

Live your dream

4/7 Uncommon Sense series – psyche

by Ollie Martin – 22nd February 2023
for Nick Thomas Associates



Objectives

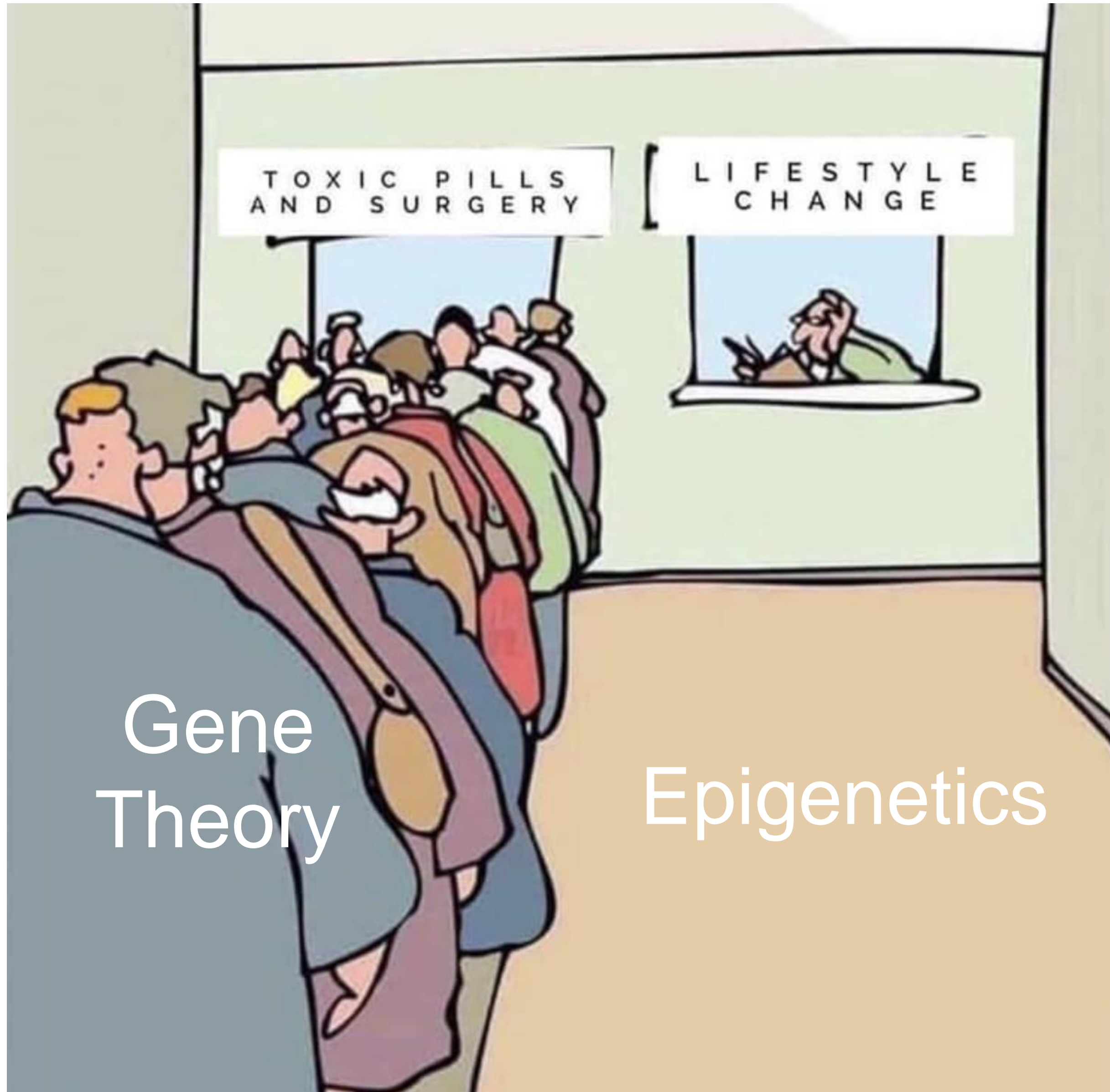
- To identify the conscious and unconscious mind and how they affect performance
- How to use the power of thought to improve health and performance
- To identify your dream or legacy
- Establishing values to achieve your dream

