



From a 3-Time Cancer Conqueror To Relearning How to Walk . . .

**To 8 Continent Marathon Man**

**To Now, Motivational**

**Keynote Speaker!**

*"When it comes to your VICTORY,  
It's your mindset that counts."*

**MATT JONES**



**MATT IS A WORLD CLASS ACHIEVER IN  
OVERCOMING ADVERSITY AND CHANGE**

**THREE-TIME  
CANCER CONQUEROR**

**BONE MARROW  
TRANSPLANT SURVIVOR**

**COMPLETED EIGHT  
MARATHONS ON EIGHT  
CONTINENTS AFTER  
RELEARNING HOW TO WALK**

**"Matt Jones has done what anyone  
would consider impossible.**

**Conqueror. Overcomer. Champion. Superhuman.**

**None of those words do him justice."**

***-Scott Hamilton, Olympic Gold Medalist***





A photograph of an elderly couple on a beach. The woman in the foreground is laughing and looking towards the man. The man in the background is also laughing. The text "Lighten Up, Don't Tighten Up" is overlaid in white. 

**Lighten Up, Don't Tighten  
Up**







**Too BLESSED  
to be stressed**



**Negativity Bias** refers to how our brains are hardwired due to our biological/evolutionary ancestors to seek the challenges and threats in our environment.

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A cartoon illustration of Homer Simpson from 'The Simpsons'. He is shown from the chest up, wearing his signature white shirt and yellow tie. He has a frustrated or exasperated expression, with his eyes squeezed shut and a small frown. A large white speech bubble with the word 'DOH' in bold black letters is coming out of his mouth. The background is a solid black color.

