

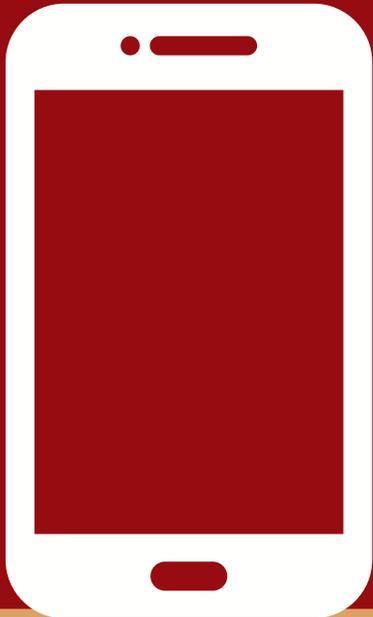
# HOW TO GET WHAT YOU WANT

*Discover the dangers that are holding you  
back from your goals.*

*The unsuspected danger of:*

# DISTRACTIONS

We are bombarded by a constant flow of information, whether new or old, during the process of doing something. Did you know that our brains are so primed for this distraction that just seeing our smartphone impairs our ability to concentrate?



**It affects:**

- **productivity**
- **learning**
- **memory**
- **reaction**
- **communication**
- **concentration**

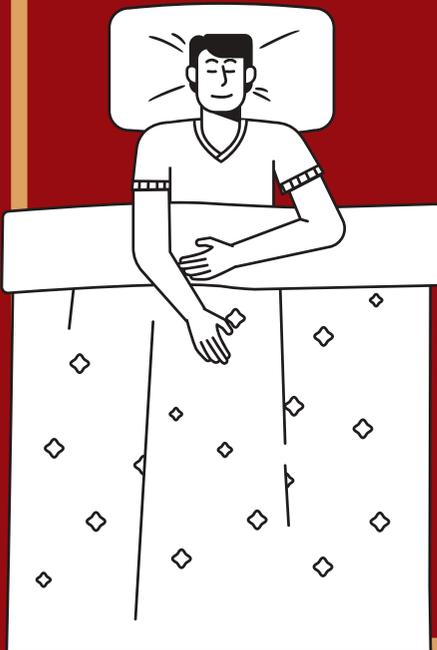
**IT DELAYS YOUR  
DESIRED  
OUTCOME**

**Solution: boundaries with tech/ ppl**

*The unsuspected danger of:*

# BAD SLEEP

Good sleep improves your brain performance, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.



It affects:

- weight
- mood
- stress
- focus
- memory

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

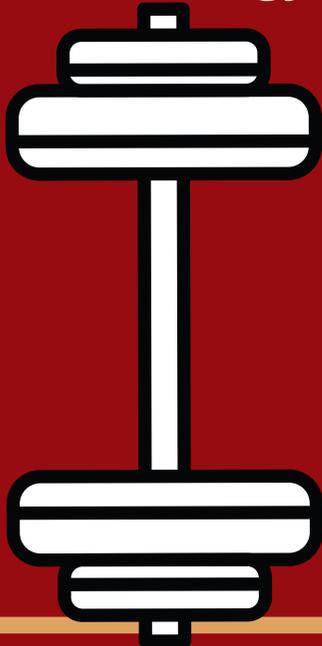
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**Solution: routines + consistency**

*The unsuspected danger of:*

# NO EXERCISE

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.



It affects:

- productivity
- muscles
- hormones
- weight
- energy
- mood

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

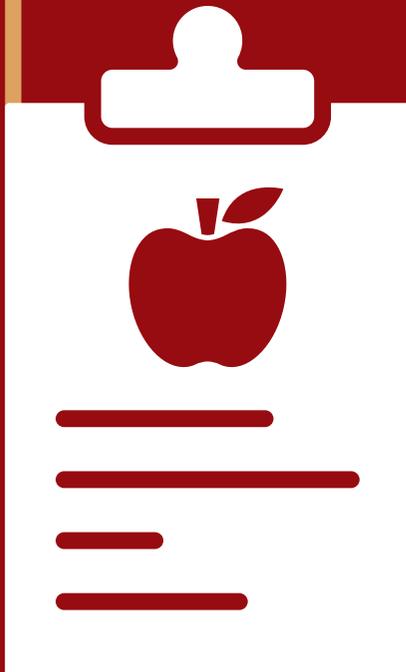
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**Solution: active lifestyle**

*The unsuspected danger of:*

# POOR NUTRITION

Better nutrition is related to improved overall health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.



**It affects:**

- attractiveness
- capability
- entire body
- hormones
- mood
- neurology

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

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**Solution: whole foods + variety**

*The unsuspected danger of:*

# TOXIC PEOPLE

Whether it's negativity, cruelty, the victim syndrome, or just plain craziness, toxic people drive your brain into a stressed-out state that should be avoided at all costs. Studies have long shown that stress can have a lasting, negative impact on the brain.



It affects:

- health
- concentration
- hormones
- mood
- attitude
- brain

IT DELAYS YOUR  
DESIRED  
OUTCOME

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**Solution: distance or elimination**

*The unsuspected danger of:*

# ENVIORMENT

Depending on what you are doing, the environment can affect your focus. Obviously, a noise level that is too loud is a problem, but many people also have difficulty concentrating when it is too quiet. Lighting that is too bright or too dim can affect your vision. A room that is too hot or too cold creates discomfort.



