

**LEGENDARY LEADERSHIP™**

**LEADER OF  
ONE**



• **THE PATH TO LEGENDARY LIVING™ & LEADERSHIP**



DO CIRCUMSTANCES  
MAKE US?  
SHAPE US?  
DEFINE US?  
CHANGE US?



DO LEGENDARY  
LEADERS HAVE  
**DEFINING MOMENTS** IN  
THEIR LIVES???





DO LEGENDARY  
LEADERS HAVE  
**DEFINING MOMENTS** IN  
THEIR LIVES???

**YES!!!**





DO LEGENDARY  
LEADERS HAVE  
DEFINING MOMENTS  
THAT CREATE/MAKE  
THEM?





DO CIRCUMSTANCES  
MAKE US?





Answer to both  
Q's  
is

NO!!!





LEGENDARY  
LEADERS ARE  
**DRIVEN BY**  
DEFINING  
MOMENTS/  
CIRCUMSTANCES





BC  
CIRCUMSTANCES  
and  
DEFINING MOMENTS  
WILL...





# REVEAL US





WHAT  
DRIVES YOU?

WHAT WAS  
REVEALED  
ABOUT  
YOU?





MY **DEFINING** MOMENT?

WHAT **DRIVES** ME?



# CINDY SUE PORMAN





# CINDY SUE PORMAN

• ***FEB 15, 1980***

**GUIDE**

**BEACON**

**LEGACY**





***LIVING A LEGENDARY***  
***LIFE AND BEING A***  
***LEGENDARY LEADER***





BC IF NOT.... You are

**Existing in a Lie-f**





# • A FEW OBSERVATIONS/FACTS PAST 25 YEARS:

- **LEGENDARY LEADERS** ARE RARE
- **LEGENDARY LEADERS** ARE **CREATED**, ALTHOUGH  
WE ALL ARE BORN WITH THE ABILITY
- **LEGENDARY LEADERS** ARE **HAPPY, RESILIENT &  
EMPOWERED**



## OBSERVATIONS/FACTS CON'T:

- In the USA...

- 1 out of 5 Women on Anti-Depressants
- 6 Million Men begin Anti-Depressants  
**EVERY** Year



OBSERVATIONS/FACTS- CON'T

**According to Researchers:**

**#1 GOAL WORLDWIDE is....**



OBSERVATIONS/FACTS- CON'T

**“HAPPINESS”**



# OBSERVATIONS/FACTS- CON'T

Yet.....

- **25% of US and 27% Euros** report feeling Depressed
- **WHO** states by **2020 Depression will be # 2 Global**
- **Burden** behind Heart Disease



# OBSERVATIONS/FACTS- CON'T

**Yet.....**

- **Research** shows **Happiness Set-Point** is like a **Thermostat** and always returns to normal **Except** for  
**Death of Child/Spouse, Long-Term Unemployment & Extreme Poverty**
- **Lottery winners & Paraplegics- w/in 1 year** back to **previous Happiness** score



# OBSERVATIONS/FACTS- CON'T

- Dr. Lykken Univ MN 1980's studied Twins
- **HAPPINESS Set-Point:**
  - 50% **Genetic**
  - 50% **Learned**



# OBSERVATIONS/FACTS- CON'T

- More Recently Positive Psych Researchers:
- 50% Learned:
  - 10% Due to Circumstances
  - 40% Habitual Thoughts, Feelings, Actions



# OBSERVATIONS/FACTS- CON'T

- **Why is this 40% Habitual Thoughts, Feelings, Actions Important?**



# OBSERVATIONS/FACTS- CON'T

- Because according to Scientists:
- **60,000 Thoughts/day AND 80% are Negative!**



# OBSERVATIONS/FACTS- CON'T

- Which Equates to
- 45,000
- Negative Thoughts each and EVERY Day



## OBSERVATIONS/FACTS- CON'T

- **NIH: Negative Thoughts → Increased Brain activity where Depression & Anxiety found**
- **Harvard Psych Prof: Daniel Gilbert**
- **“We overestimate Happiness we’ll receive getting stuff we want”**