**DOH**

# Life Blessings Daily Bank Account

Heartbeats= 100,000

Seconds in a day= 86,400

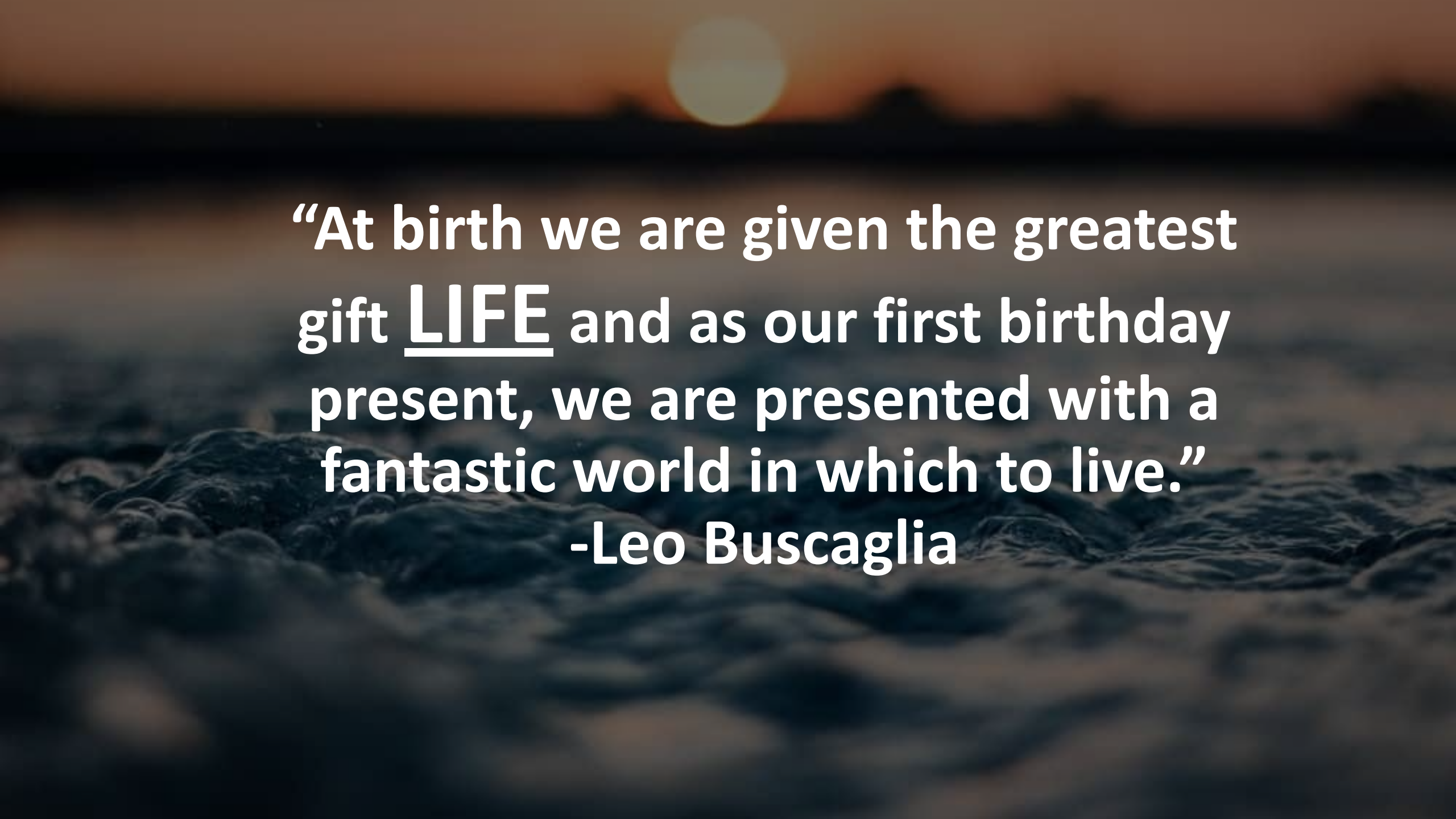
Breaths= 23,000

Total= 209,400

Five People You Love  $209,400 \times 5 = 1,047,000$

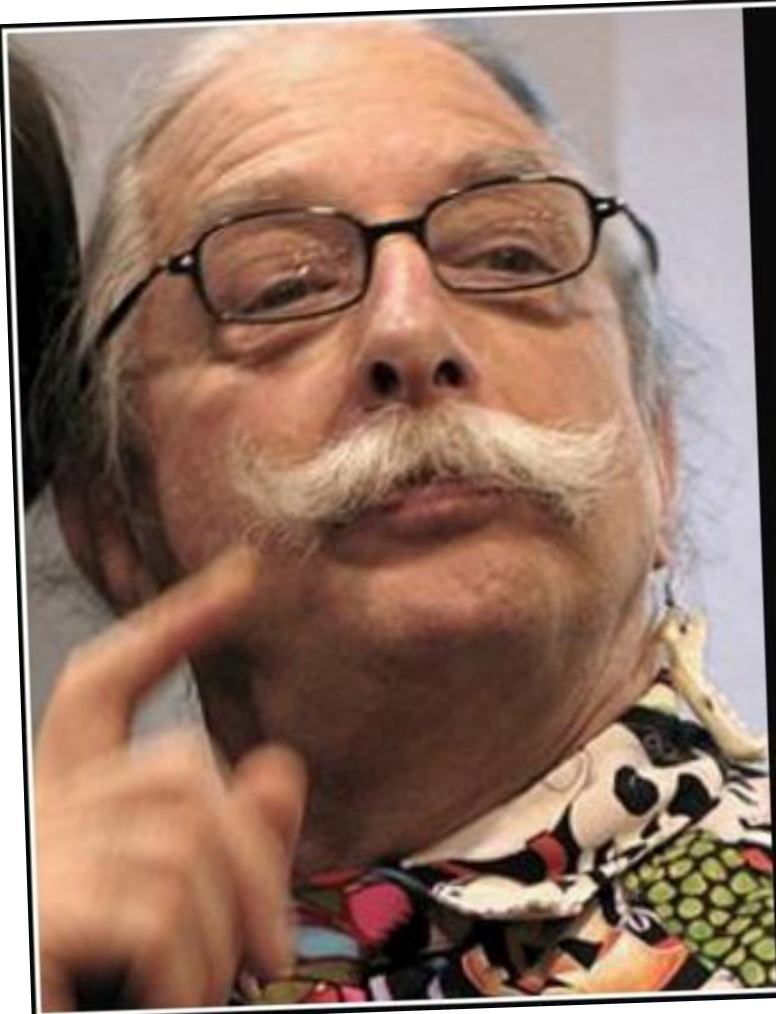
You are a Blessings Millionaire!





“At birth we are given the greatest gift LIFE and as our first birthday present, we are presented with a fantastic world in which to live.”

-Leo Buscaglia



Laughter boosts the immune system and helps the body fight off disease, cancer cells as well as viral, bacterial and other infections. Being happy is the best cure of all diseases!

