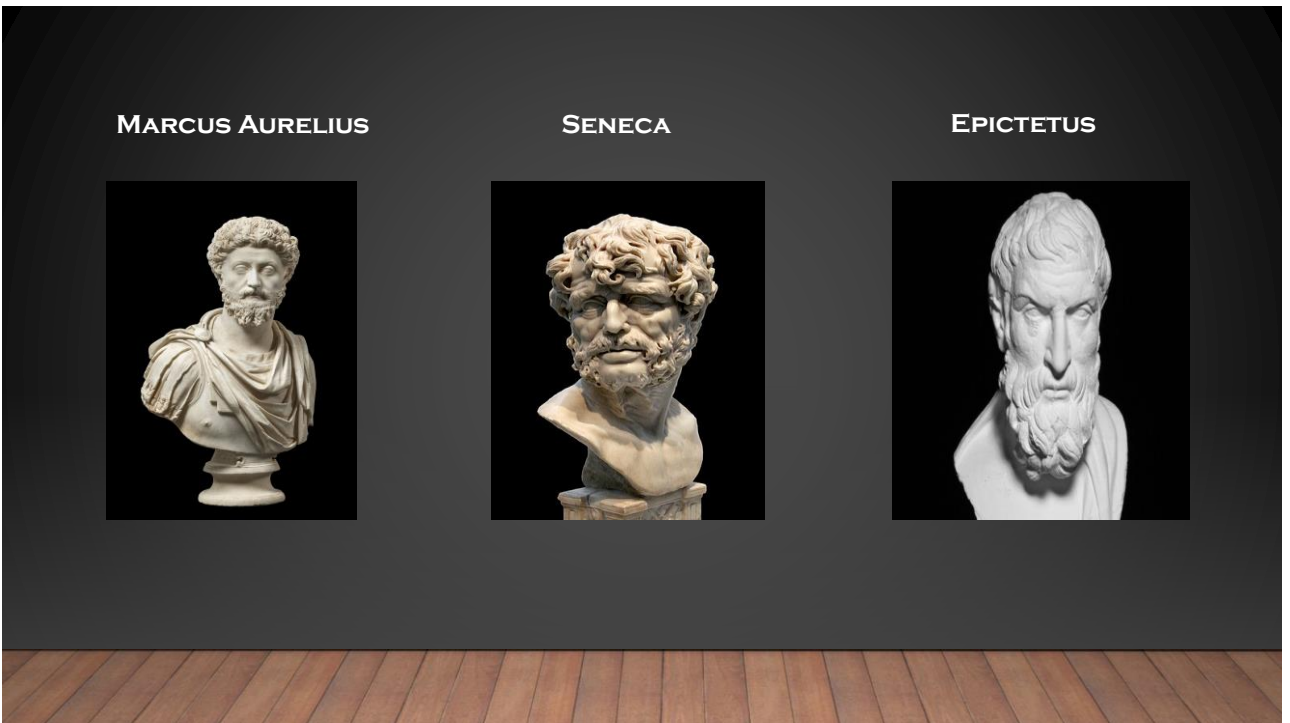
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6

WHAT WE WILL LEARN TODAY!

- Gratitude
- Dichotomy of Control
- We Control our Thoughts
- Events do not Control Us
- The Flow
- Life is Short, Use it Well!
- The Power of Reflection and Recalibration
- Self-Motivation
- Leading by Example



7

GRATITUDE

“When you arise in the morning think what a precious privilege it is to be alive, to breathe, to think, to enjoy, to love.”- Marcus Aurelius

8

DICHOTOMY OF CONTROL

“You have power over your mind, not outside events, realize this and you will find strength.” - Marcus Aurelius

9

WE CONTROL OUR THOUGHTS

“The happiness of your life depends upon the quality of your thoughts.” - Marcus Aurelius



