

Is Your Mind Your Friend?

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**Do you have a fulfilling,
purposeful and peaceful life
today?**

**Life = Relationships + Work +
Parenting + Self + x + y**

Does my relationship feel fulfilling? Am I thriving in it?

Does my work give me purpose and meaning, or only money?

Do I believe I am doing what I should to give my kids a fulfilling and peaceful life?

Do I feel connected with myself, my personal journey, my personal story?

For a fulfilling, purposeful and peaceful life, you need:

- A deep connection with yourself - through the **practice of Contemplation**
- Guidelines / a decision-making framework to make the right decisions - **The Adios principles**

The Adios Principles - Exercise

CEO: Should I raise money from this investor?

Twin Voices

The Urge To Prove

Negative Comparison

Feels Good vs Feels Right

Inward vs Outward

The Adios Principles - Exercise

CMO: Should we run with this positioning for our product?

Twin Voices

The Urge To Prove

Negative Comparison

Feels Good vs Feels Right

Inward vs Outward

Experience Sharing - Jason Widup

What is Mental Fitness?

The ability to:

- Dissolve all external distractions
- And focus sharply on what is really important
- Make such decisions that create a fulfilling, purposeful and peaceful life

How to use Contemplation for Mental Fitness?

Level 1

Use the Adios principles to reduce your distractions and restlessness, improve your mindfulness in day-to-day life to make better decisions

How to use Contemplation for Mental Fitness?

Level 2

Redirect the energy saved through Level 1 into making the worldly life more fulfilling and peaceful - Relationship, Parenting, Work, Other

How to use Contemplation for Mental Fitness?

Level 3

Use Contemplation to go deeper into the world of the subtle

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Get the Adios Mental Wellbeing Framework on

www.AdiosWorld.com/Books

