



JJ BIRDEN
Professional Speaker



SEIZE YOUR OPPORTUNITIES

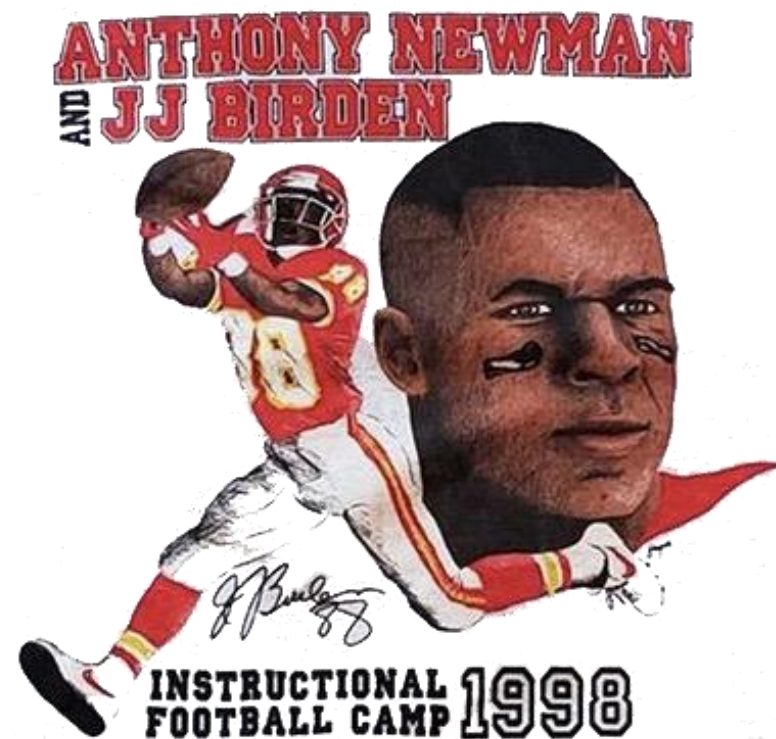














A black and white photograph of a person's legs running on a track. They are wearing dark athletic pants with a white stripe down the side and dark running shoes. They are performing a ladder drill, with their feet stepping over a series of parallel lines on the track. The background is blurred, showing other people and the track surface.

