









**PATAUD**  
Disruption 2.0  
**CONSULTING**

**DISRUPT**

**INSPIRE**

**CONVERT**

**Close more DEALS**

**Make more MONEY**

**Have more FREEDOM**

# Disruption 2.0



## *TODAY*

- 1. A Process to Overcome Mental Roadblocks*
- 2. Psychology Behind Successful Goal Setting*
- 3. Plan your days to WIN*



# Disruption 2.0

## THE FACTS



# Disruption 2.0

BUSINESS IS NOT  
ABOUT MAKING  
MONEY



# Disruption 2.0

WHERE YOU  
DON'T  
WANT TO  
BE





# Disruption 2.0

WHERE YOU  
WANT TO BE



# Disruption 2.0

# OVERCOME MENTAL ROADBLOCKS





# Why Overcome Roadblocks?



**FRUSTRATIONS**

**UP AND DOWN  
EMOTIONAL ROLLER  
COASTER**



# Why Overcome Roadblocks?



**LITTLE VOICE OF SELF DOUBT**





# Why Overcome Roadblocks?



NOT GOOD ENOUGH



# Why Overcome Roadblocks?



**FEAR**

**YOU WAKE UP WITH  
UNCERTAINTY**

**STRESS**

**DOUBT**

**= BURNOUT**



# Why Overcome Roadblocks?



**WANT:**

**FREE FROM PRESSURE**

**CONTROL & CERTAINTY**

**CLARITY IN THOUGHTS**





# Why Overcome Roadblocks?



**FEEL REJUVINATED**

**SELF-CONFIDENT**

**GROWTH EVERY DAY**





# Why Overcome Roadblocks?



**NOTHING HOLDING YOU BACK**

**NO FEAR OR DOUBT**

**A PROCESS TO OVERCOME YOUR  
FEARS**



# Why Overcome Roadblocks?



**DREAM**

**FULL OF PURPOSE**

**PASSIONATE & DETERMINED**

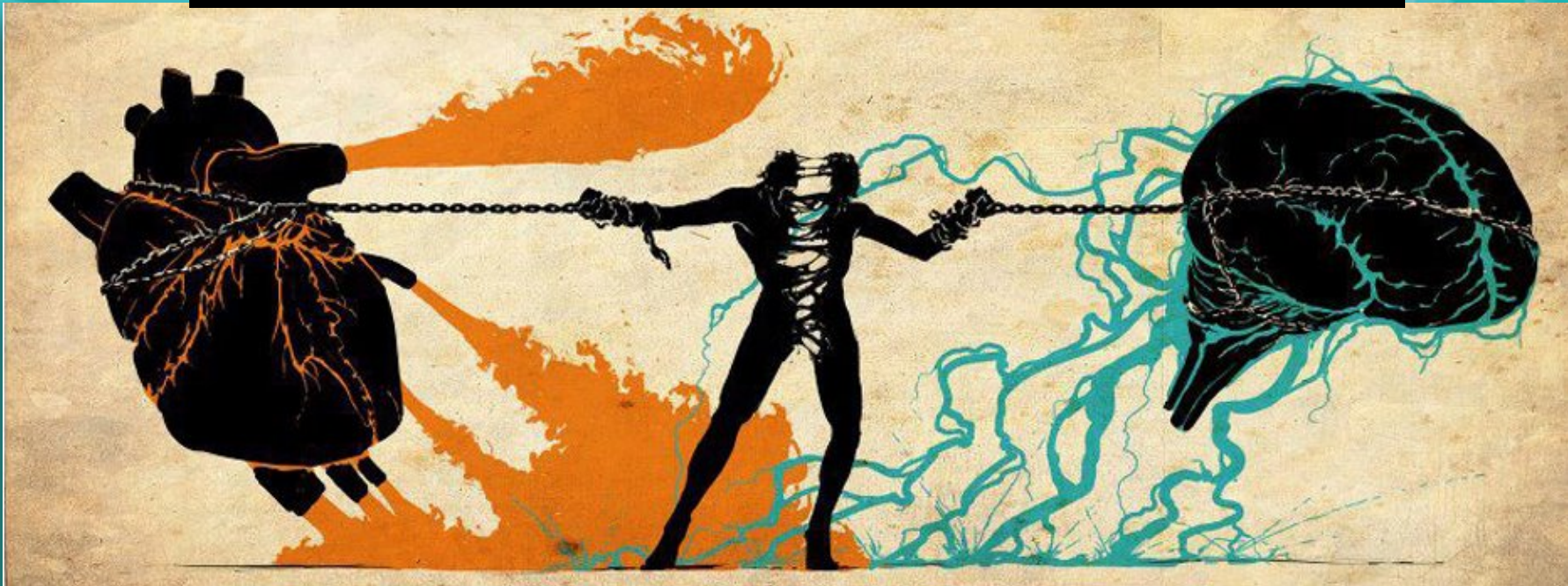
**HIGH PERFORMING BELIEFS**

**WAKING UP INSPIRED**



# Why Overcome Roadblocks?

*Man must conquer himself  
before anything else*







