



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

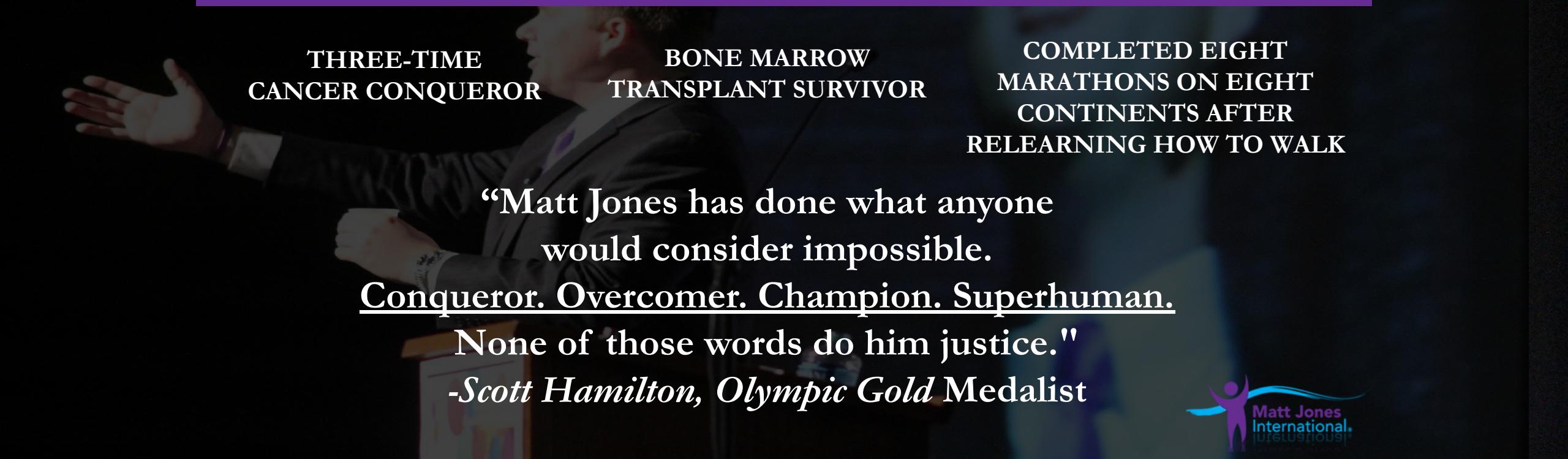
**To 8 Continent Marathon Man
To Now, Motivational
Keynote Speaker!**

*"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 laughing joyfully on a beach. The woman, on the left, has short, light-colored hair and is wearing a light blue sleeveless top. The man, on the right, has longer, light-colored hair and is wearing a light green polo shirt. They are both smiling broadly, with their heads tilted back. The background shows a clear blue sky and the ocean. The overall mood is one of happiness and relaxation.

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.



