

ABOUT BRIANA

- Martial Arts Instructor with 20+ years experience
- Personal Empowerment coach
- My focus has been on empowering people to believe in themselves and live life with confidence and courage.

OVERVIEW

I have aimed to distil the core principles that I have seen repeatedly support people to develop the courage and inner strength to take on the challenges and build the confidence to overcome the challenges that life presents.

**COURAGE OVER
CONFIDENCE**

TRIANGLE OF SUCCESS

MENTAL STRENGTH

WORDS OF POWER

**THE HARD THINGS
RULE**

**5 POWERS OF MARTIAL
ARTS**

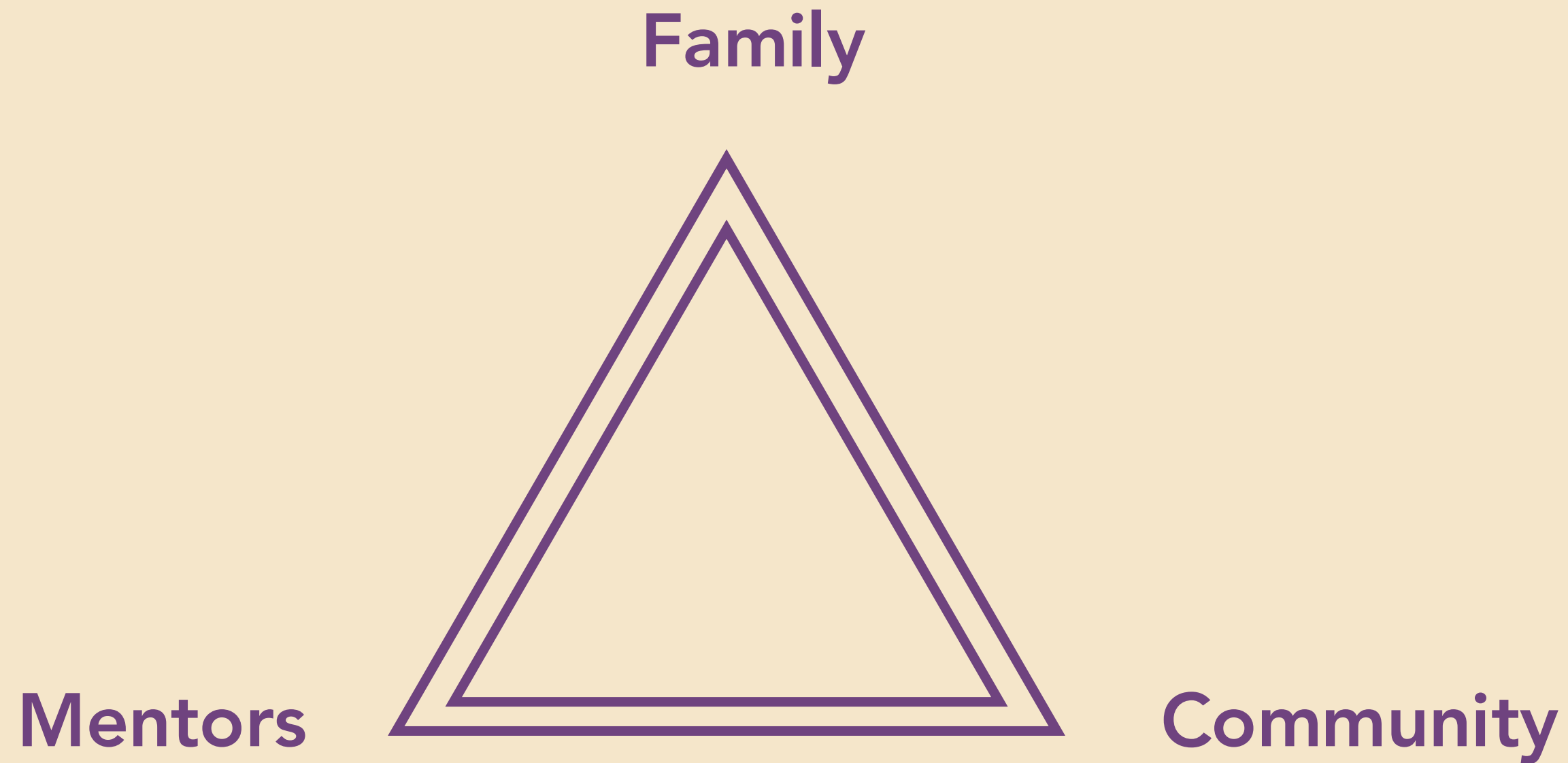
Courage



Confidence

Regularly experiencing situations that push us past our comfort zone allows us to practice courage. This builds the proof that we can rely on ourselves to act even in uncertainty, fear or doubt, giving us the confidence to take on more significant challenges in the future.

TRIANGLE OF SUCCESS



FAMILY

- Consistent support and guidance
- The first point where we define ourselves
- The voices of our family create our inner dialogue
- Lay the foundations of our values
- The example of how we show up in the world.

MENTORS

- Challenge the limits you have placed on yourself
- Proof outside the family you are capable of more than you think
- Accountability and guidance to push yourself to the next level.

COMMUNITY

- Are the baseline of what we strive to be.
- An example of what is acceptable
- Give us someone to compete against

MENTAL STRENGTH THROUGH PHYSICAL CHALLENGES

Physical challenges can significantly develop mental strength through several mechanisms:

OVERCOMING ADVERSITY

BUILDING CONFIDENCE

STRESS MANAGEMENT

ACHIEVING GOALS

MIND-BODY CONNECTION

DEALING WITH DISCOMFORT

IMPROVING FOCUS & DISCIPLINE

SOCIAL SUPPORT & COMMUNITY

THE POWER OF WORDS

➤ **Perception:** Our language influences how we perceive the world, shapes our thoughts and how we interpret various experiences.

➤ **Emotions:** The words we use uplift and inspire or depress and demoralise. How we talk to ourselves and others can significantly impact our emotions.

➤ **Identity:** Our language is a filter that contributes to our sense of identity and belonging, connecting us to others and showing our differences.