— *Patch Adams* —

**AZ** QUOTES



# KNOW WHY LAUGHING IS GOOD FOR YOU?

## Five health benefits of laughter



**Helps the heart by improving blood flow**



**Helps relieve pain by releasing endorphins**



**Eases feelings of depression and anxiety by reducing stress hormones**



**Helps burn calories by raising the heart rate**

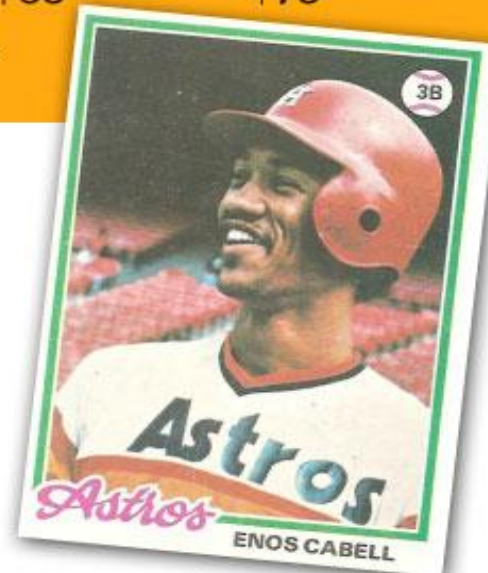
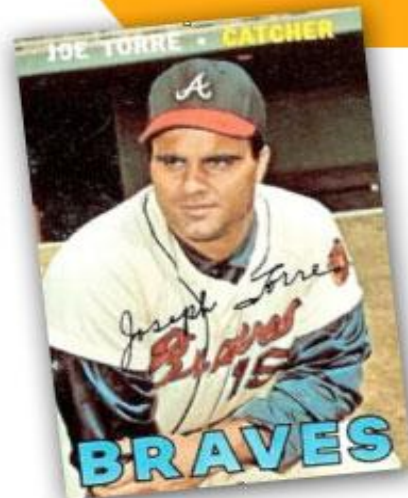
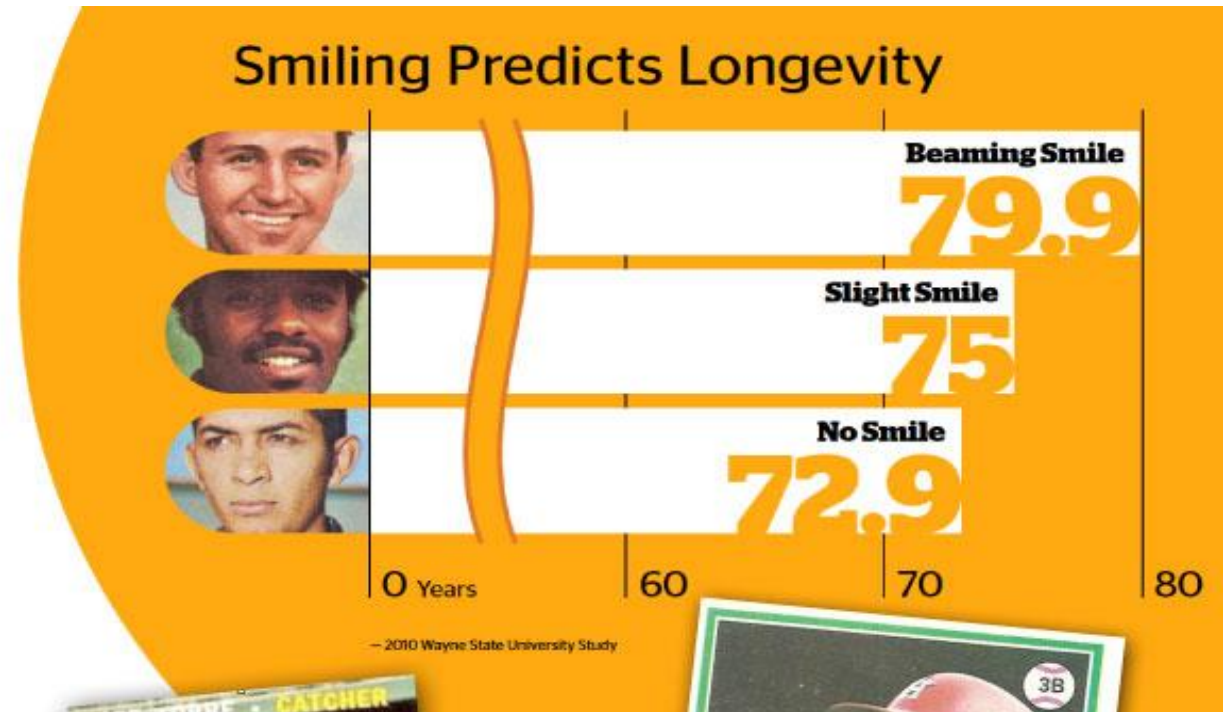


**May help the immune system by boosting infection-fighting antibodies**

Source: Based on information from WebMD, 30 January 2018; 13 November 2017; and 13 August 2015.  
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# 1952 Baseball Cards Study and Smiles






Today me will live in the moment,  
unless it's unpleasant,  
in which case me will eat a cookie.