Life Blessings Daily Bank Account

Heartbeats= 100,000

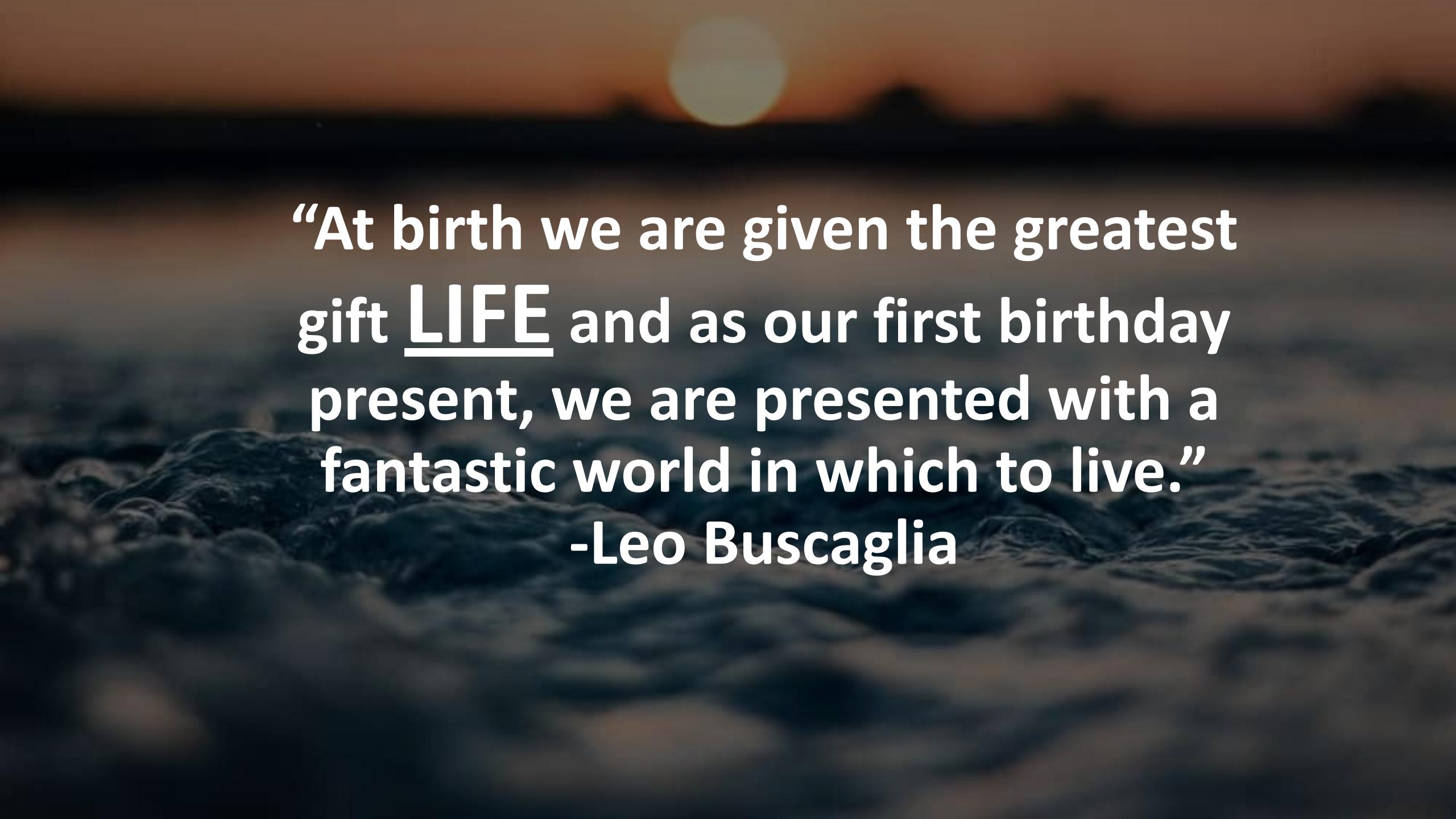
Seconds in a day= 86,400

Breaths= 23,000

Total= 209,400

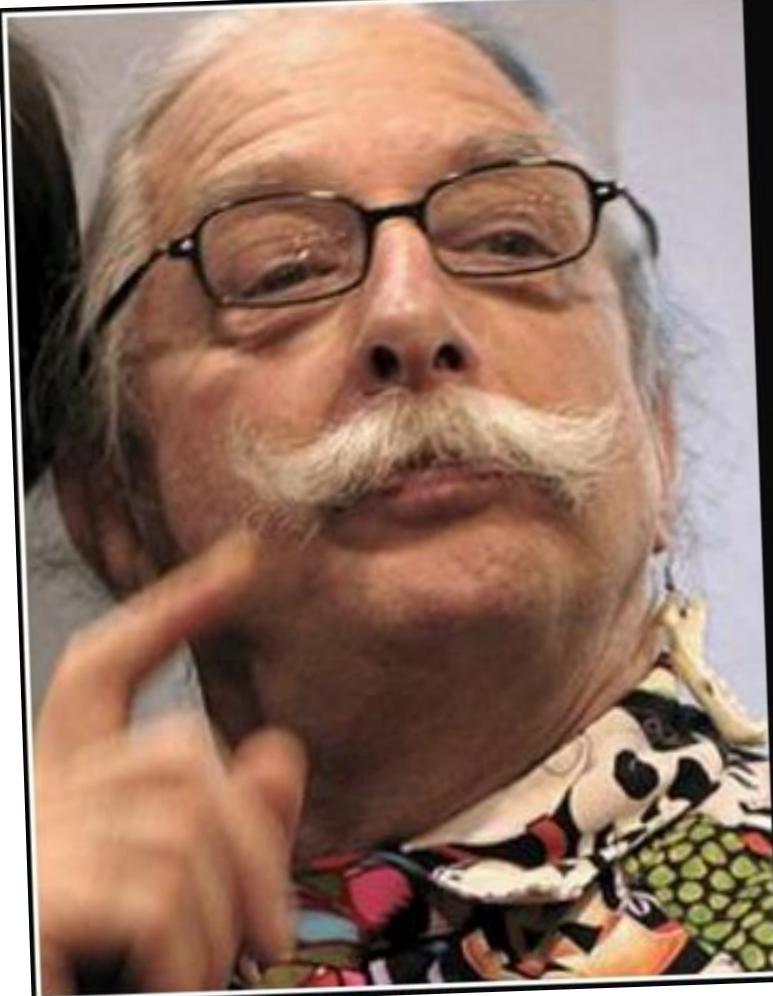
Five People You Love $209,400 \times 5 = 1,047,000$

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

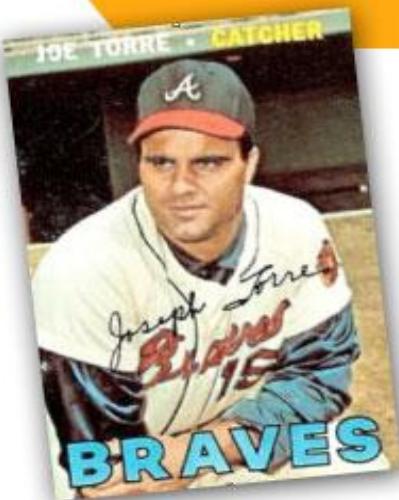
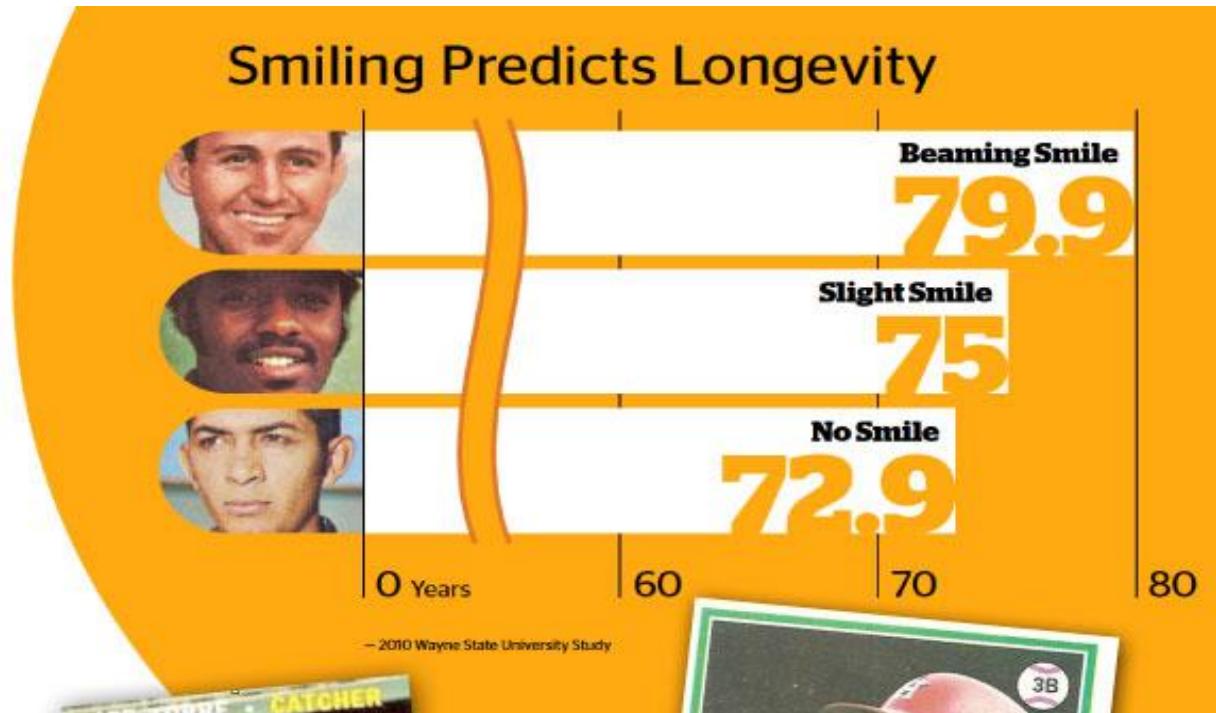