Ollie Martin

Human Performance Consultant

- Over 20 year health & performance coaching experience
- Background in professional sport (rugby) as both a player and management
- Author of two health & performance books
- BSc. (Hons.) Sports Science, CHEK Practitioner, American College Sports Medicine





Gene Theory

Epigenetics



Ollie Martin
Human Performance Consulting



Normality

versus uncommon sense

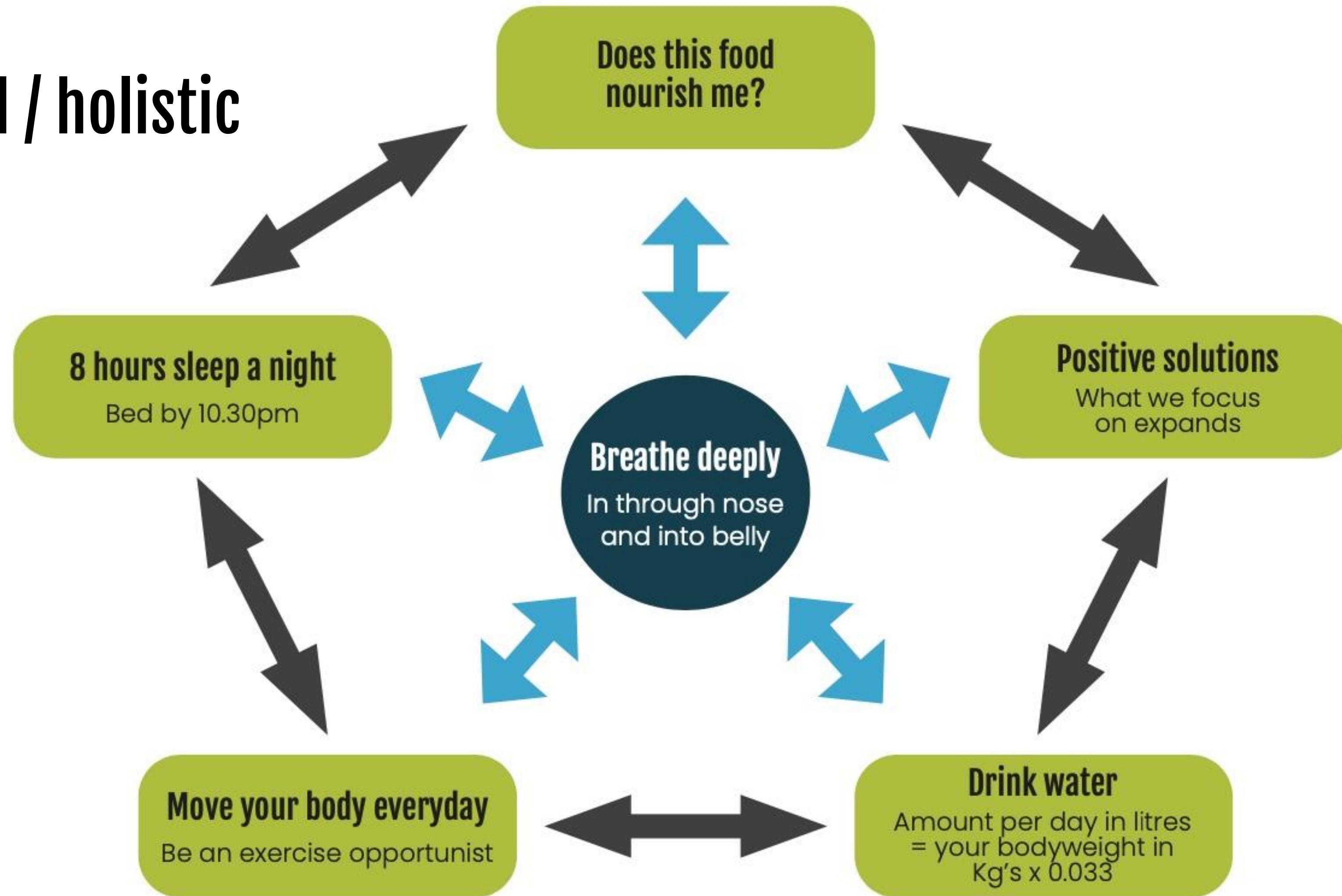
- 1.6 billion adults in the world are overweight and one in four adults (650 million) are obese
- 264 million people worldwide are chronically depressed, with Britain the fourth-largest user of antidepressants among wealthy nations
- there was little or no chronic heart disease before 1920, whereas it is now the biggest cause of death globally
- in 1900, one person in 30 would get cancer now, it is one person in two
- nearly 10 million Britons suffer pain on a daily basis, impacting their quality of life
- half of the UK's population takes prescription drugs – UK pharmaceutical sales in 2017 were £42 billion
- medical error is the third leading cause of death (2016, BMJ)