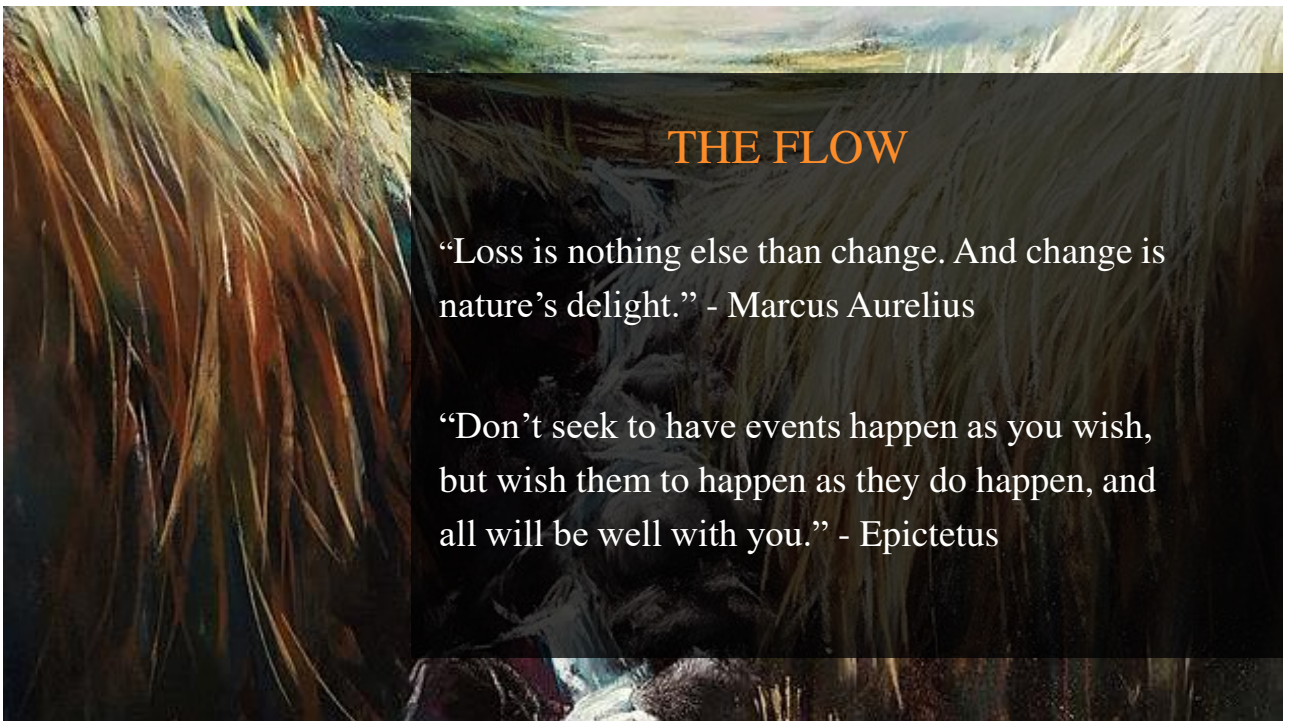
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EVENTS DO
NOT CONTROL
US

“Man is affected not by events but by the view he takes of them.” - Seneca

11



THE FLOW

“Loss is nothing else than change. And change is nature’s delight.” - Marcus Aurelius