May help the immune system by boosting infection-fighting antibodies

Source: Based on information from WebMD, 30 January 2018; 13 November 2017; and 13 August 2015. This material is provided for informational/educational purposes only. It is not intended as medical/clinical advice. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logo and other Cigna marks are owned by Cigna Intellectual Property, Inc. © 2018 Cigna.



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.**

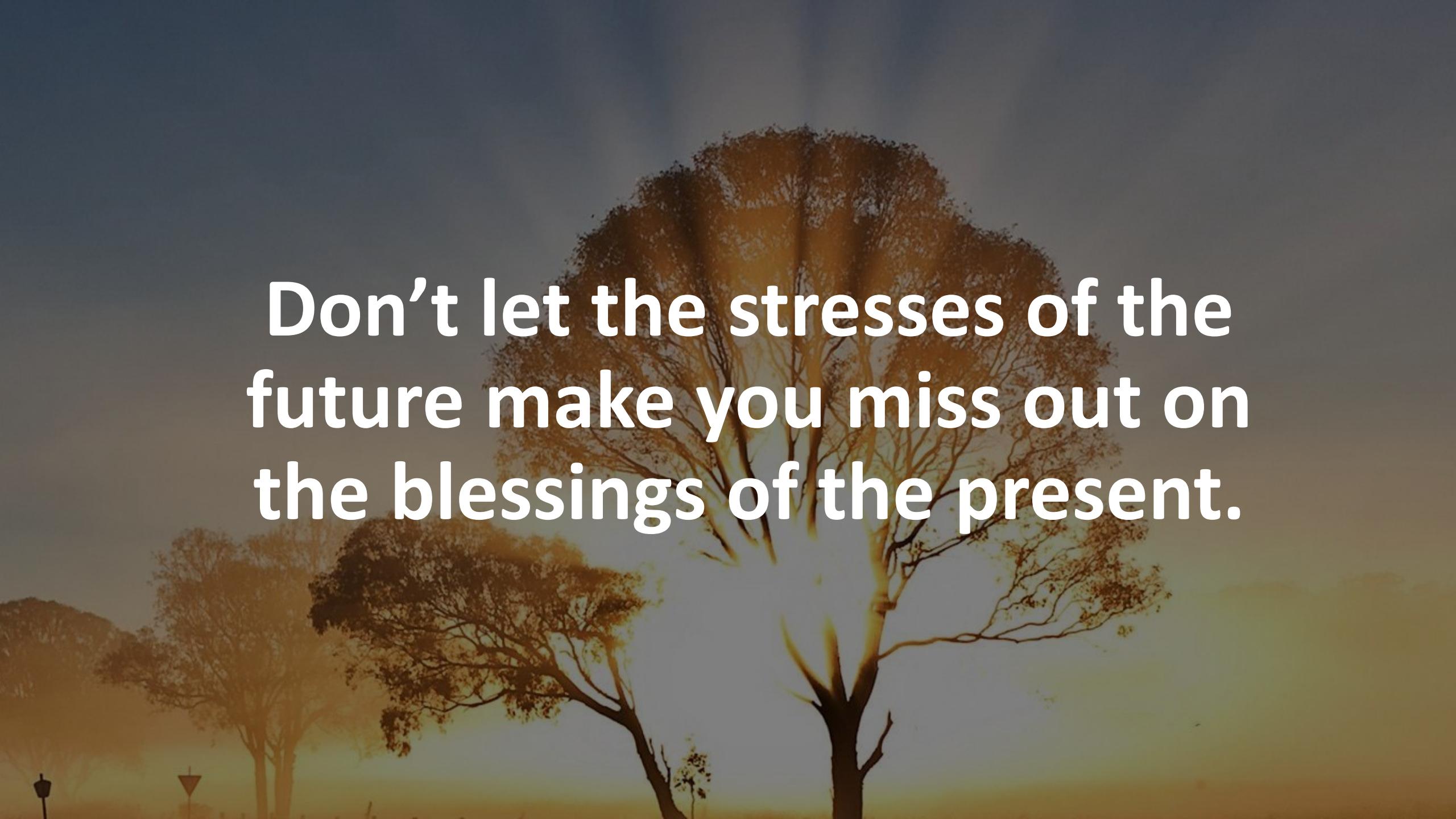
• Cookie Monster



A waterfall cascades down a rocky cliff into a pool of water, surrounded by dense tropical foliage and trees. Sunlight filters through the canopy, creating bright highlights on the water and the surrounding greenery.

“The present moment is the only moment available to us, and it is the door to all moments.”

–Thich Nhat Hanh

A landscape photograph of a park at sunset. The sky is a warm, golden-orange color. In the foreground, there are several trees with silhouetted branches. A road sign is visible on the left side of the frame. The overall atmosphere is peaceful and contemplative.

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

A close-up photograph of a woman with dark, curly hair. She is looking upwards and to the right with a wide, joyful smile, showing her teeth. Her eyes are bright and looking towards the sky. She is wearing a dark, short-sleeved shirt. The background is a soft-focus view of green leaves and branches, suggesting an outdoor setting like a park or garden. The overall mood is one of happiness and contentment.