# Why Overcome Roadblocks?

Old self -> New self







# Why Overcome Roadblocks?

Meet Emma



Click to add text

# ***1. THE GREENHOUSE EFFECT***

Click to add text

# ***2. DIRECTOR OF YOUR LIFE***

# ***YOUR GREENHOUSE EFFECT***







**A coconut tree can't mature  
indoors**





***What is holding  
you back?***





**3 most common  
words heard as a  
child?**





# BEN'S BELIEF





## 2. DIRECT YOUR LIFE

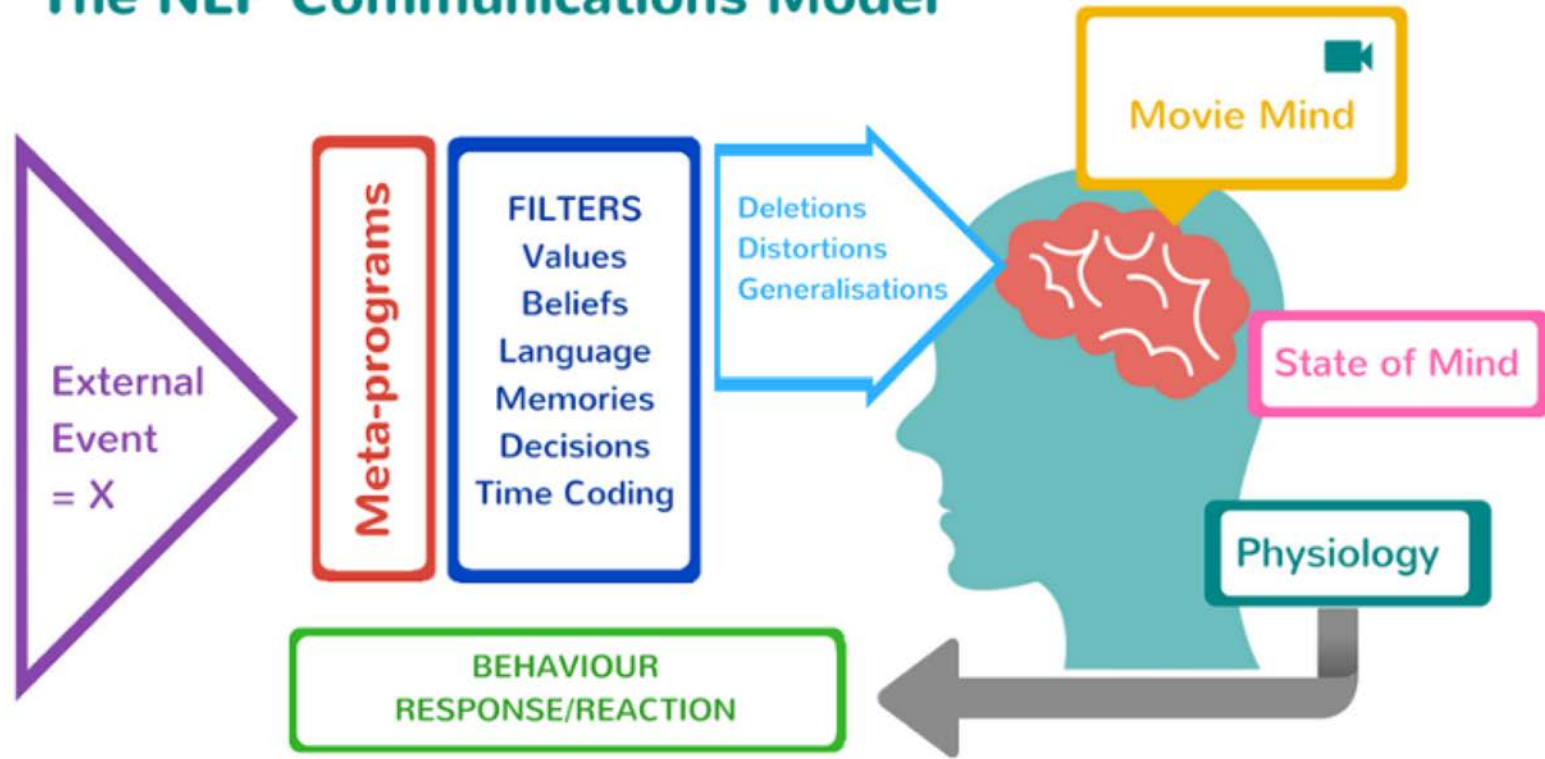




**Life is a cinema and you are  
the director**



## The NLP Communications Model

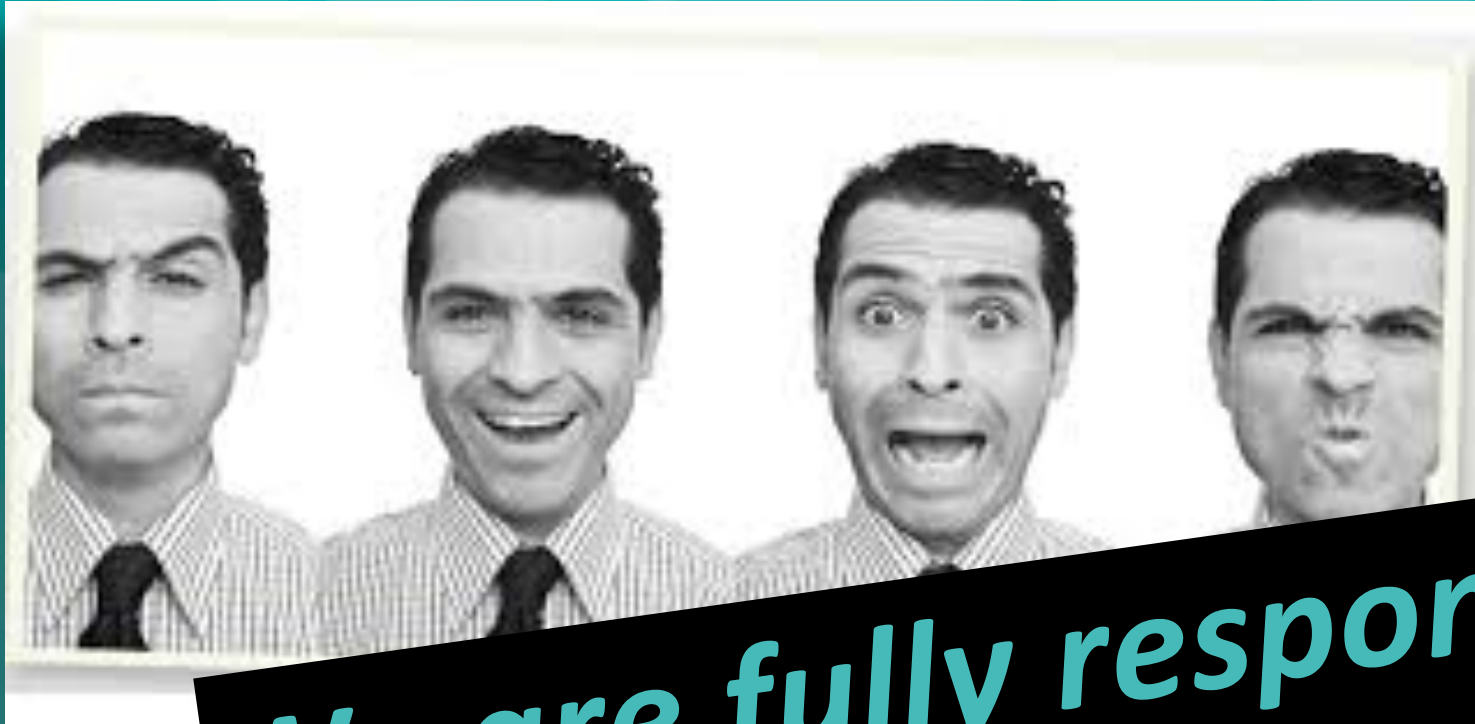




# TWIN SIBLINGS





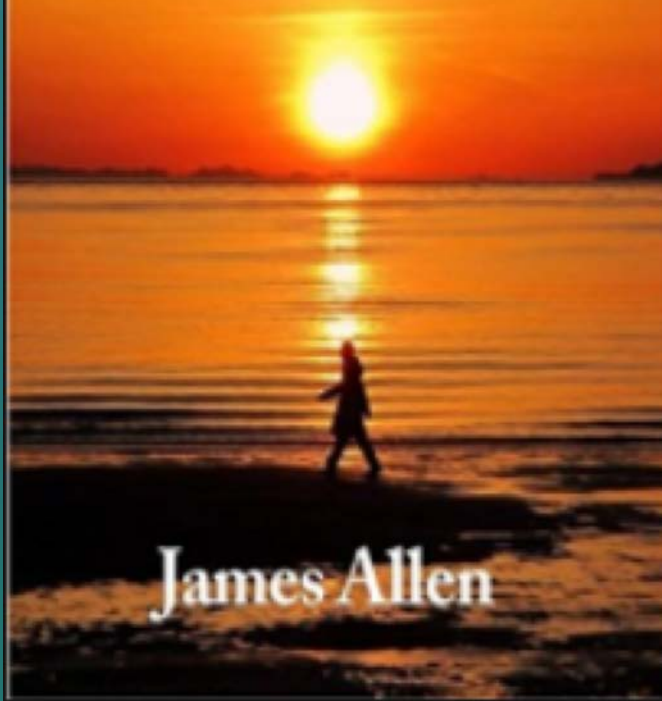


*We are fully responsible for  
how we react to life's events*



# AS A MAN THINKETH

“The Original Bestseller”