6 Action areas interconnected

1. breath
2. thoughts
3. movement
4. food
5. water
6. sleep

6 actions

inter-connected / holistic



Epigenetics

The science bit

- Epigenetics shows that our environment and subsequent behaviour control which genes 'switch on' in our body and which do not.
- "95% of people have genes selected and rewritten by their belief system." Dr Bruce Lipton author of Biology of Belief
- Beliefs – internal environment – external environment = perception

Environmental Signal



Regulatory Protein



DNA



RNA



Protein



Behaviour

Positive thinking

- what you focus on expands
- thoughts – words – deeds
- Law of Attraction
- Psychoneuroimmunology (PNI)
- The Happiness Advantage – Shawn Achor
- thin veneer?

The Law of Attraction –
you inevitably attract into your life
the people, circumstance, ideas
and resources in harmony with
your dominant thoughts.

Negative thinking

take off those rose tinted spectacles

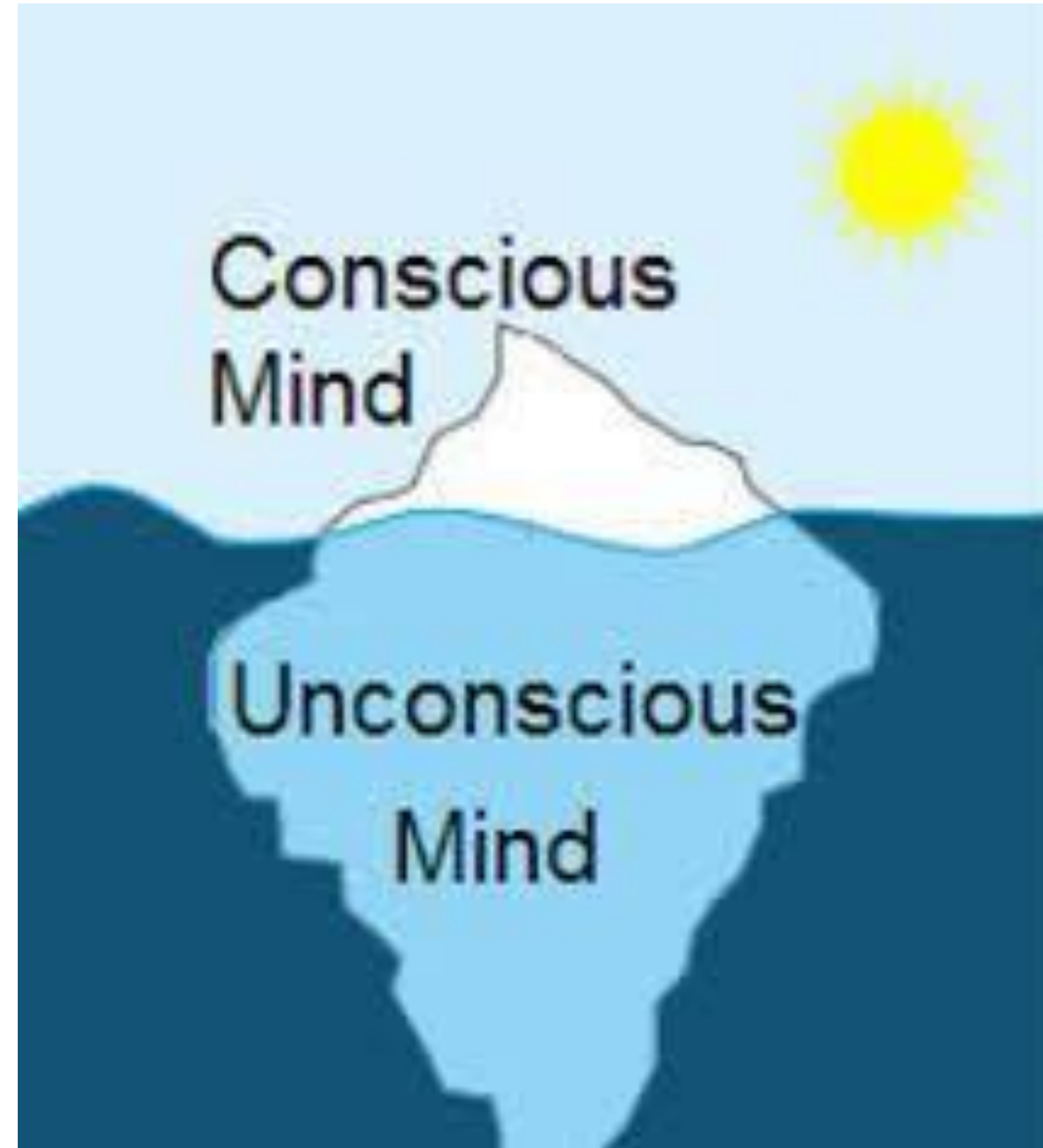


- It's not that positive thinking is better or negative thinking is better, it's just that thinking is so damn powerful! Sometimes we also need a little negative thinking to help us improve our health.
- Addiction to "hopium" = a psychological crutch that leads us into delusion, denial, and passivity.
- The body doesn't lie
 - Is your waist measurement over 100cm?
 - Do you take any prescription medicine at the moment?
 - Do you take any over-the-counter medicine/pills regularly?
 - Are you injured?

- Dr Gabor Mate in his book, 'When The Body Says No', explains how the patients who reported little in the way of psychological stress and who were rated by others as 'well adjusted,' were more likely to be dead at the one-year follow-up. The repeated finding that people with happier, less troubled thought patterns can suffer more illness seems to defy common sense. The more they tune out their anxiety via "positive thoughts," denial or daydreaming, the longer that stress will act on them and the more damaging it will be. When one lacks the capacity to feel heat, the risk of being burned increases. The power of negative thinking could permit people to welcome their guilt rather than shun it.

Use your mind - all of it

- We have four billion nerve impulses per second in the brain but we are only conscious of 2000 of them.
- e.g. car driving, New Years resolutions



Old school

Where I am now:

lethargic
overweight
unhappy
miserable
diabetic pills

SMART GOALS

Where do I want to be:

creative
perfect weight
feel great
happy
confident
love going out

New school

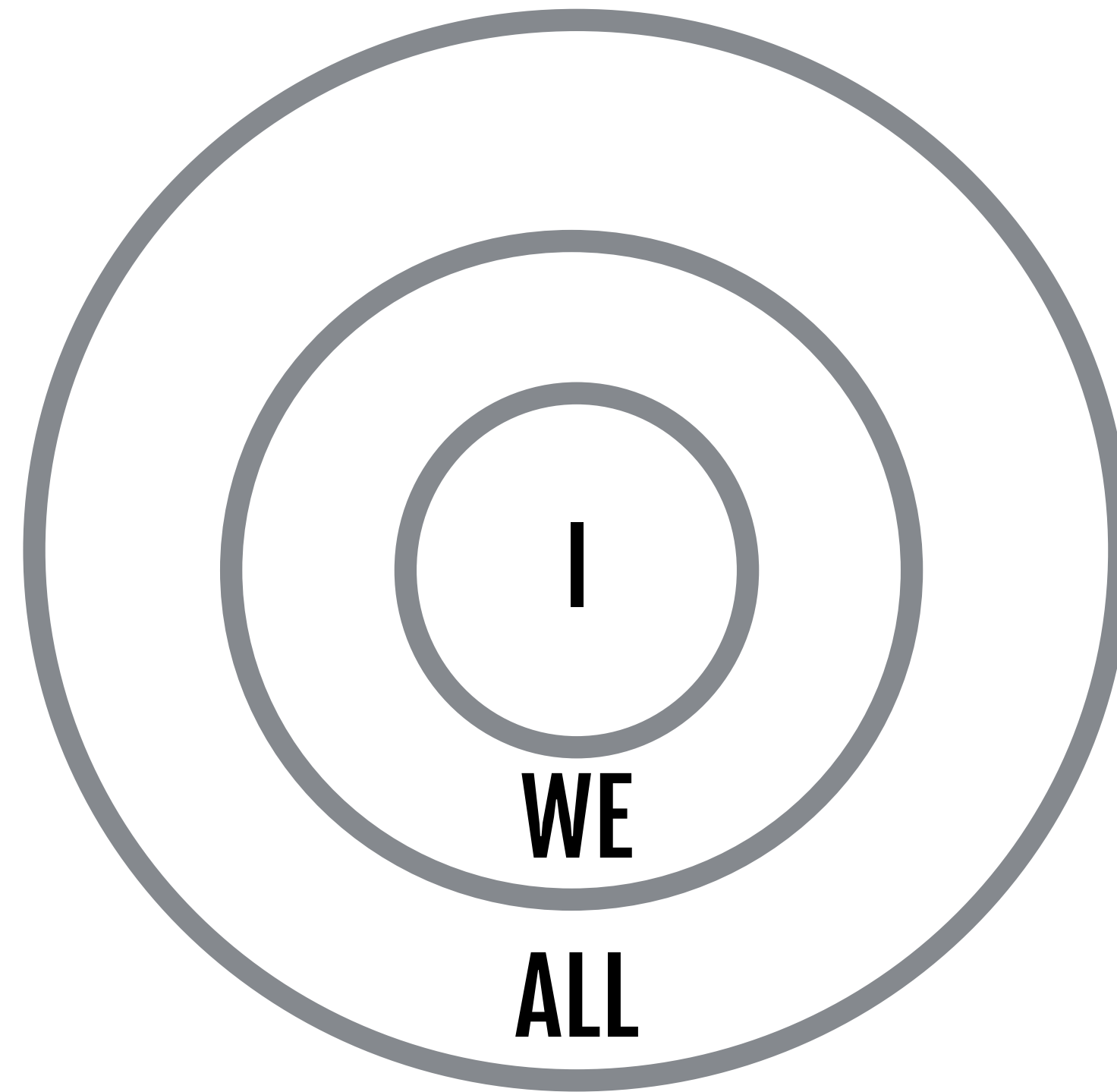
PNI/attraction



Dream/legacy

- dream - legacy - one love
- purpose - clear direction
- can be negative
- but written in positive & present tense
- write it down

I, We, All



This understanding of yourself is a necessary first step in establishing values that are outwardly or otherwise directed. You cannot value others and you cannot give to others until you understand yourself and live by your own values first. This is why you need to start with your own personal values. All of these values give you the energy to have a 'we' (relationship) and 'all' (family/friends) life.

Questions to determine your current highest values:

- How do you fill your personal space – office, home?
- On what do you spend the majority of your time during your day?
- On what do you spend the majority of your money?
- How do you spend the majority of your energy?
- Where do you have the most order / discipline in your life (we organise in our lives what matters most – we are disorganised when it matters least)?
- Where are you most responsible?
- What dominates your thoughts?
- What do you visualise the most (daydream)?
- What is your inner dialogue?
- What do you talk to others about (outer) – what do you direct the conversation to in a social gathering (this has meaning to you)?
- What inspires you?
- What are the most consistent long-term goals that you are still working on today?
- What do you love to learn / study / read about / research?