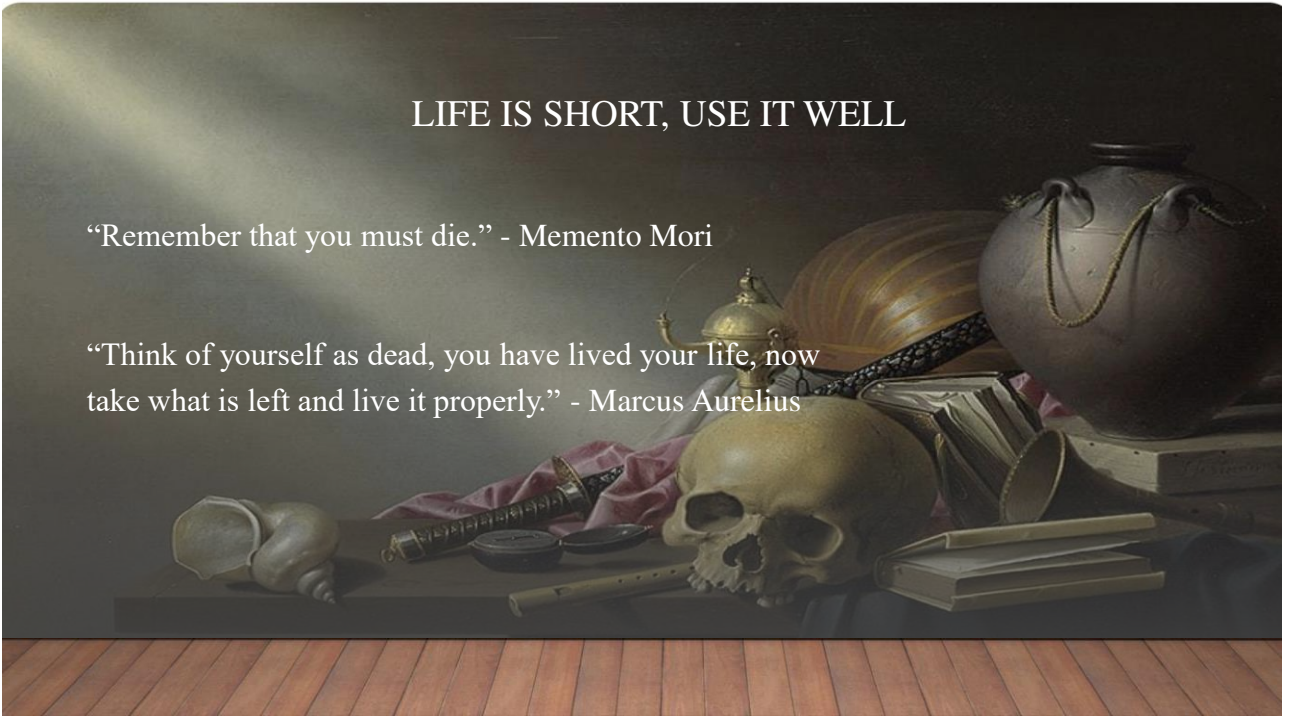
“Don’t seek to have events happen as you wish, but wish them to happen as they do happen, and all will be well with you.” - Epictetus