➤ **Thinking:** The way we frame problems and solutions, make decisions and reason is greatly impacted by the language and words that we use.

➤ **Memory:** Can be enhanced, distorted or diminished through the language that we use to describe our past.

➤ **Reality Construction:** The structure and vocabulary of our language can affect how we understand and interact with the world.

LANGUAGE SWAPS

REPLACE A NEGATIVE WITH POSITIVE

I can't do this
I'm not good at . . .



I can't do this yet
I'm learning to do this
I'm getting better at . . .

USE EMPOWERING LANGUAGE

I have to
I should



I get to
I will
I choose to

BE SPECIFIC

I'm always
I feel bad



Today
I feel frustrated

LANGUAGE SWAPS

FOCUS ON SOLUTIONS

This is a problem
I don't know



This is a challenge
This is an opportunity
How can I?

USE AND INSTEAD OF BUT

I like your idea
but



I like your idea and

SPEAK IN PRESENT TENSE

I will be



I am

THE HARD THING RULE

1 CHOOSE ONE HARD THING:

Each person must do something challenging.

2 MUST PRACTICE CONSISTENTLY:

No quitting until a pre-defined commitment period is over.

3 SELF-CHOSEN

The activity must be chosen by the individual, not imposed.

BENEFITS:

- Builds resilience and discipline
- Encourage commitment and perseverance
- Helps to develop a growth mindset

THE POWER OF MARTIAL ARTS



Physical fitness.

Martial arts supports the development of strength, agility, flexibility, and overall wellness while developing the physical attributes necessary for effective self-defence strategies.



Mental Strength.

Martial arts instil focus, discipline, and mental toughness. Practitioners learn to stay calm under pressure, take action, and overcome challenges in training and life.



Emotional Adjility.

Developing a balanced emotional state through emotional resilience and controlling fear and anger aids decision-making and maintaining composure when under pressure.



Strengthened Sprit

This relates to having a deeper connection and understanding of oneself and the world; it involves developing self-awareness and a sense of purpose.



Social Connection

Martial arts training fosters a sense of community, trust and connection. A place to build positive relationships, learn to work with others and contribute to helping others.