It affects:

- productivity
- concentration
- focus
- mood
- attitude

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

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**Solution: organization + proactivity**

*The unsuspected danger of:*

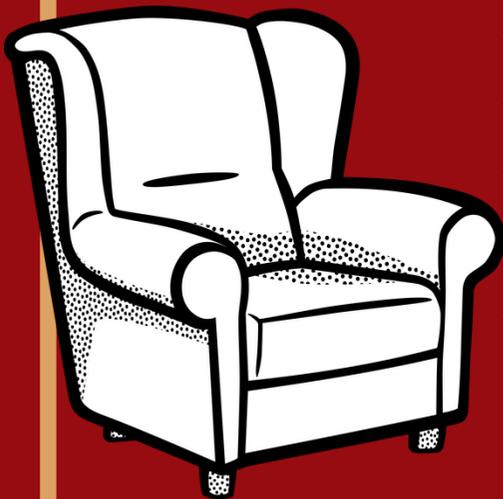
# PROCRASTINATION

Procrastination is the act of unnecessarily postponing decisions or actions. It is typically a perfectionist avoiding undesired outcomes or feeling pressure to perform at a high level. It is a fear of letting others down or not achieving the goal.

It affects:

- career
- self-esteem
- relationships
- energy
- attitude

IT DELAYS YOUR  
DESIRED  
OUTCOME



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**Solution: inspiration + accountability**

*The unsuspected danger of:*

# TOO MANY GOALS

With that common mindset, it is no wonder why so many people tend to make a massive list for themselves to achieve, which in the long run is not exactly the best route to take. In fact, setting too many goals can actually crash your progress and overwhelm your planning strategies.



It affects:

- progress
- strategy
- stress
- productivity
- effectiveness

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

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**Solution: clarity + prioritization**

*The unsuspected danger of:*

# PESSIMISM

Pessimism affects your mental health because it constantly feeds you negative thoughts. A negative mindset can lead to anger and depression. It causes people to limit themselves, leading to the loss of opportunities for growth and success.



**It affects:**

- satisfaction
- happiness
- motivation
- inspiration
- effectiveness

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

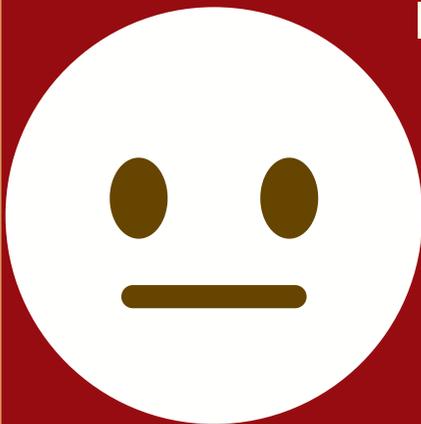
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**Solution: optimism + preparation**

*The unsuspected danger of:*

# AMBITION

In excess, ambition damages reputations, relationships, and can lead to catastrophic failure. On the other hand, too little ambition can make the person in question look lazy and unmotivated. Further, it can result in mediocre performance, boredom, and a bleak sense of futility.



It affects:

- relationships
- performance
- happiness
- energy

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

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**Solution: try & balance new things**

*The unsuspected danger of:*

# FANTASIZING

So if you're fantasizing and lost in your imagination, you could be generating emotions that aren't based in reality. But the emotions feel very real. That can cause confusion when you are being confronted with reality. That confusion will cause you to make poor decisions based on the fantasy, not reality.



It affects:

- action
- relationships
- stability
- productivity
- communication

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

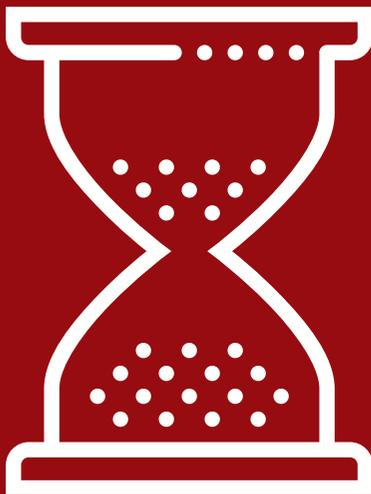
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**Solution: presence + routines**

*The unsuspected danger of:*

# DWELLING ON PAST

Overthinking about the past can leave you not taking action in the present, which can prevent a better future. Healing unresolved issues or coming to an understanding can help you to let go and move forward. We can't change the past but we can prepare for the future.



It affects:

- concentration
- anxiety
- mood
- productivity
- effectiveness

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

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**Solution: exploring new experiences**

*The unsuspected danger of:*

# VALIDATION

Caring about what other people think (too much) can be detrimental to your success. Sometimes it will affect your behavior subconsciously and impair your judgement, actions, and effectiveness toward your goals. Remember what is important to you and your reason for your goal.



It affects:

- happiness
- stress
- mood
- productivity
- effectiveness

**IT DELAYS YOUR  
DESIRED  
OUTCOME**

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**Solution: trust your decisions**