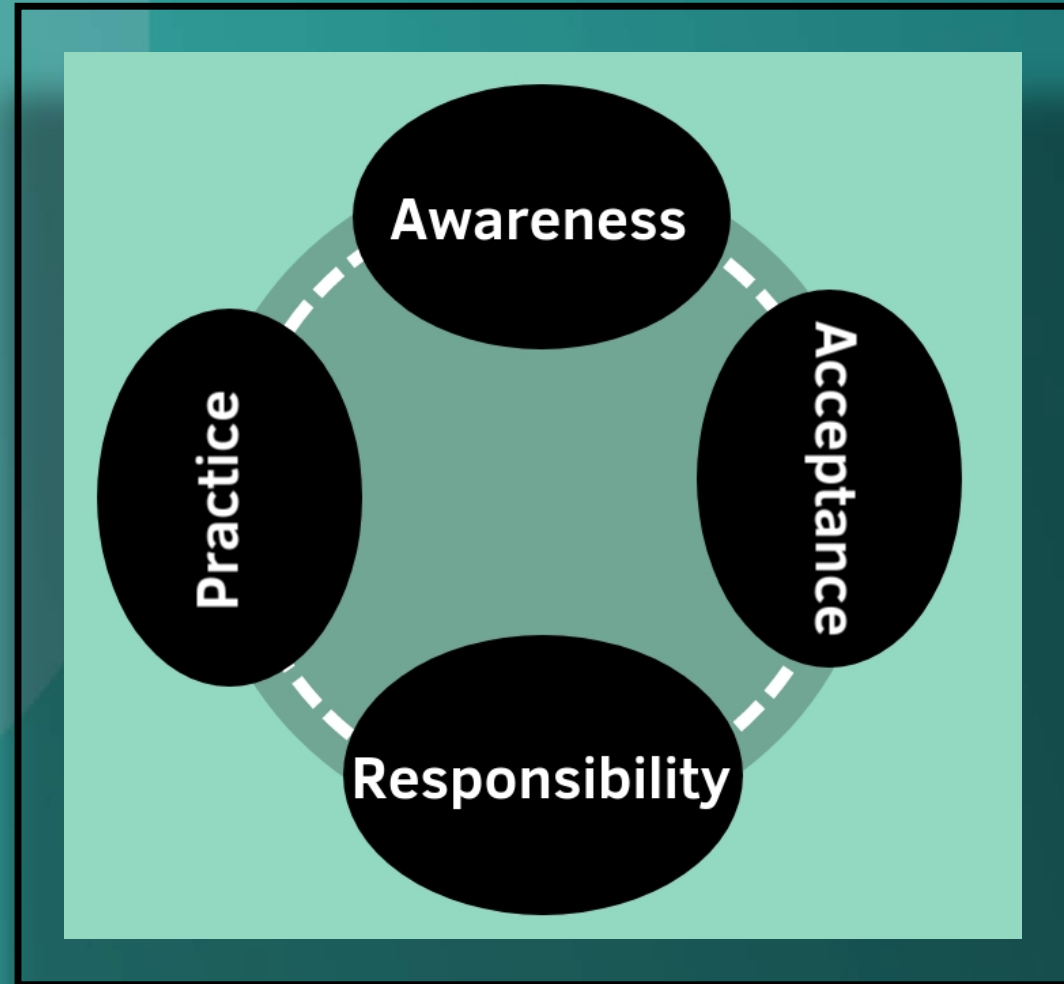


James Allen



# ***HOW?***

## ***4 Stages of Growth***



# LET'S PLAY!



- 1) Write down a list of EVERYTHING that bothers you
- 2) Give each event ACCEPTANCE - Fully Embody it (what ever we resist persists)
- 3) Embrace every experience as a lesson for growth (how quickly can you find the lesson?)
- 4) Take FULL ownership of your life – Regain your power (don't give away your power)
- 5) In EVERY situation ask yourself this question:

**WOW – What am I learning here?**



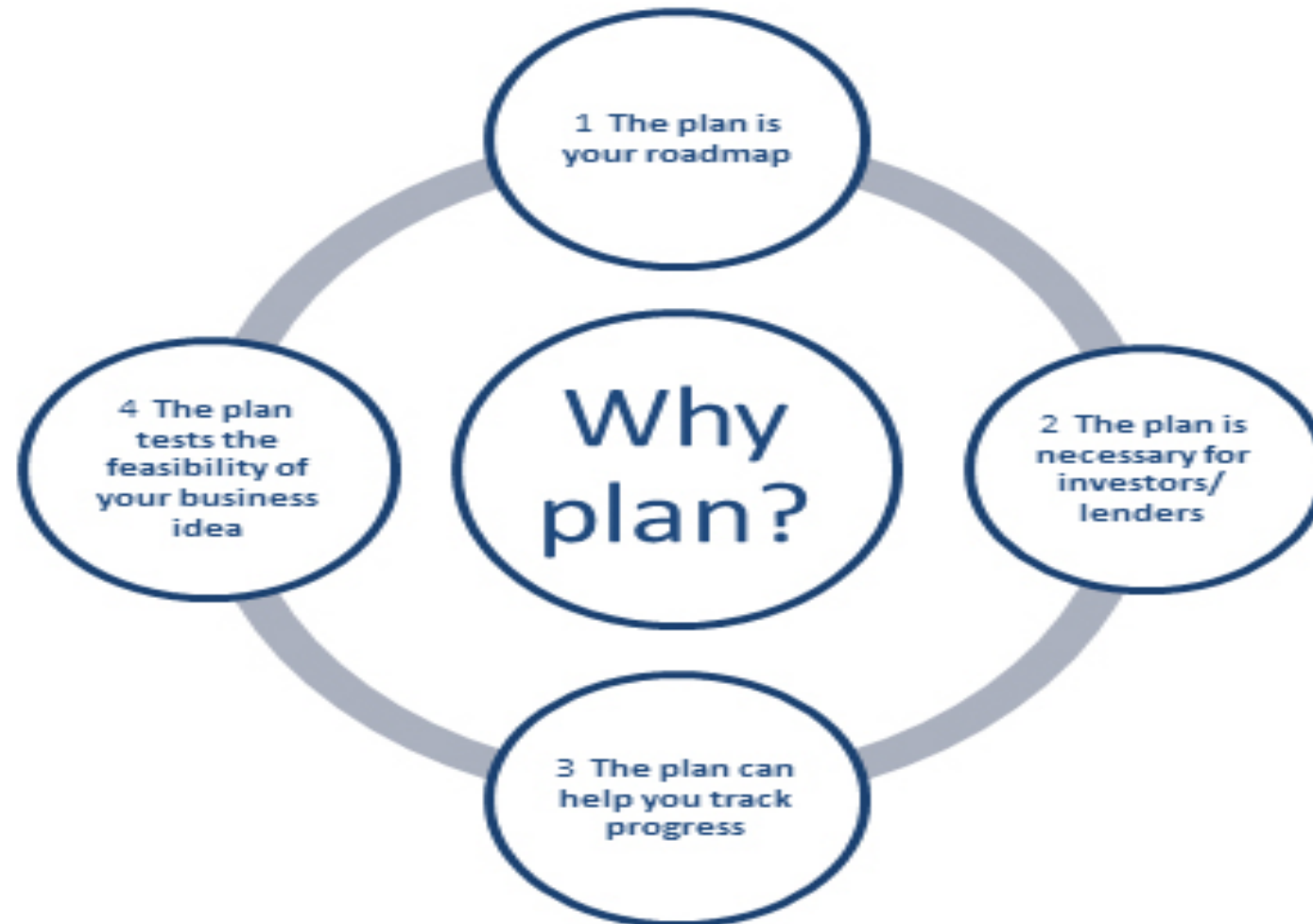
# Disruption 2.0

## PLANNING & GOAL SETTING

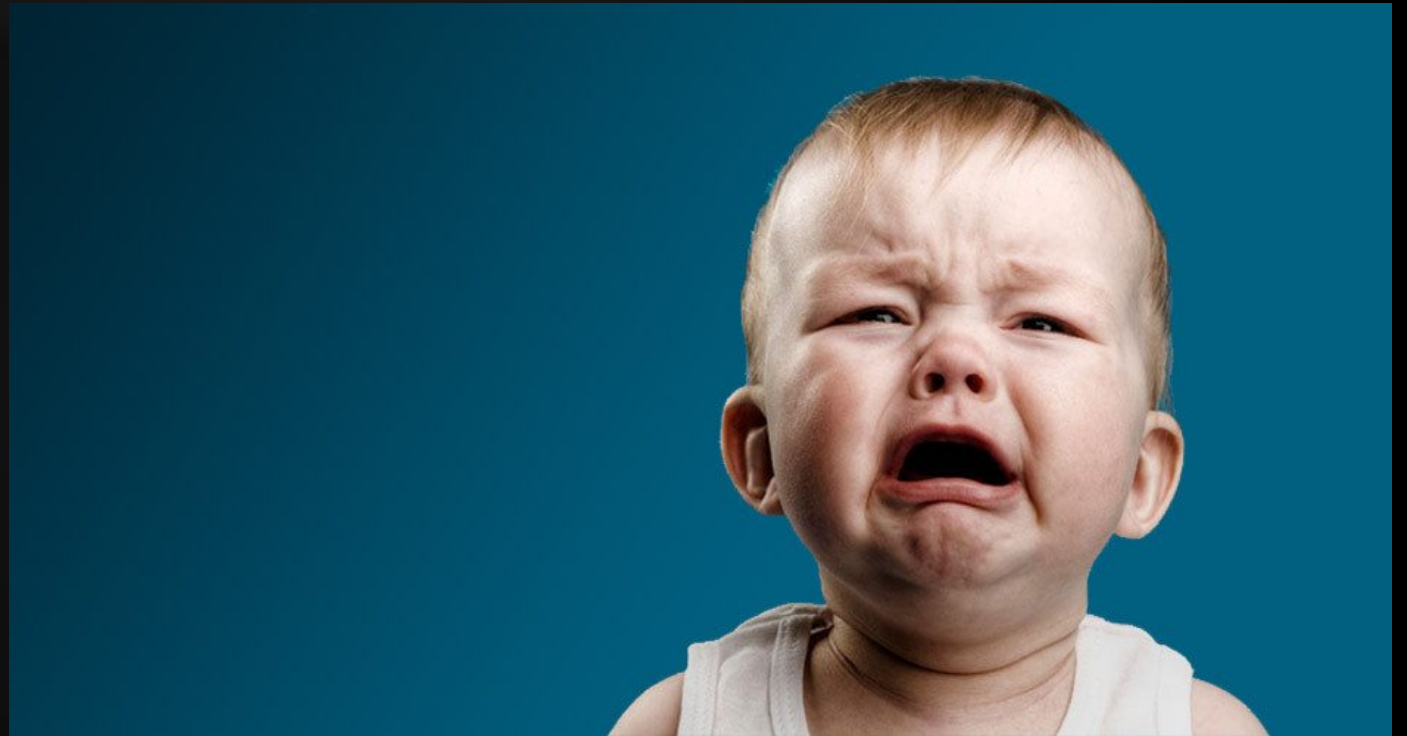




*THE PATH  
BECOMES CLEARER WHEN  
YOU DECIDE  
WHICH MOUNTIAN YOU  
WANT TO CLIMB...  
& WHY*



5 COMMON  
REASONS  
WHY PEOPLE  
FAIL





1

# COMPREHEND POWER



2

NOT DISCIPLINED



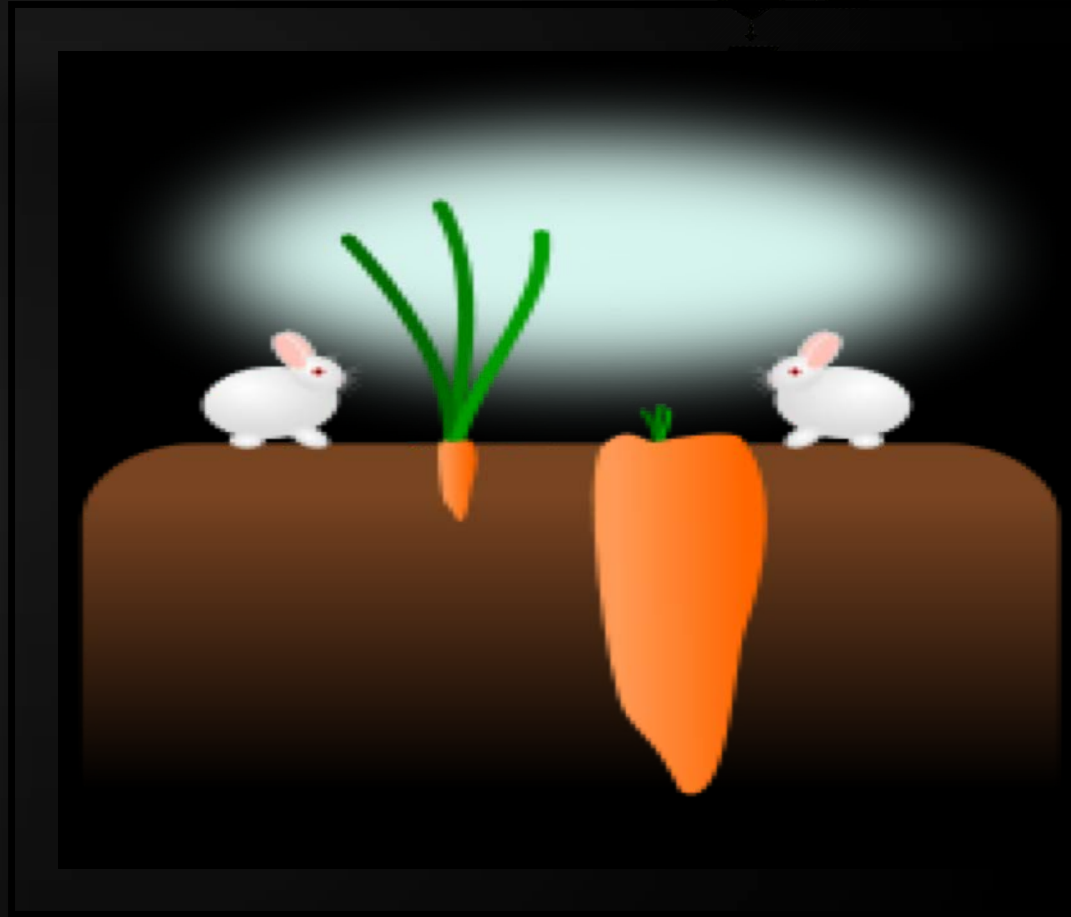
3

NOT REALISTIC



4

UNDER/OVERESTIMATE



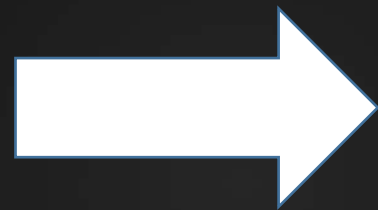


5

NOT BITE SIZE



Structure creates  
discipline



discipline creates  
healthy human  
beings

HAVE PATIENCE – It takes 62 days to form a new habit