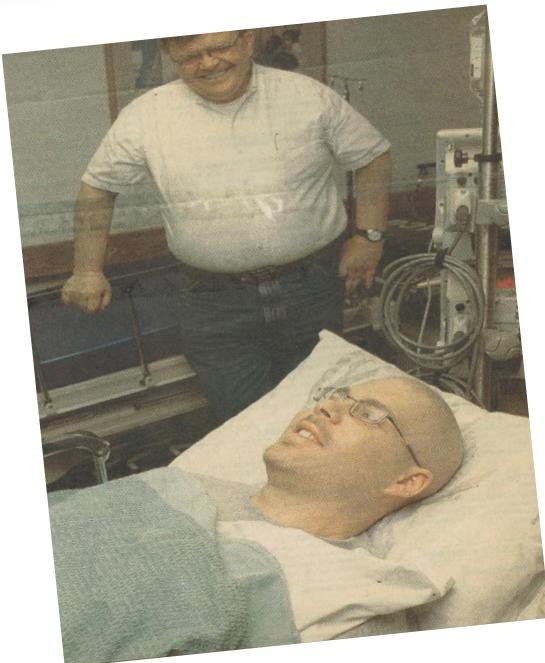
We are so blessed in this
moment



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





THE CALL

9/11/02

“Where there is
no vision the
people perish.”

-Timeless Truth





VICTORY

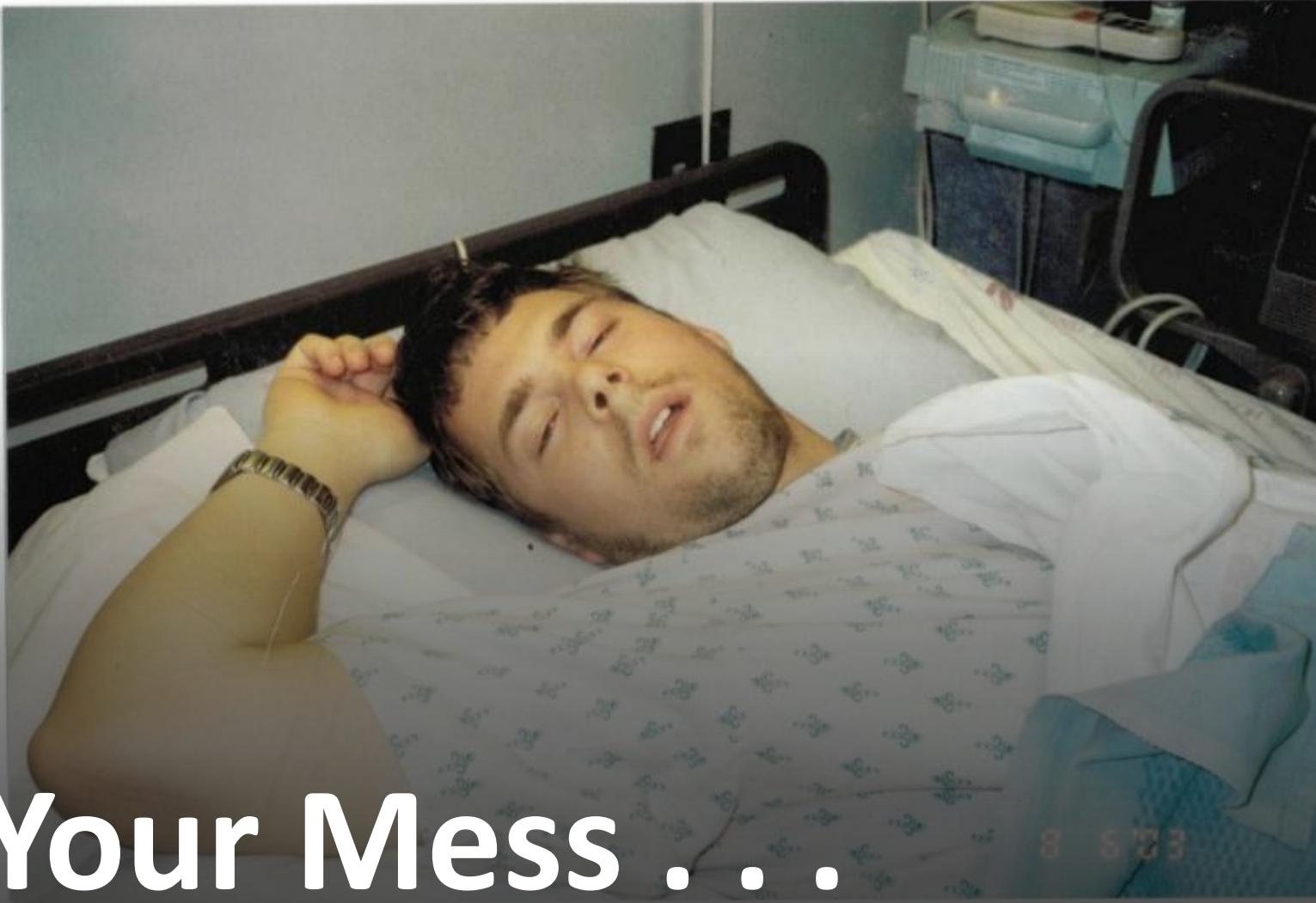
Choice 1:

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 photograph of a woman with blonde hair tied back, wearing a pink t-shirt and dark pants, walking away from the camera up a set of wooden stairs. She is walking away from a large, green-painted metal bridge structure. The stairs are made of dark wood and are surrounded by fallen autumn leaves. The background shows a lush green forest. The lighting suggests it's daytime.

“You don’t have to see the whole
staircase, just take the FIRST STEP.”

-Dr. Martin Luther King Jr.

A person is captured in a dynamic, mid-motion pose against a blurred background of green and yellow foliage. The person's arms are outstretched, and their body is angled, suggesting movement or a dance. The background is a soft-focus landscape of trees and bushes.

ONE STEP

Choice 2:
Take Action





Skill + Effort = Achievement

From Your Test . . .





Comes Your Testimony

10/3/1

A baby sea turtle is crawling on a sandy beach towards the ocean. The background shows the ocean and a cloudy sky.