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1%

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Incremental Improvements

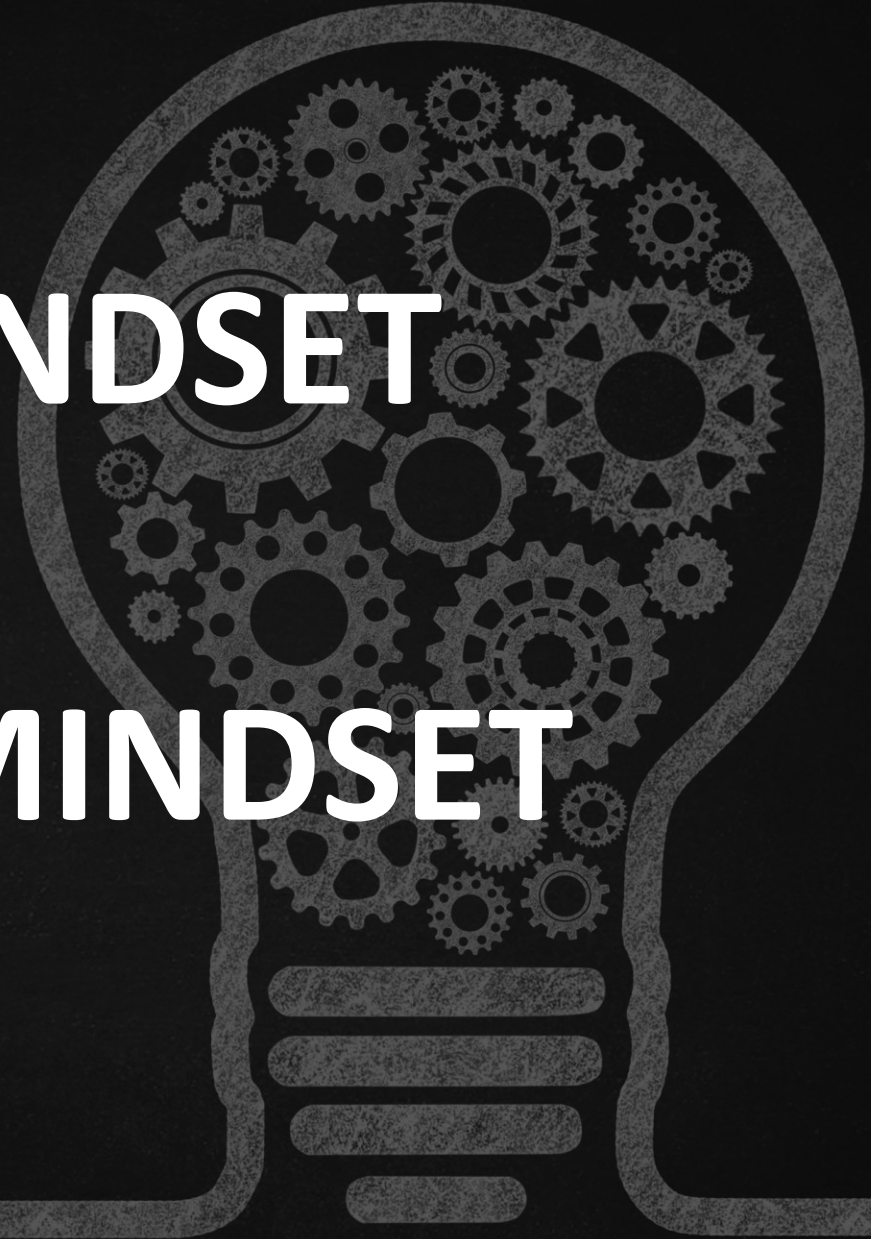
COMMITMENT

SEIZE YOUR OPPORTUNITIES
SUCCESS TIPS

GET YOUR
HEAD IN THE
GAME



FIXED MINDSET
VS.
GROWTH MINDSET



HOW

JJ Birden

5'10" – 157 LBS

Jimmy Graham

6'7" – 265 LBS



BURNING DESIRE

A woman with dark hair in a bun, wearing a dark blazer over a grey top, stands with her arms crossed, looking out a window. The word "WHY" is written in large, white, brush-stroke font across the right side of the image.

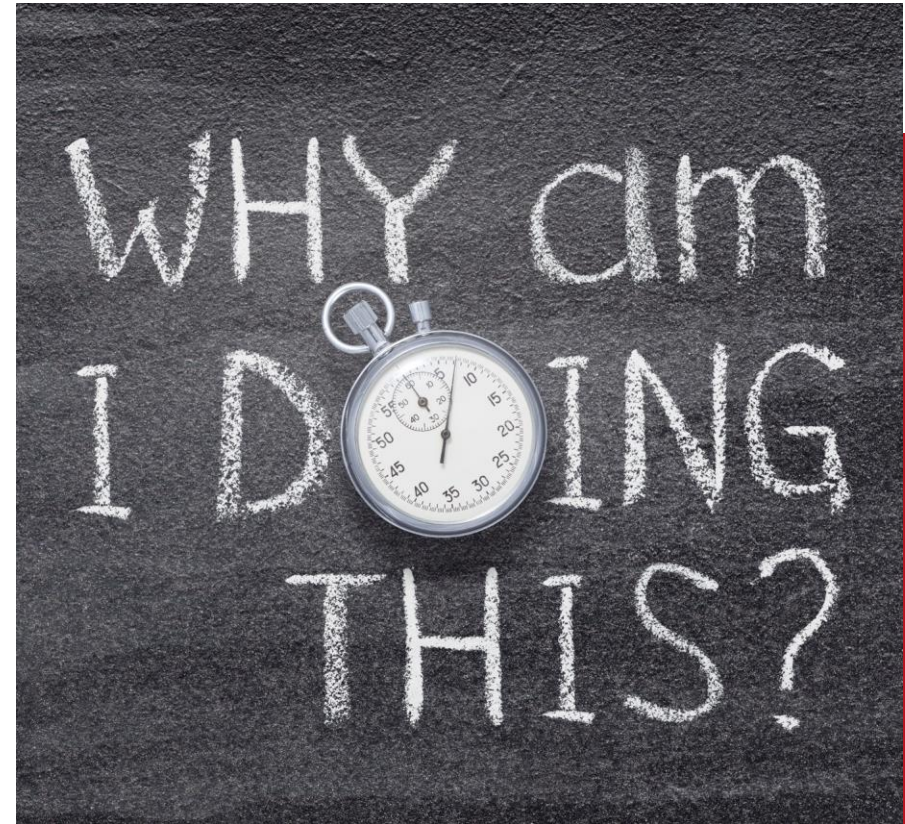
WHY



“

IF YOUR **WHY** IS
STRONG ENOUGH,
THE PROCESS TO GET
THERE IS NOT A
CHALLENGE

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F. AILURES
A. DIVERSITIES
S. ETBACKS
C. HALLENGES
O. BSTACLES