*“THE ULTIMATE REASON FOR  
SETTING GOALS IS TO ENTICE YOU  
TO  
BECOME THE PERSON IT TAKES TO  
ACHIEVE THEM”*

# HOW?



1. THE 'POWER' Model – (Framework for goal setting)
2. Reverse engineer your goals – (10years, 7,5,3,2,1)
3. Apply The 80/20 Rule – (Pareto Principle)
4. Start Small



# REVERSE ENGINEERING

**Purpose**



**Mission**



**Priorities**



**Goals**



**Tasks**



# 4 KEYS TO PLANNING:

## 1. REMEMBER WHY YOU STARTED -

Connecting your WHY will give you clarity and fuel to achieve

## 2. IS THIS GOAL REAL FOR YOU AND WHY -

Question yourself before you embark on a journey that might not be true for you

## 3. GIVE YOURSELF TIME -

Create a realistic time frame to get there (5 -10-15 -20 years)

## 4. PLAN WITH YOUR FAMILY –

Your partner's goals should form part of your business goals

# WINNING THE DAY

*“If we can WIN the day,  
then the days turn into  
weeks, weeks into  
months & months into  
years”*



# 7 STEPS TO WIN THE DAY





# 1

Diarise & plan your week every Sunday  
Schedule in ALL planning dates for the year ahead

2018 OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# 2

Create a morning ritual,  
find one that works for  
you.  
(Resource Book - Miracle  
Morning by Hal Elrod)



