







1. DISTRACTION

Clarity
Habits
Present Moment

Confusion
Anaesthetic Drug
Flight to the modern caves

2. FEAR

Action
Reflection
Focus

Confusion
Self Doubt
Analysis Paralysis

3. LONE RANGER EFFECT

Strategic alliances
Relationships
Competitive edge

Rivalry mindset
Transactional mindset
Suspicion mindset

4. SELF-DESTRUCT MODE

- Sharpen your saw
- Value importance
- Serve others

Burnout

Selfish motives

Ignoring what is important

THE 5 OBSTACLES

- 5. Not Knowing Why?**
Your 'why' gives you clarity of purpose
- 4. Self-Destruct Mode**
Self-care is crucial
- 3. Lone Ranger Effect**
We are not a man or woman on an island
- 1. Distraction**
By nature, we are not lazy or procrastinators
- 2. Fear**
Fears are real and they play a positive purpose

5. NOT KNOWING YOUR WHY

- Know who you are
- Know what you value
- Know how to live

Distractions

Fear & confusion

Burnout