12

LIFE IS SHORT, USE IT WELL

“Remember that you must die.” - Memento Mori

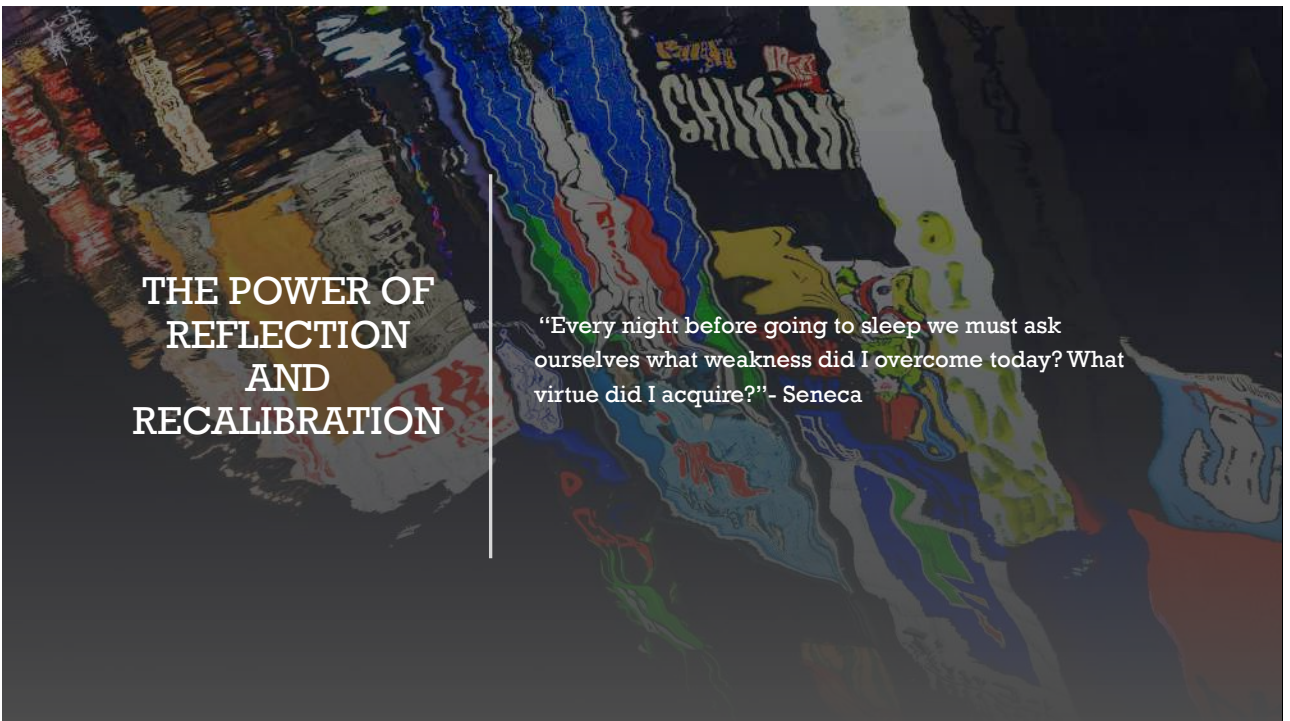
“Think of yourself as dead, you have lived your life, now take what is left and live it properly.” - Marcus Aurelius



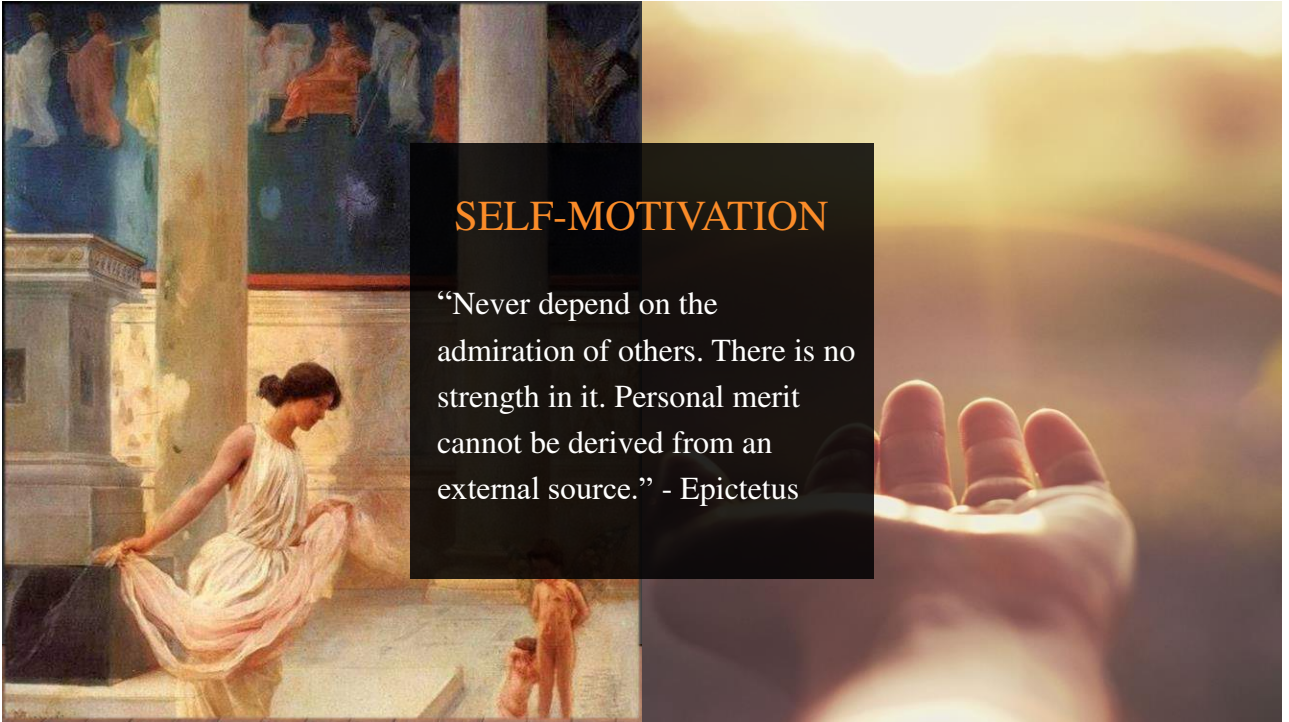
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THE POWER OF REFLECTION AND RECALIBRATION