- Cookie Monster

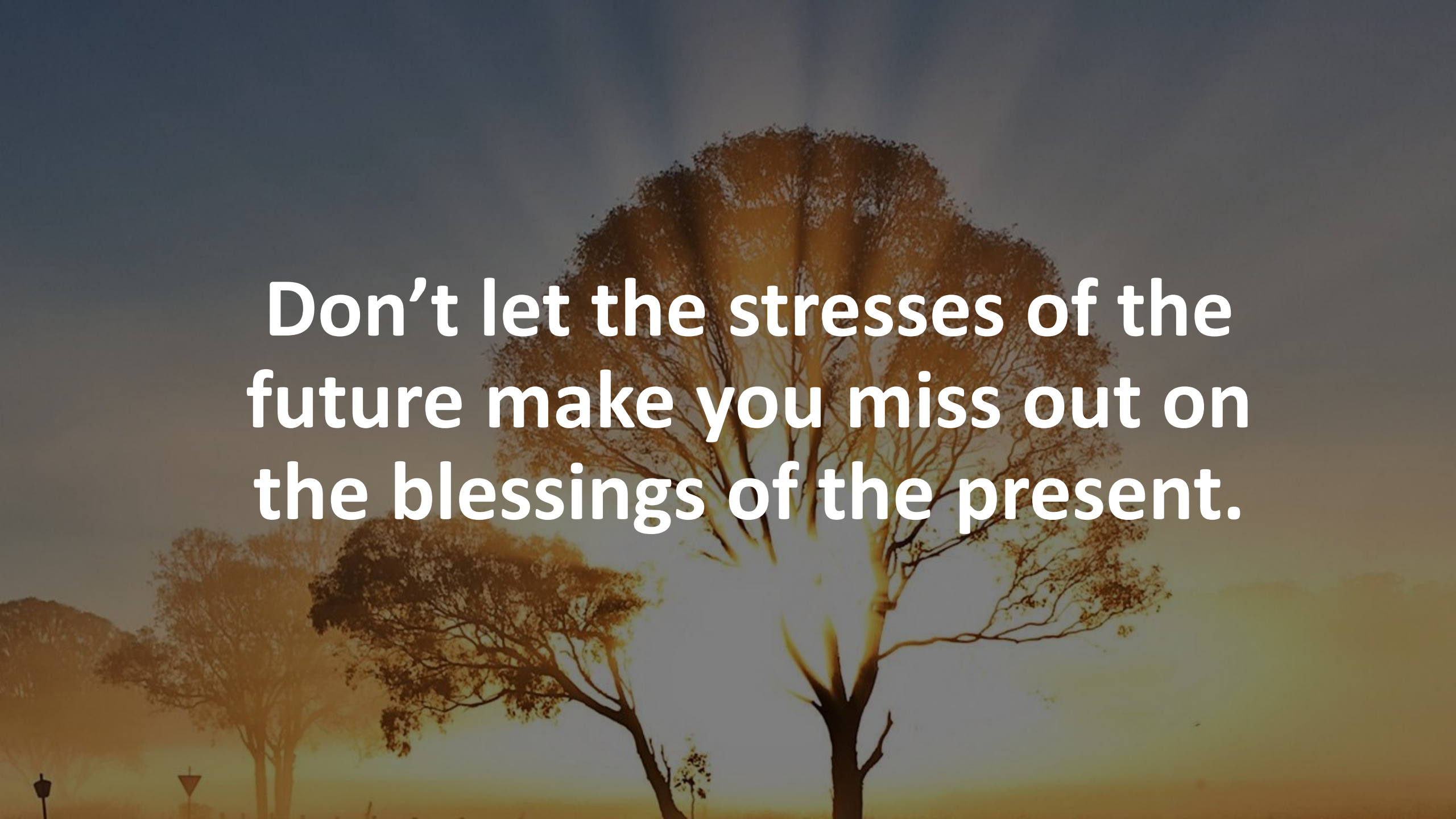




A serene landscape featuring a waterfall cascading over rocks into a stream, surrounded by lush green forest. The scene is captured with a long exposure, giving the water a soft, ethereal quality. The text is overlaid in the center, providing a philosophical quote.

**“The present moment is the only  
moment available to us, and it is the  
door to all moments.”  
—Thich Nhat Hanh**





**Don't let the stresses of the  
future make you miss out on  
the blessings of the present.**

A close-up, low-angle shot of a young woman with dark, curly hair, smiling broadly and looking upwards. She is outdoors, with green foliage and a blue sky visible in the background. The image has a soft, slightly desaturated aesthetic. Overlaid on the right side of the image is the text "We are so blessed in this moment" in a white, sans-serif font.

We are so blessed in this  
moment



A wooden boardwalk made of grey planks winds through a dense forest with vibrant green foliage and trees. The path curves gently into the distance, creating a sense of journey and direction.

# **3 Simple Choices**

## **Stay Motivated in the Marathon of Uncertainty**



# From three-time cancer conqueror and relearning how to walk . . .





# To Completing 8 Marathons on 8 Continents!



## Small Circle of Responsibility






“You cannot always control what goes on outside. But you can always control what goes on inside.”


-Wayne Dyer

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A vintage black rotary telephone sits on a wooden desk. The phone has a coiled cord and a handset. The background is slightly blurred, showing a wooden surface and some papers. The text 'THE CALL 9/11/02' is overlaid in white, bold, sans-serif font. The entire image is framed by a thin white border.

# THE CALL 9/11/02



A conceptual image featuring a compass rose. A prominent blue arrow points towards the word 'VISION', which is written in large, light blue capital letters along a curved, scale-like background. The word 'ON' is partially visible to the left of 'VISION'. The compass rose itself has multiple points, with the central needle area visible. The overall color scheme is dark with blue highlights.