•



# OBSERVATIONS/FACTS- CON'T

- Are we doomed?
- **Dr. Davidson Univ WI:**
  - **“Compassion & Happiness are Learned skills like playing the piano and tennis”**
  -



# OBSERVATIONS/FACTS- CON'T

- **LEGENDARY LEADERSHIP DEVELOPMENT PROGRAM:**
- **GRATITUDE AT BED-** Today's events AS WELL AS Tomorrow's!!
- **Dr. Ironson: Proactivity Highly Correlates w/ Happiness**
- **Dr. Eckhart Tolle: "The Power of Now"** says Victors= FOCUS on the +Present > -Past



**LIFE HAPPENS TO US**

**VS.**

• **LIFE HAPPENS FOR US**



# POWER OF WORDS

MINDSET → WORDS



# POWER OF WORDS

MINDSET → WORDS

WORDS → BELIEFS



# POWER OF WORDS

MINDSET → WORDS

WORDS → BELIEFS

BELIEFS → ACTIONS



# POWER OF WORDS

MINDSET → WORDS

WORDS → BELIEFS

BELIEFS → ACTIONS

ACTIONS → WEALTH





***WEALTH:***  
**MEANING**  
**WELL BEING**





***How do we CREATE  
WEALTH/ WELL BEING?***





- **DO NEGATIVE WORDS  
IMPACT YOUR FINANCES?**
- **In our LLD Program it does  
for B,C,T,S!!!**