“Every night before going to sleep we must ask ourselves what weakness did I overcome today? What virtue did I acquire?” - Seneca



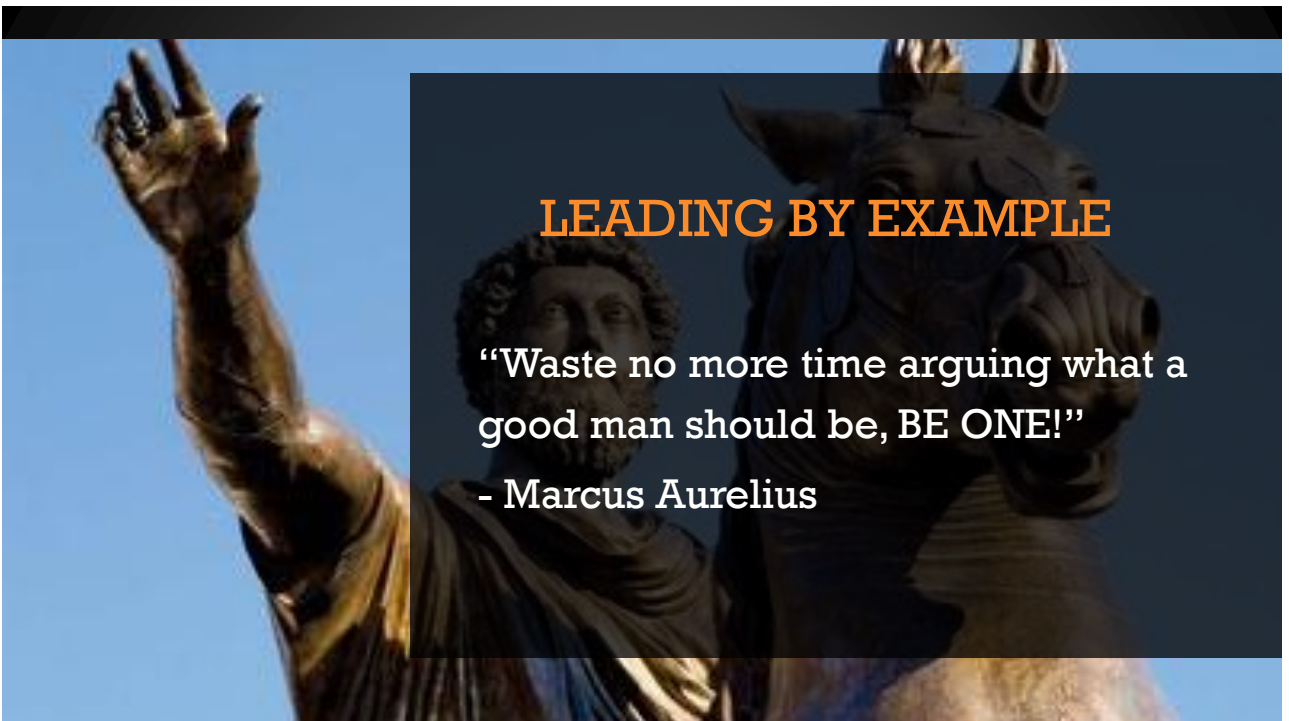
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SELF-MOTIVATION