“Where there is  
no vision the  
people perish.”  
**-Timeless Truth**

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# VICTORY

**Choice 1:  
Visualize Your  
Victory**

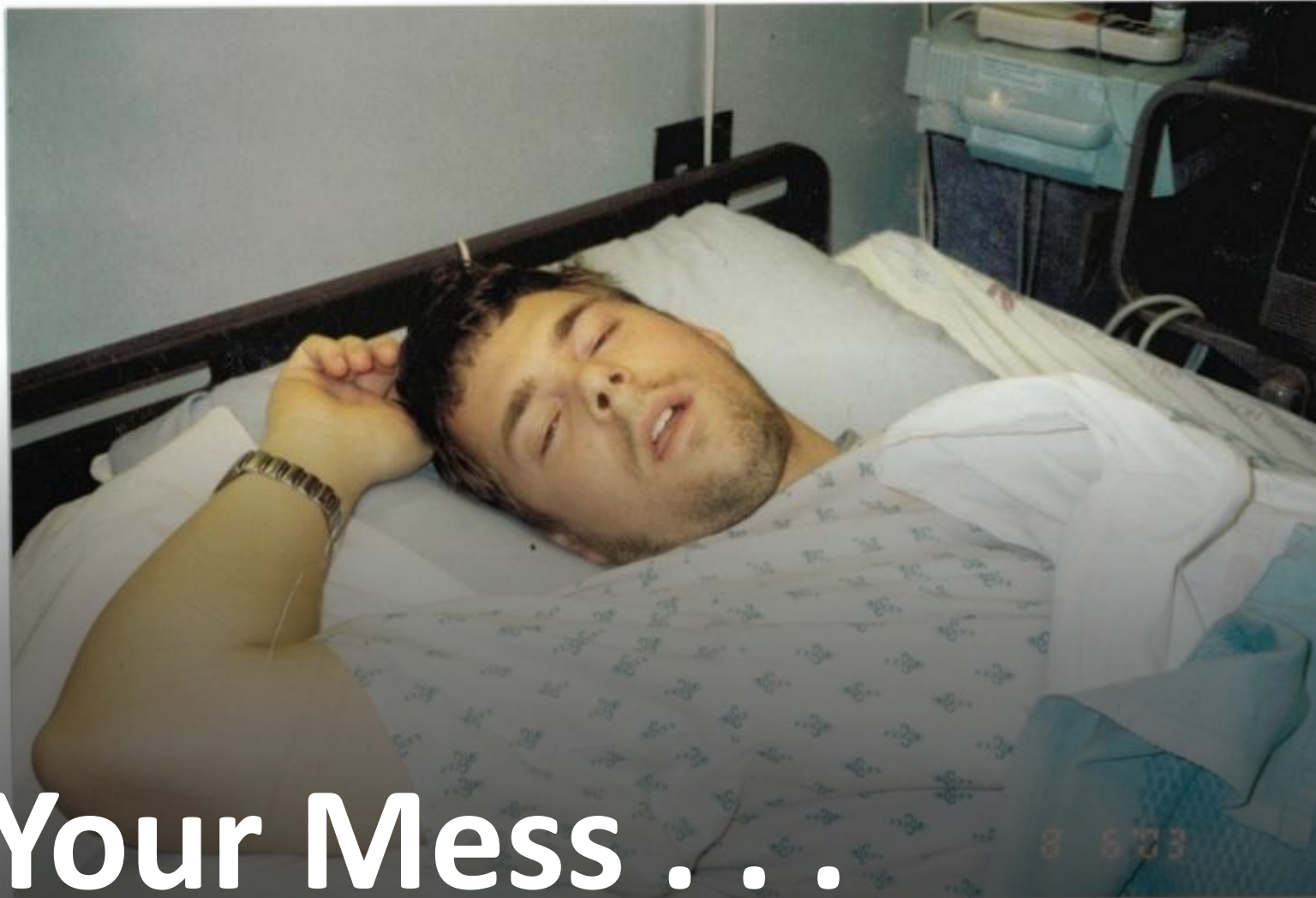






**Circumstances + Perception = Reality**





From Your Mess . . .



**Comes Your Message**



# VICTORY

**What's one Victory You Want to  
Achieve in the next 90 Days?**



A woman with blonde hair tied back, wearing a purple t-shirt and a black skirt, is seen from behind as she walks up a long, wide staircase. The staircase is part of a green-painted metal bridge structure with rivets. The steps are made of concrete and are scattered with dry leaves. The background shows green trees and foliage. The text is overlaid in the center of the image.

**“You don’t have to see the whole  
staircase, just take the FIRST STEP.”  
-Dr. Martin Luther King Jr.**



A fluffy yellow duckling is walking away from the camera on a dirt path. The duckling has its wings slightly out and its tail feathers are visible. The background is a blurred natural setting with green grass and brown earth.

ONE STEP

**Choice 2:  
Take Action**







**Skill + Effort = Achievement**



From Your Test . . .

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Comes Your Testimony

10/3/1



If you can't fly, then **RUN**.  
If you can't run, then **WALK**.  
If you can't walk, then **CRAWL**.