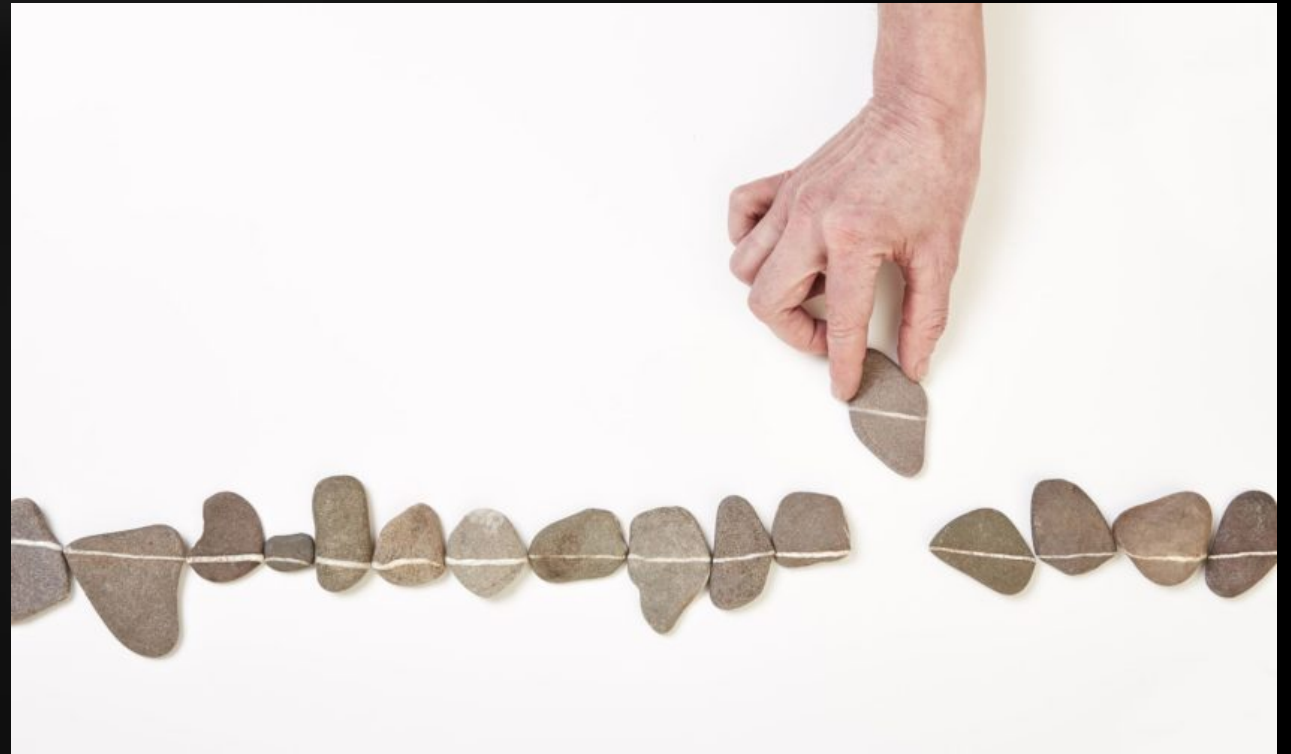
# 3

Do the hardest task first  
thing - (Always be  
thinking ROI)



# 4

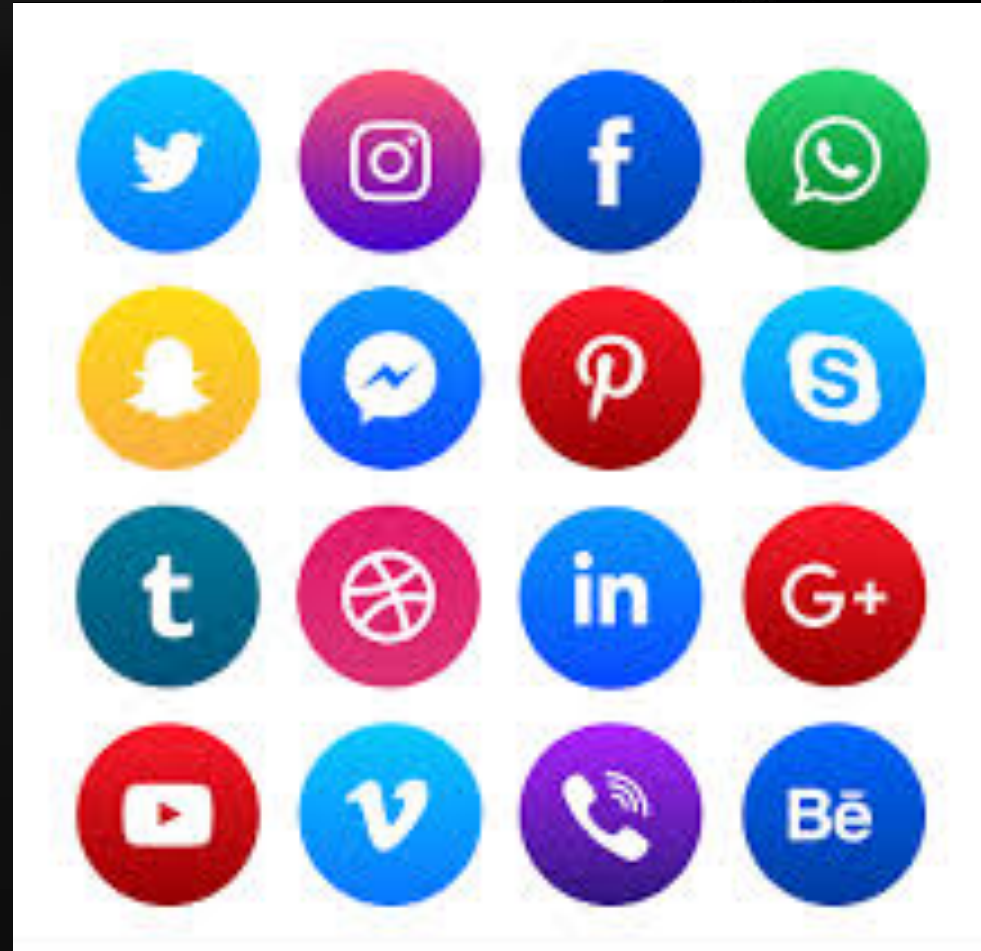
Allow time for interruptions – (they happen! Set aside 30 to 45mins each day)





# 5

Schedule times to check your emails & Socials twice daily (unless urgent)



# 6

Use a monitoring device like: Rescue Time, Slogger, Slimtimer – to monitor your day



# 7

Debrief every day so you can see what works well and what needs to change



LET'S CONNECT!

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