



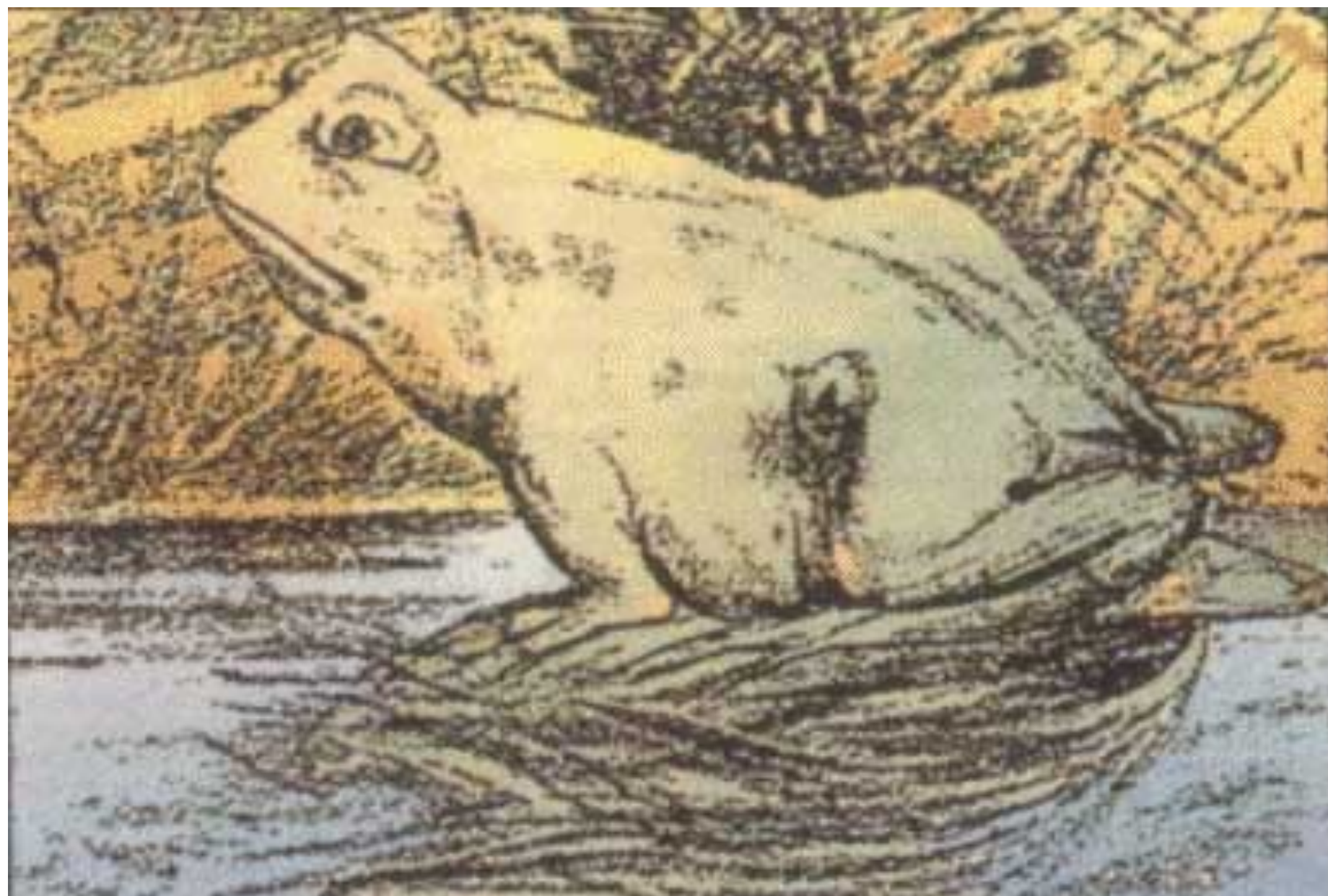
# The Art of Being Brilliant

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# Brain test...