But whatever you do,

**YOU HAVE TO KEEP MOVING.**



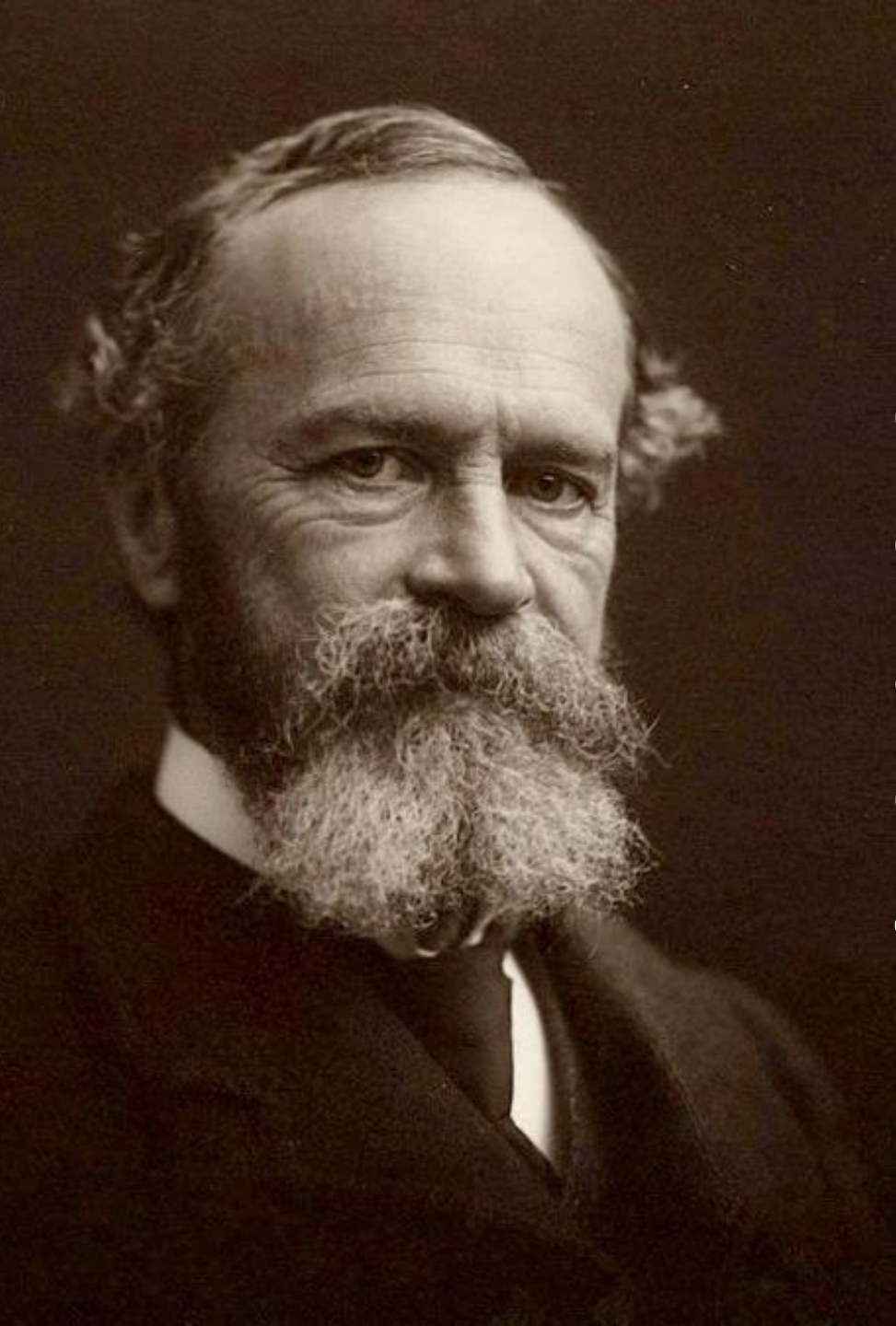
-Martin Luther King, Jr.