Values

- Are these values helping you?
- Are they yours?
- Are you conforming to social norms?
- Are they your parents' values?

Hacks

- love is the nourishment for growth - bomb shelter analogy
- reduce noise
- self love ritual
- attitude of gratitude
- acknowledge success

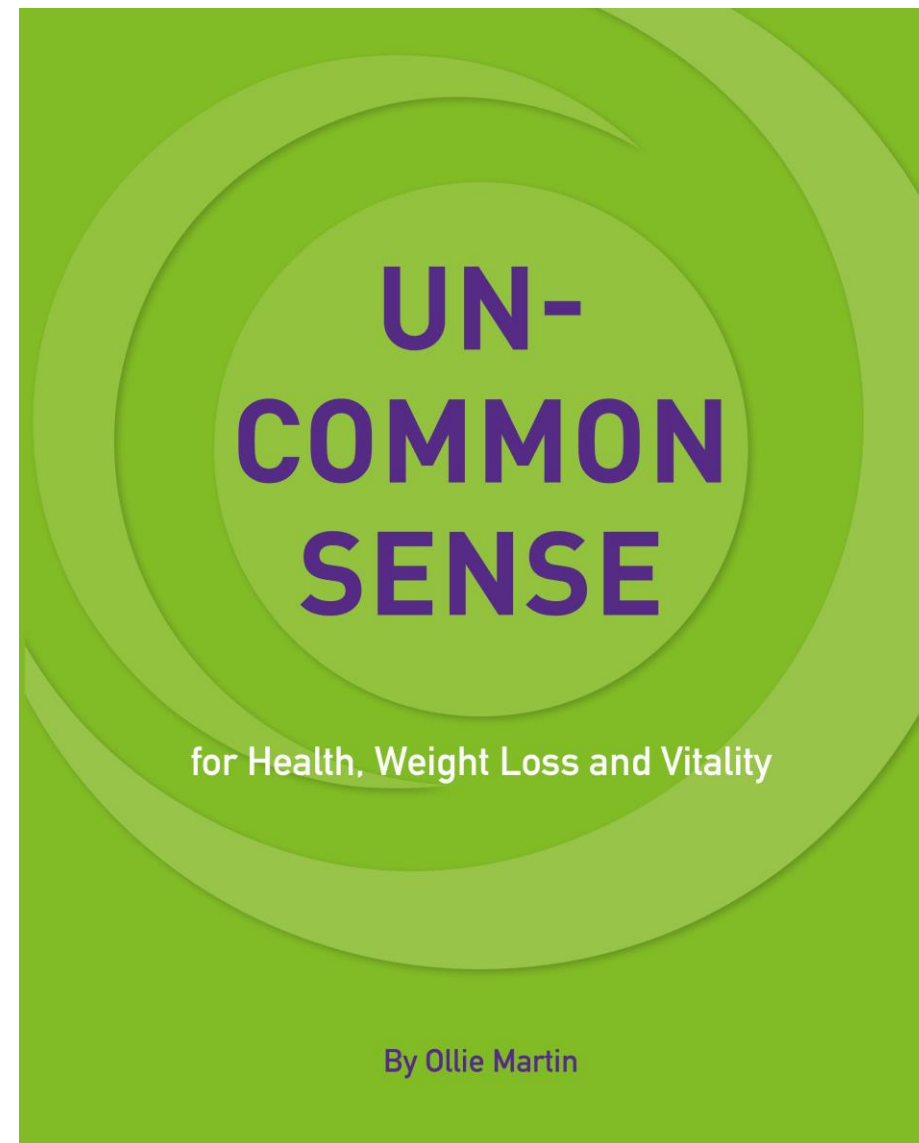


Objectives revisited

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Find out more

olliemartin.com



Ollie's seminar series

1. Uncommon Sense for health and performance – the six actions
2. Finding the right movement for you
3. Everyday Movement Sequence (EHS) for optimal posture, core strength and stress management
4. Live your Dream
5. Nutrition for energy, performance, and health
6. The importance of hydration for energy, performance, and health
7. Hack your circadian rhythm

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