## How Costly Were Their Words:

- **B: \$1**
- **C: \$2**
- **T: \$2**
- **S: \$5 + 2hrs Comm Service**



• **HOW MIGHT YOUR  
NEGATIVE WORDS IMPACT  
YOUR FINANCES?**

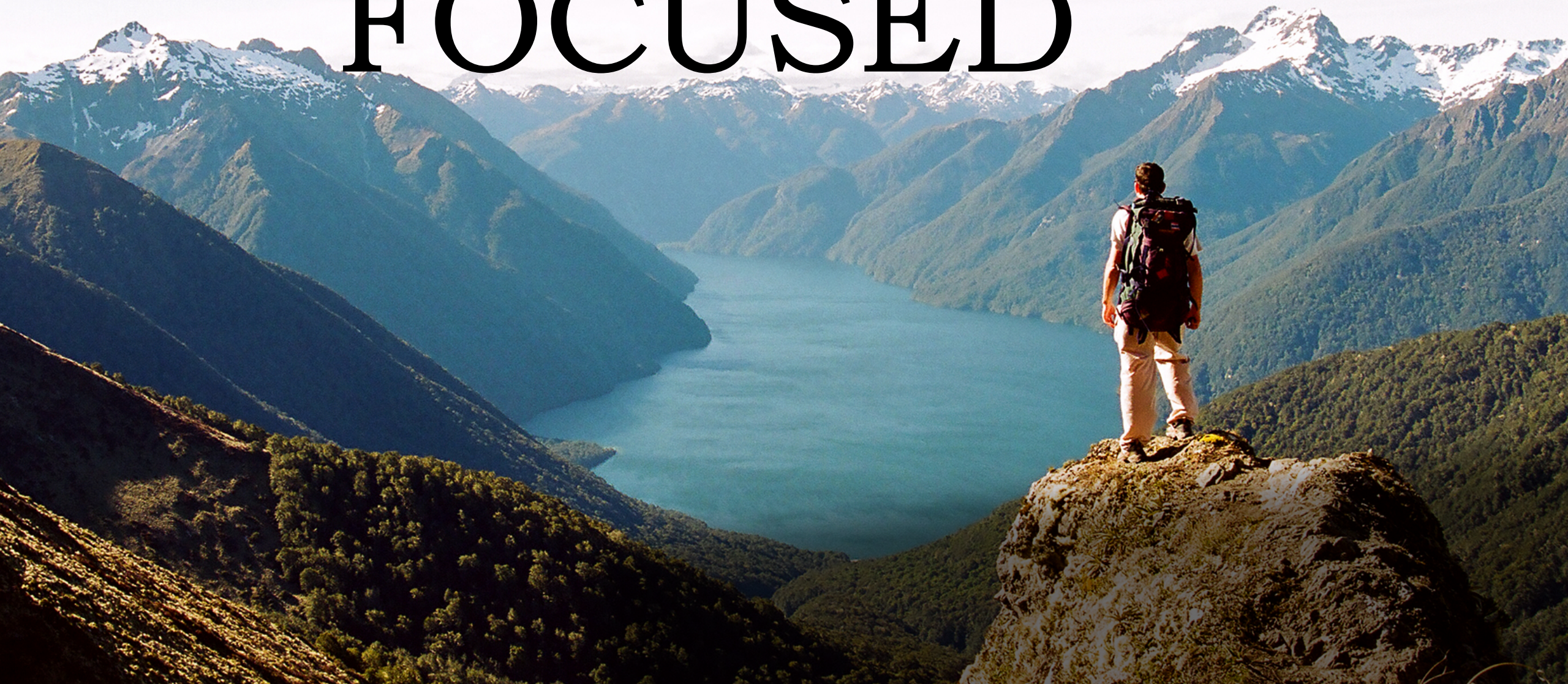


- **HOW MIGHT YOUR NEGATIVE WORDS IMPACT YOUR FINANCES?**

- **BC THEY CAN!!!!**



# SOLUTION FOCUSED





## • Legendary Leaders Solution-Focused Ex:

- Rate Satisfaction 1-10
- Why not Higher?
- 1<sup>st</sup> Tiny step you'll take
- 1<sup>st</sup> Sign you know you Increased by 1pt
- Re-Eval Results & Plan



# NEGATIVE THOUGHTS:

- Psychologist & Brain Researcher Dr. Hanson
  - Negative Thoughts= Velcro
  - Positive Thoughts= Teflon
    - (TAKES MANY + → Nullify 1 -)
- Dr. Cacciopo Univ Chicago: - Thoughts= Highest Brain Activity
- Dr. McGaugh UC-Irvine: - Thoughts are SuperCharged > +
- Dr. Davidson Univ WI:
  - + People=Increase Activity in Right PFC (Optimism)
  - - People= Inc Activity in Left PFC( Anxiety, Depression, Fear)



## POSITIVE THOUGHTS:



- Dr. Davidson Univ WI:
- + People = Increase Activity in Right PFC (Optimism) →

- 

- 

**EMPOWERMENT**

•



# How do we Increase Teflon's Stickiness:



- **Legendary Leadership Gratitude Exercise:**

- **Upon Waking OR At Bedtime:**

- **1)WRITE and READ**

- **15 Wins/Breakthroughs/Appreciation for that day!**

- **2) Heart Coherence- HRV Exercise**

- **-Heart Focus**
    - **-Heart Breathing**
    - **-Heart Feeling**



# **FORGIVENESS:**

**Dr. Luskin Stanford- N. Ireland Moms**

**Forgiveness= Increased Happiness,  
Stronger, Lived Longer and  
Decreased Health Issues**



# **FORGIVENESS: Con't**

**Dr. Luskin also found:  
Increased CardioVascular Health  
Increased Nervous Sys Health**

**AND**

**Hatred = Increased CardioVascular  
Risk!!**



**FORGIVENESS: Con't**

**Legendary Leaders Forgiveness Ex:**

**“Bless and Release Them”:**

**-May you be Protected, Happy,  
Wealthy & Live Life**



# Observer Effect



**POWER OF ACTIONS**





# Observer Effect



**Opening Door Study:**

**Improved Blood Markers of**

**1) Recipient**

**2) Person holding door**

**3) And who else?????**



# Observer Effect



Opening Door Study:

Improved Blood Markers of

1) Recipient

2) Person holding door

3) And who else?????