**What's One Action  
Step You Can Take?**







**“Greatest discovery of  
our generation is that we  
can alter our lives by  
altering the attitudes of  
our mind.”**

**-William James**

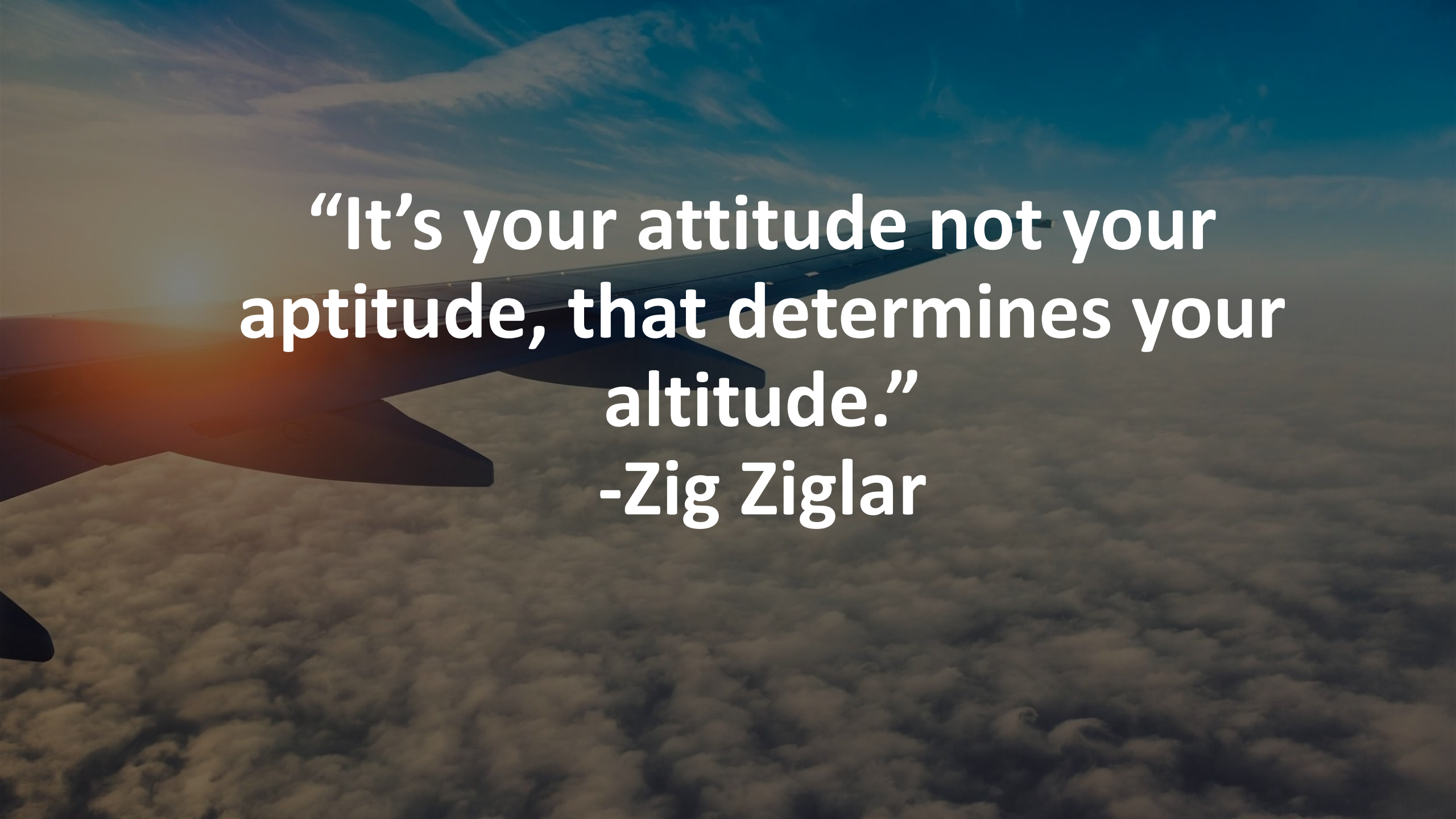


# ELEVATE

Choice 3:

**Elevate Your Attitude**



The background of the image shows a close-up of an airplane wing on the left side, extending towards the center. Below the wing, a vast expanse of white, fluffy clouds stretches across the frame. The sky above the clouds is a deep blue with some wispy white clouds. The overall lighting suggests a bright, sunny day, with a slight lens flare effect visible on the left side near the wing.

**“It’s your attitude not your  
aptitude, that determines your  
altitude.”**

**-Zig Ziglar**







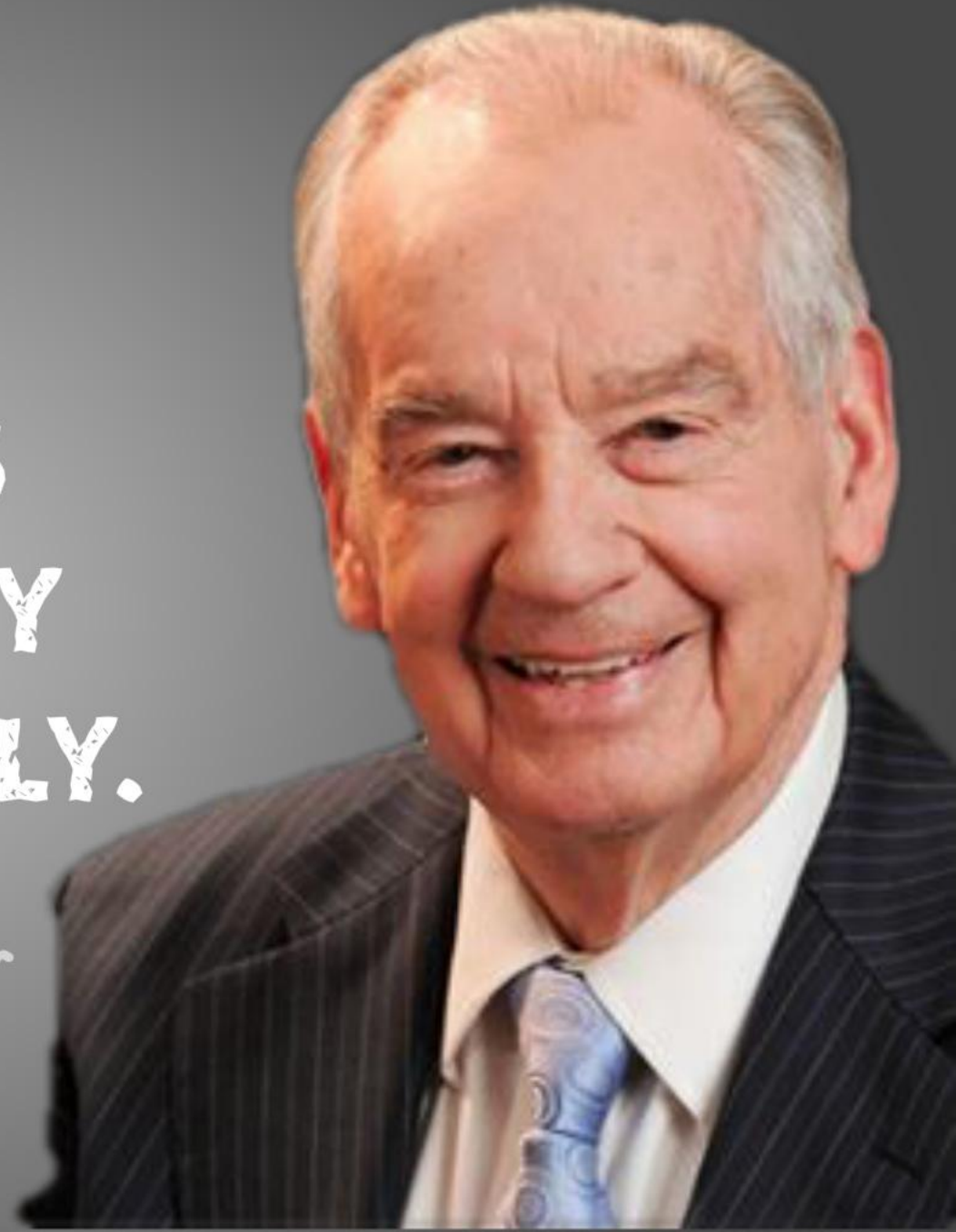
**Feelings You Feel + Thoughts You Think + Words You Speak  
= Life You Live**