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

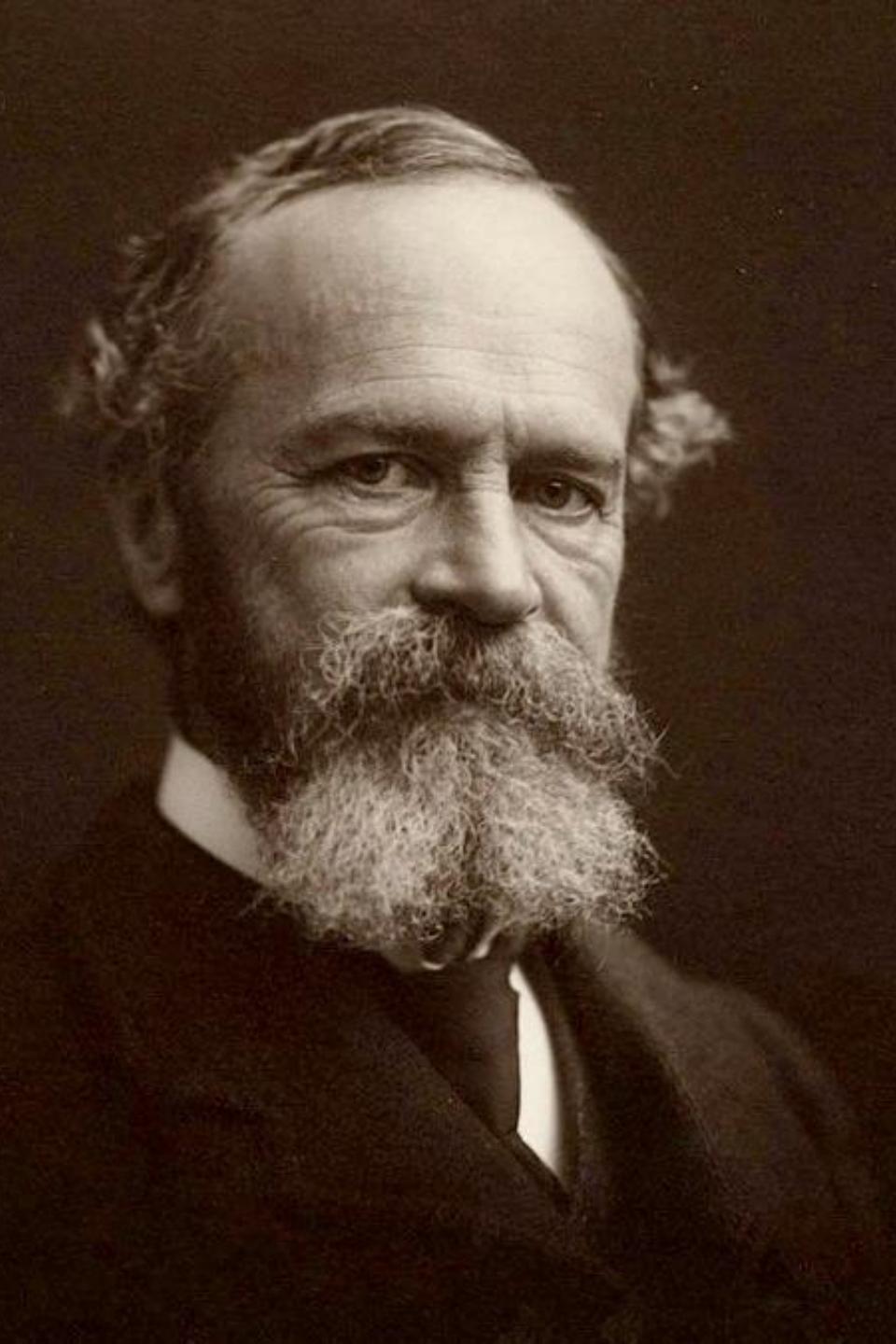
But whatever you do,

YOU HAVE TO KEEP MOVING.

-Martin Luther King, Jr.