“Never depend on the admiration of others. There is no strength in it. Personal merit cannot be derived from an external source.” - Epictetus

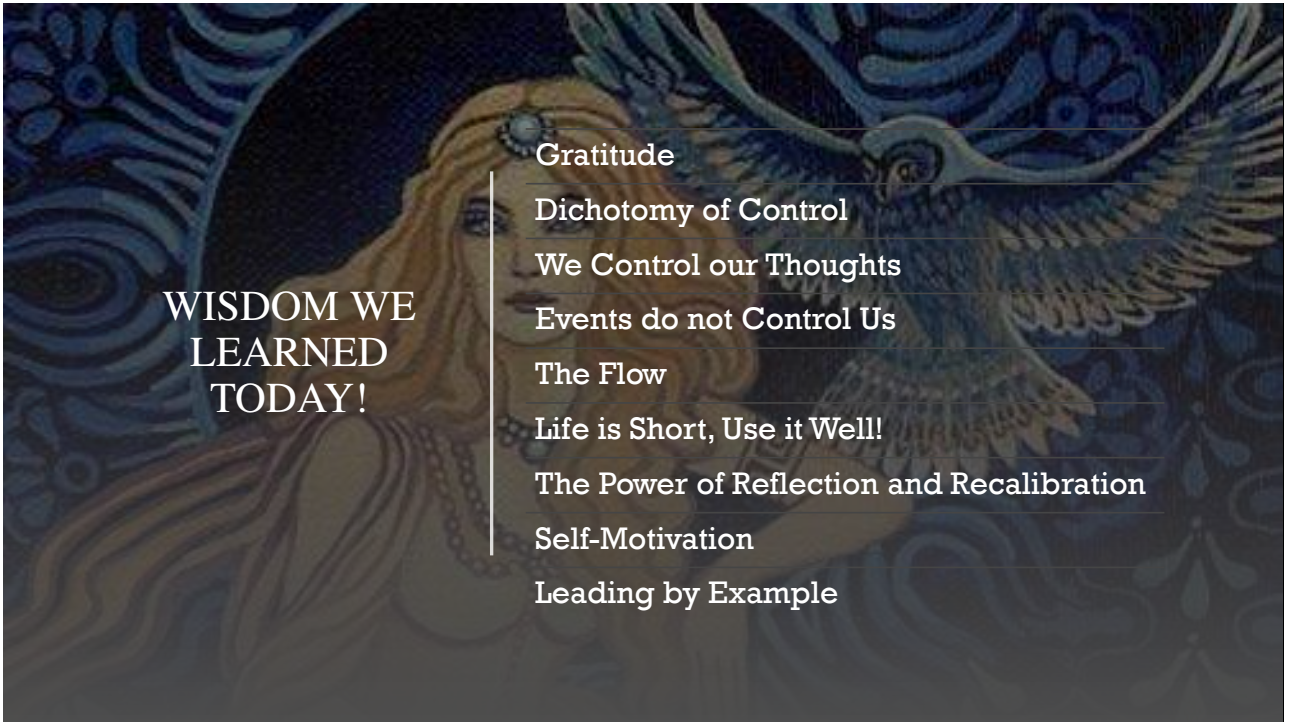
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LEADING BY EXAMPLE

“Waste no more time arguing what a good man should be, BE ONE!”
- Marcus Aurelius

16



**WISDOM WE
LEARNED
TODAY!**

- Gratitude
- Dichotomy of Control
- We Control our Thoughts
- Events do not Control Us
- The Flow
- Life is Short, Use it Well!
- The Power of Reflection and Recalibration
- Self-Motivation
- Leading by Example

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