**PEOPLE OFTEN SAY  
THAT MOTIVATION  
DOESN'T LAST.  
WELL, NEITHER DOES  
BATHING, THAT'S WHY  
WE RECOMMEND IT DAILY.**

*- Zig Ziglar*



ATTITUDE IS  
EVERYTHING

**How Can You Elevate  
Your Attitude Daily?**



# A Mother's Love



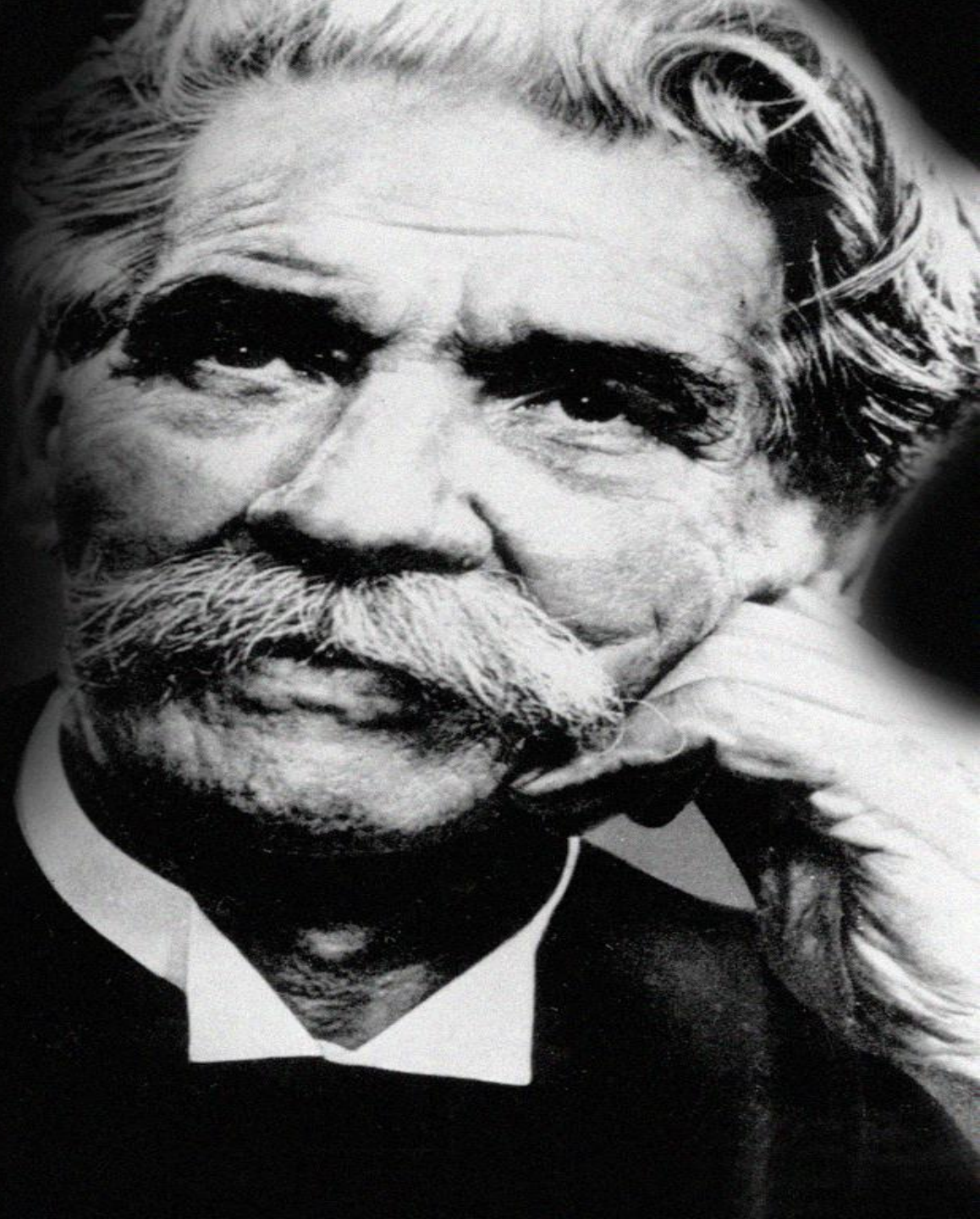
A close-up photograph of two hands held open, palms facing upwards, against a solid black background. The hands are positioned symmetrically, with fingers slightly spread. The skin appears aged and wrinkled, with a warm, brownish tone. The lighting is soft, highlighting the texture of the skin and the lines on the palms. The overall mood is one of offering, service, or choice.

# The Ultimate Choice Serve




“I don’t know what  
your destiny will  
be, but one thing I  
know: the ones  
among you who  
will be really happy  
are those who have  
sought and found  
*how to serve.*”

~Albert Schweitzer, 1875







**“Spread LOVE everywhere you go. Let no one ever come to you without leaving better and happier. Be the living expression of kindness: kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.”**

**-Mother Teresa**