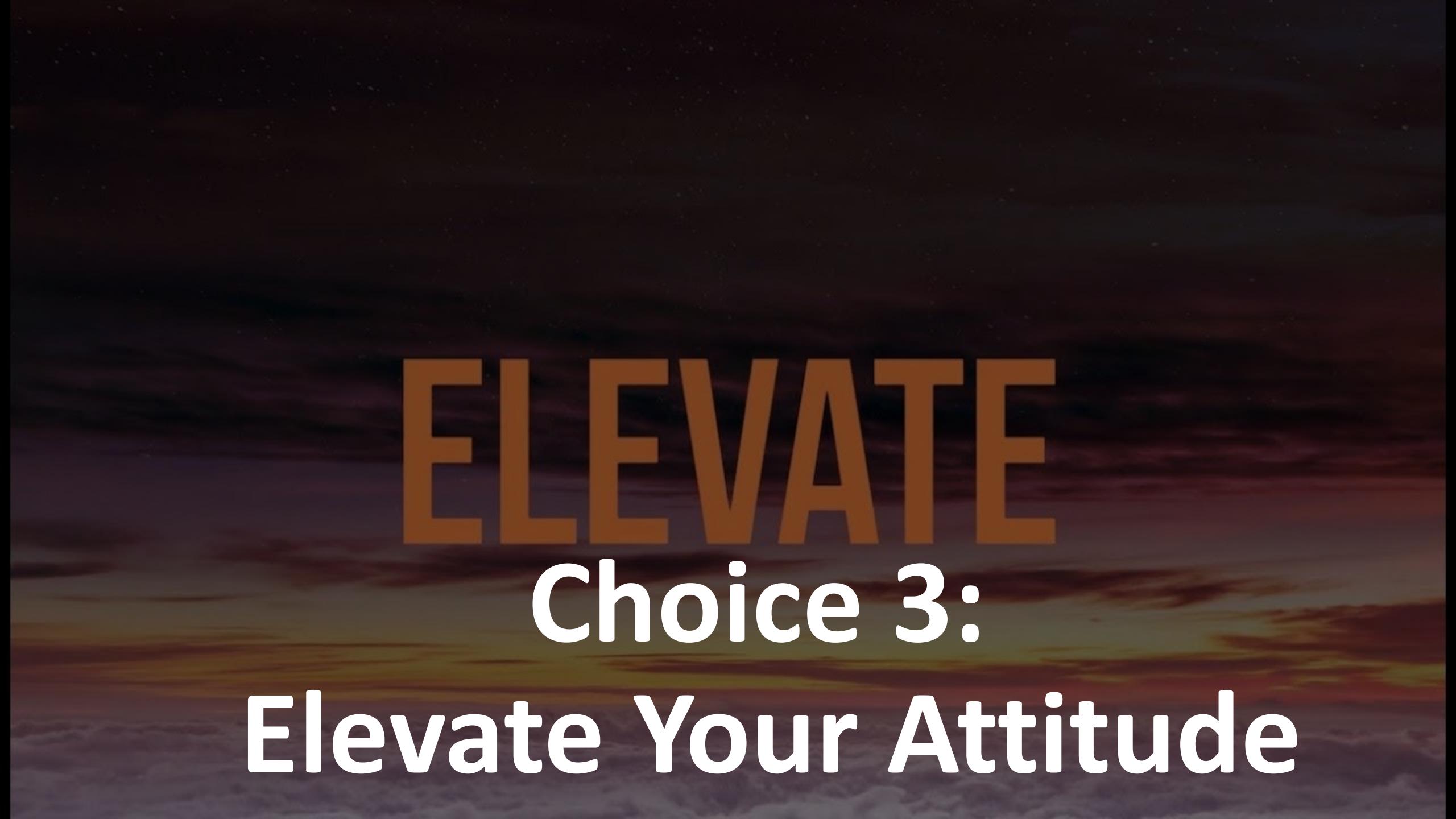


What's One Action
Step You Can Take?

A sepia-toned portrait of William James, an elderly man with a full, bushy beard and receding hairline, looking slightly to the right of the camera.

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

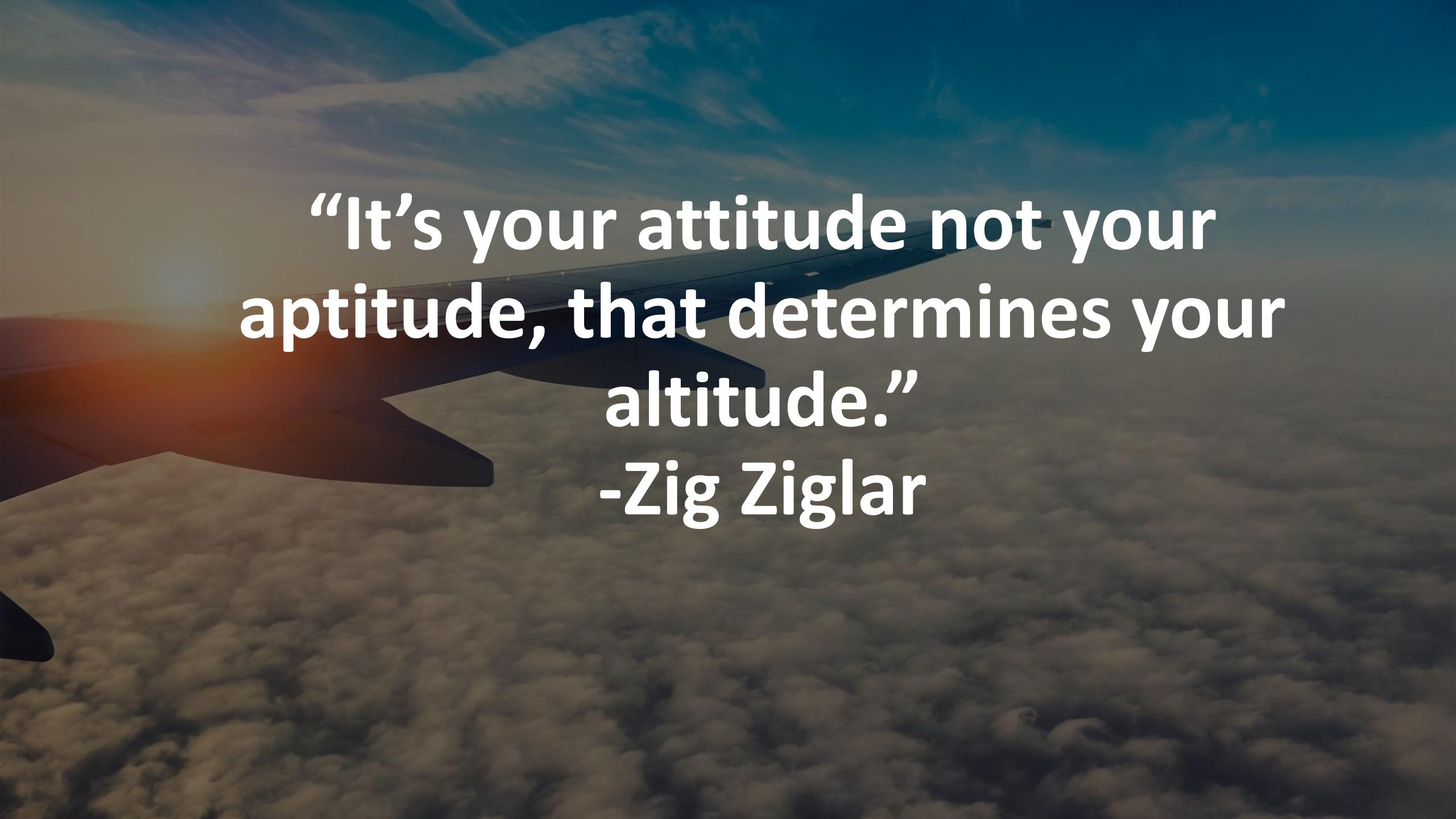
-William James

The background of the image is a dramatic sunset or sunrise over a body of water. The sky is filled with dark, heavy clouds, with streaks of orange, yellow, and red light breaking through, particularly on the horizon. The water in the foreground is dark and reflects the colors of the sky.