## Spot the horse







to do list

To be list

Grateful  
connected  
kind



# DOG'S DIARY

<sup>1</sup> BEST day of my life	<sup>2</sup> BEST day of my life	<sup>3</sup> BEST day of my life	<sup>4</sup> BEST day of my life	<sup>5</sup> BEST day of my life	<sup>6</sup> BEST day of my life	<sup>7</sup> BEST day of my life
<sup>8</sup> BEST day of my life	<sup>9</sup> BEST day of my life	<sup>10</sup> BEST day of my life	<sup>11</sup> BEST day of my life	<sup>12</sup> BEST day of my life	<sup>13</sup> BEST day of my life	<sup>14</sup> BEST day of my life
<sup>15</sup> BEST day of my life	<sup>16</sup> BEST day of my life	<sup>17</sup> BEST day of my life	<sup>18</sup> BEST day of my life	<sup>19</sup> BEST day of my life	<sup>20</sup> BEST day of my life	<sup>21</sup> BEST day of my life
<sup>22</sup> BEST day of my life	<sup>23</sup> BEST day of my life	<sup>24</sup> BEST day of my life	<sup>25</sup> BEST day of my life	<sup>26</sup> BEST day of my life	<sup>27</sup> BEST day of my life	<sup>28</sup> BEST day of my life
<sup>29</sup> BEST day of my life	<sup>30</sup> BEST day of my life	<sup>31</sup> BEST day of my life				

Can you find the  
the mistake?

1 2 3 4 5 6 7 8 9

# Reticular Activating System







# S U C C E S S

Because you too can own this face of pure accomplishment

$$H = S + C + V$$

50%

10%

40%

Trigger

THINKING ↔ THINKING

Feeling

Behaviour

Outcome

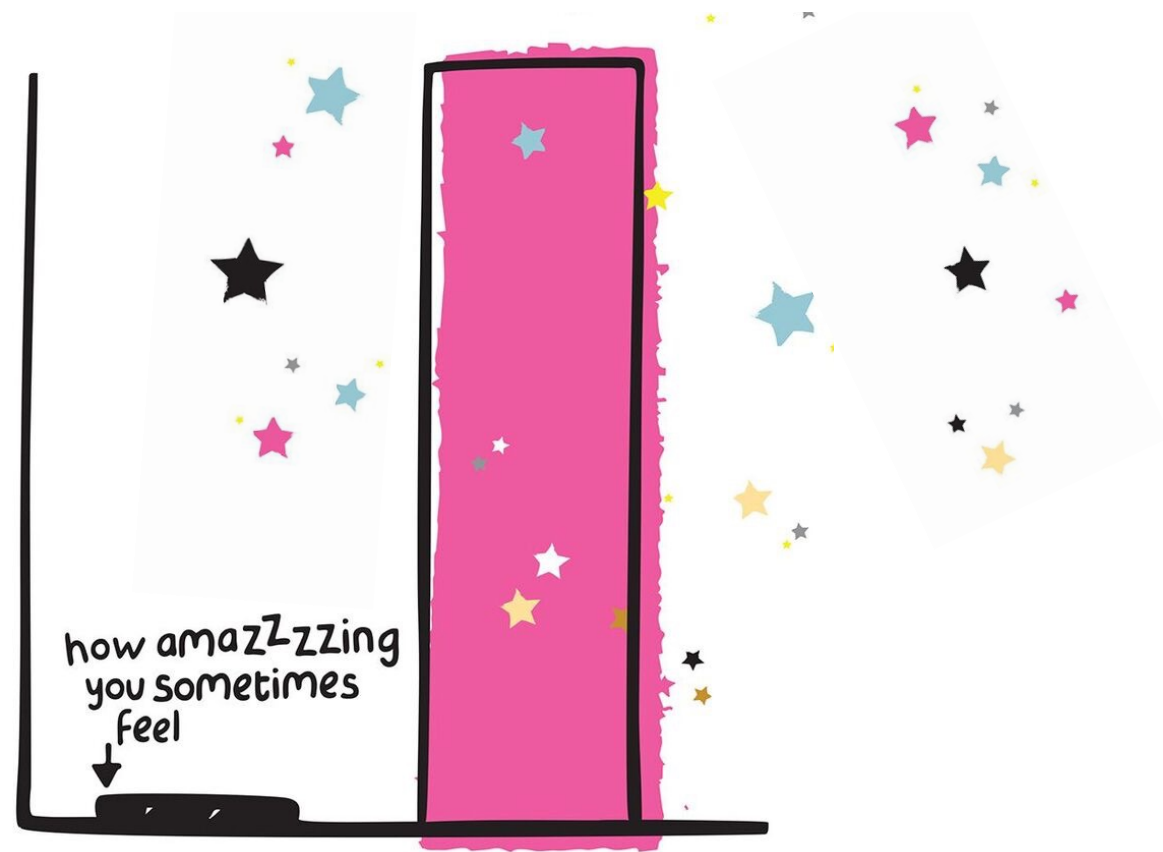
The ***4-minute***  
rule...

**When do you use the  
4 minute rule at work?**

**How can you use the  
4 minute rule more?**

**HAHA! SO WE MEET AGAIN!!**





how amazzzzing  
you sometimes  
feel



how amazzzzing  
you really  
ARE!!