**INNOCENT BYSTANDERS!!!!**



# YOUR PATH

Life's Journey  
is NOT a  
Straight Line





**STEPHANIE  
AIELLO  
2010**

**POWER OF  
THOUGHTS  
AND  
BELIEFS**







# POWER OF THOUGHTS AND ACTIONS

MAMA SHU  
2007





## **LEGENDARY LIVING/ LEADERS:**

- 1) Power of their Words**
- 2) Solution-Focused**
- 3) Gratitude of Experience**
- 4) Forgiveness**
- 5) Power of their Actions**
- 6) Intention to Lead or Be Led**
- 7) Resilient**
- 8) Empowered**



# **LEGENDARY LEADERS:**

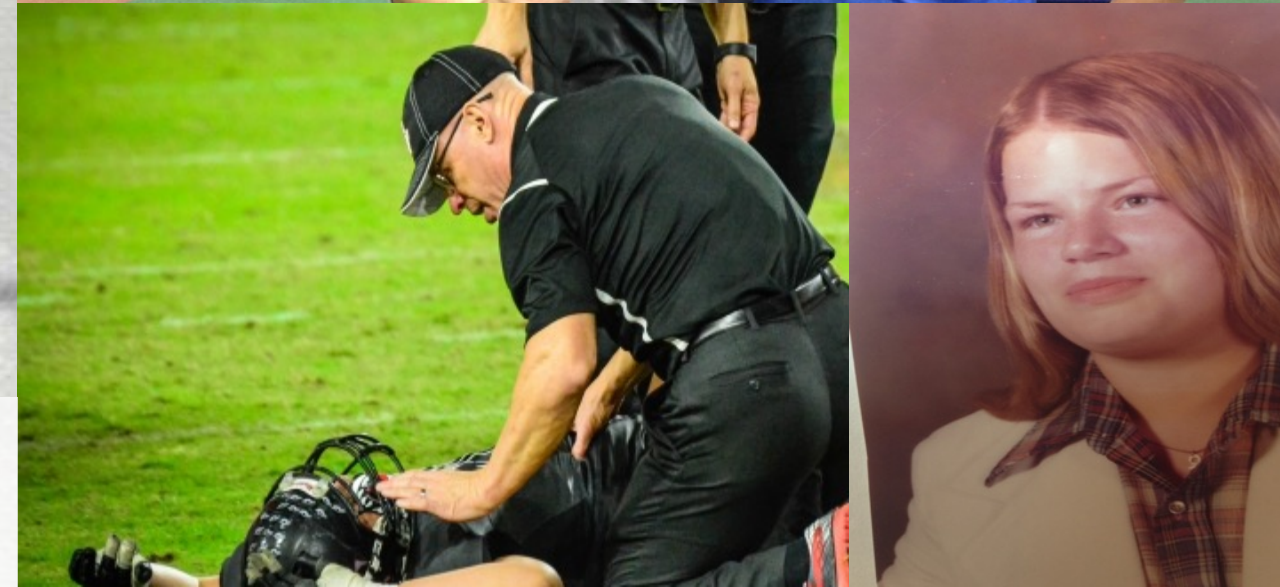
**These Attributes Correlate w/  
Happiness!!!**





U.S. Marine Corps Officer

Sports Injury/Performance Doc  
Keynote Speaker  
Author & Wellness Coach





WHAT'S YOUR **DEFINING**  
MOMENT?

WHAT **DRIVES** YOU?



WHY BE ORDINARY  
WHEN YOU CAN  
**BE**  
LEGENDARY





Dr. Jon  
Porman



Thank  
You



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