ELEVATE

Choice 3:

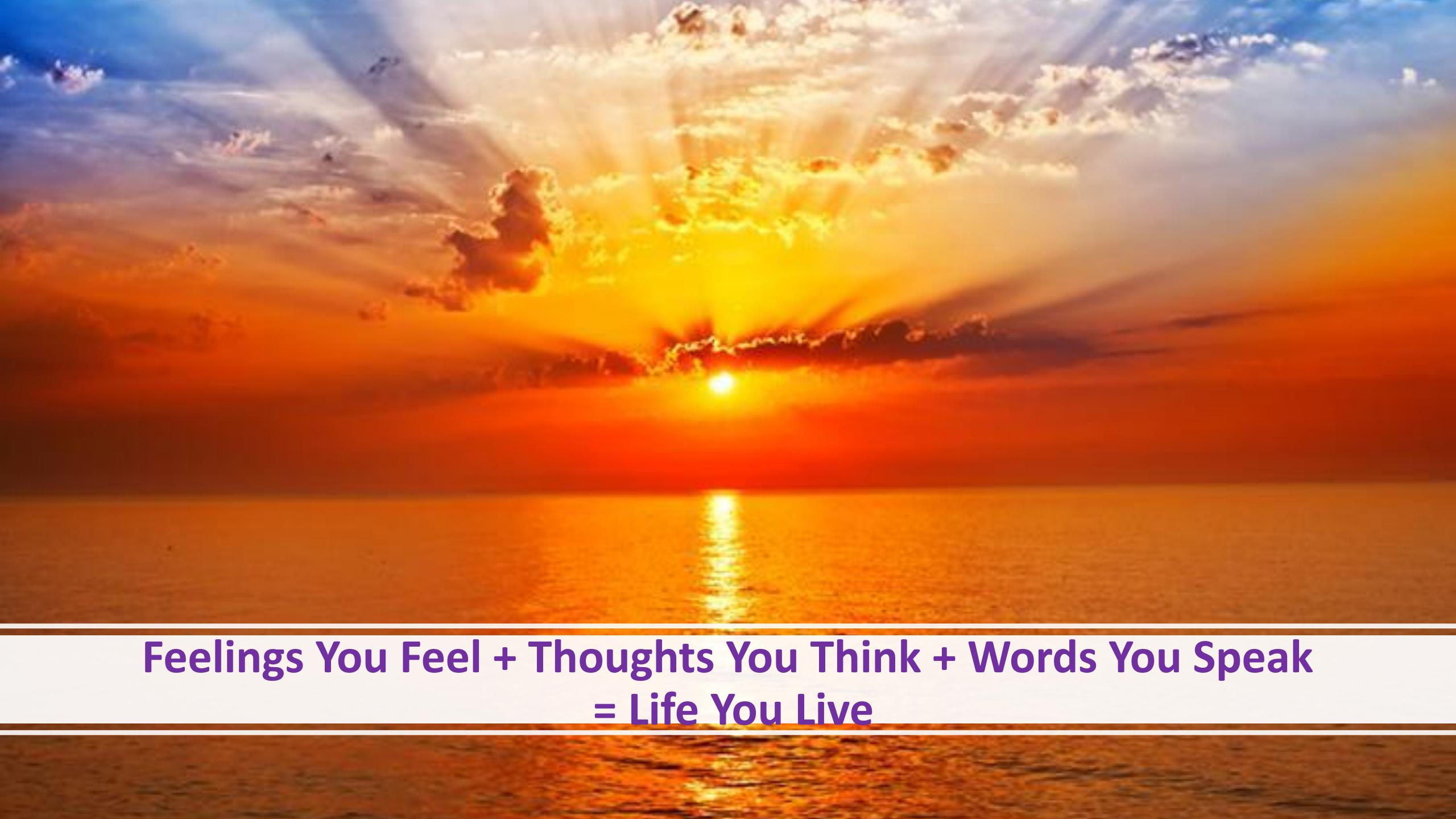
Elevate Your Attitude

A photograph of an airplane wing and clouds from an airplane window. The wing is visible on the left, and the sky is filled with white and grey clouds. The overall atmosphere is one of travel and altitude.

