



NOTHING HELD BACK

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Freddie Bennett



CONQUER

Agenda

The Million-Dollar Skillset

Sex, Drugs, Money, Power...and Professional Development

The Five Laws of Authenticity

The Secret Key of Freedom

“The first and
greatest victory is to
conquer yourself.”

- Plato



The Million Dollar Skillset

Living in Scare City

- You can have more than you've got if you become more than you are.
- Your level of career success will never exceed your level of personal development.
- Career success is something you attract by who you BECOME, not something you pursue by what you DO.
- Running out of TIME and losing sight of VALUE

Dealing With A 'Thinking' Problem

WHO, not HOW

Our performance does not rise to the level of our confidence.

Our performance falls to the level of the structures we put in place.



The 5 Laws of Authenticity

The 5 Laws of Authenticity

- The Law of Choice
- The Law of Foresight
- The Law of Momentum
- The Law of True Nature
- The Law of Freedom

The Law of Choice

VICTIM

It's their fault
This is who I am
There can't be a problem
Commitments are feelings
External things give me energy
Never enough time

OWNER

I'm responsible
Who do I want to be?
I'm going to fix it
Commitments are commitment
I give the energy to others
I make time for the things I value

The Law of Choice

Every problem you've had for more than a few months is because you decided to keep that problem.

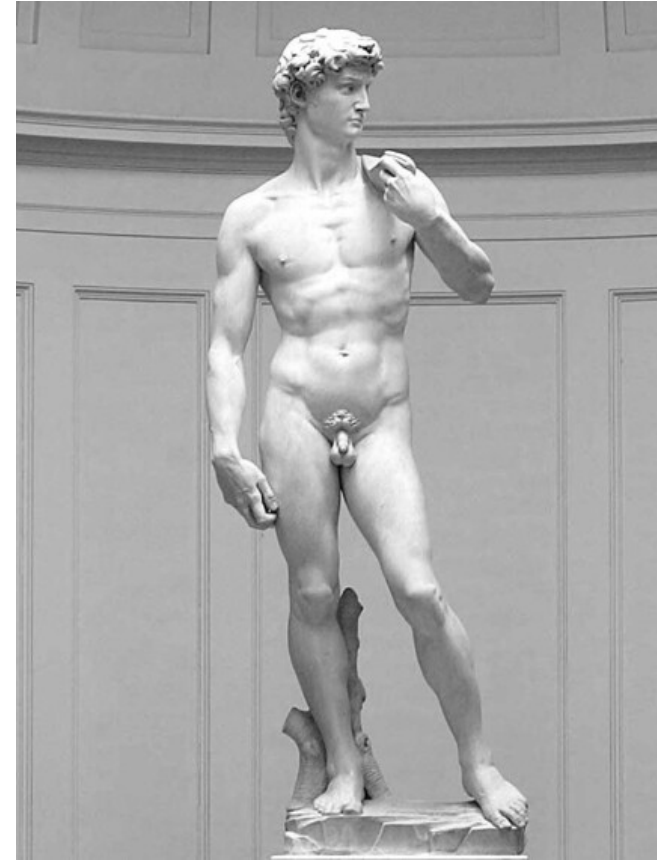
You will become as small as your controlling desire OR as great as your dominant aspiration

The Law of Foresight

Knowledge is the enemy of learning.

Thoughts cannot be kept secret forever.

The 'foresight five'.



The Law of Foresight



The Law of Momentum

Momentum is the enemy of stagnation

Outcome only matters when you attach a timeline to your goals



The Law of True Nature



Anabolic Thinking

You can predict someone's future based on how easily they can be stopped

Embracing Chaos

The Law of Freedom



It's about TIME

Extraordinary PAs &
EAs achieving
remarkable things

The Secret Key of Freedom

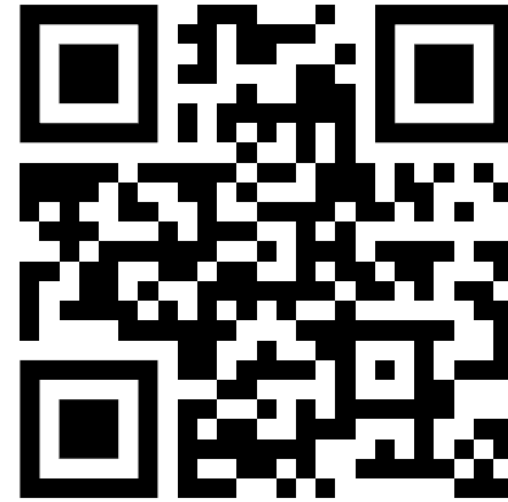
“It’s never too late to become who you were always meant to be .”



Make it Happen



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Thank You