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

-Zig Ziglar



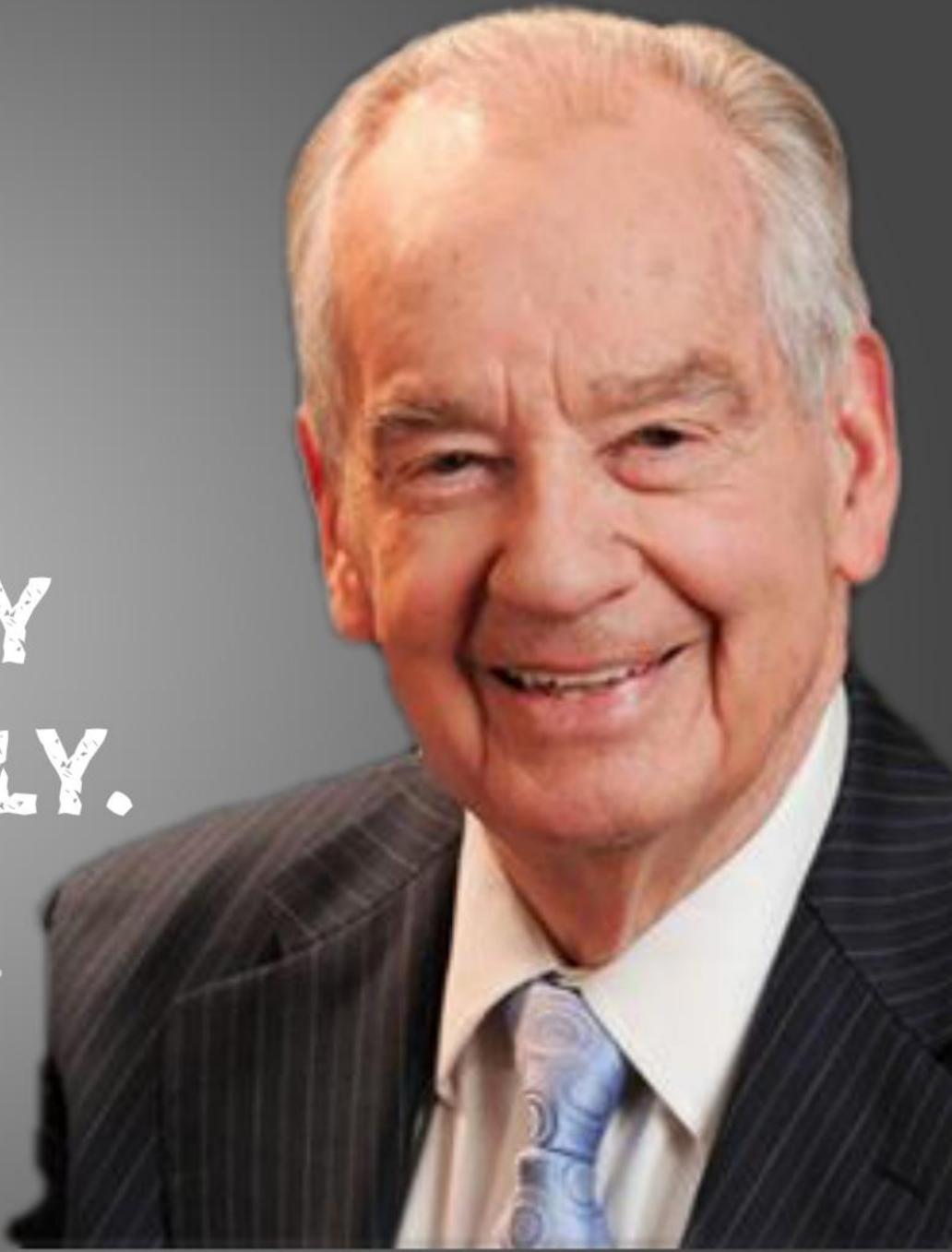
A wide-angle photograph of a sunset over a calm body of water. The sky is filled with dramatic, billowing clouds in shades of orange, yellow, and white. The sun is low on the horizon, its light reflected brightly on the water's surface. The overall atmosphere is peaceful and inspiring.

**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

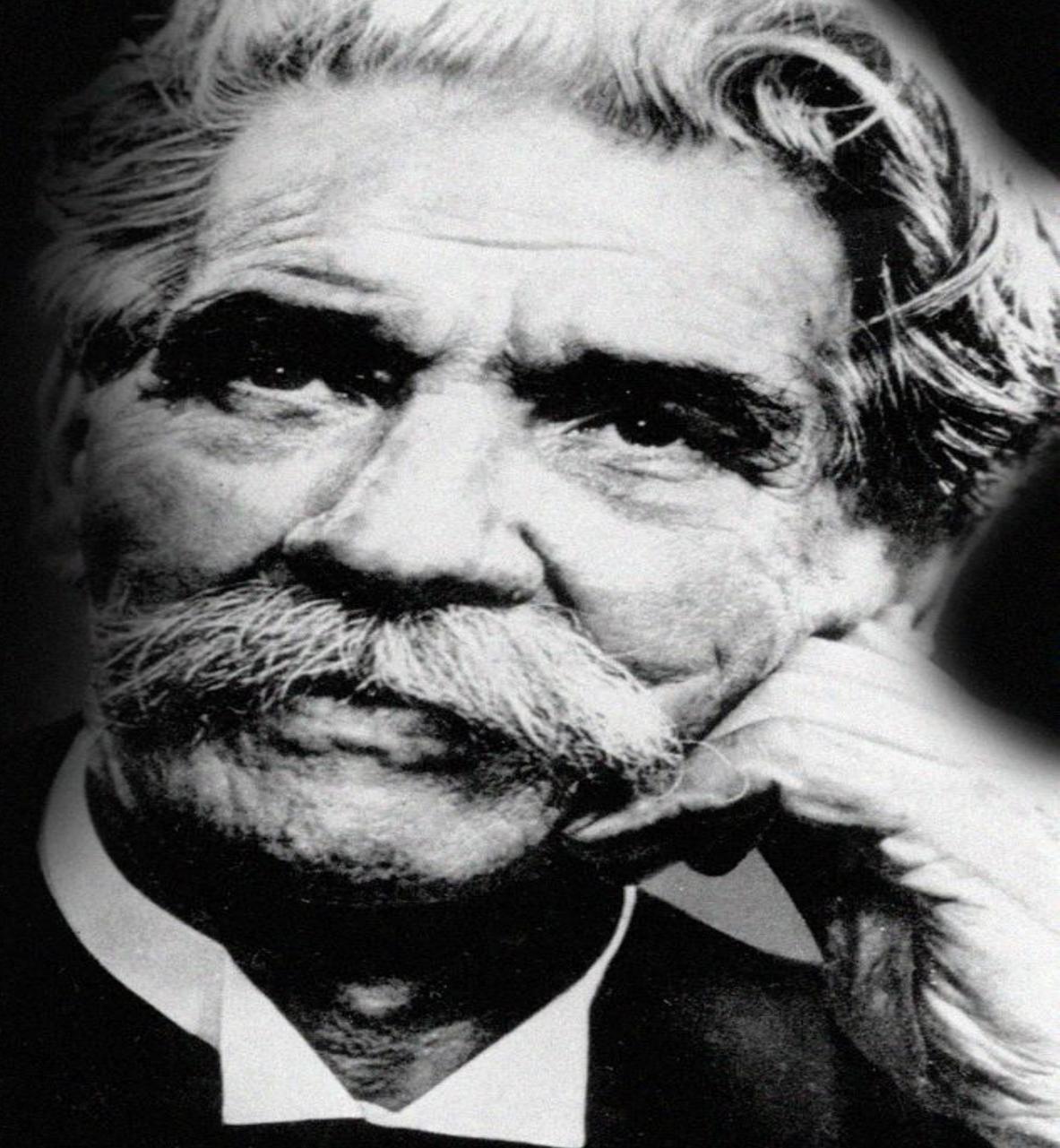




The Ultimate Choice
Serve

“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