



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



An elderly couple is shown laughing joyfully on a beach. The woman, on the left, has short, white hair and is wearing a light blue top. The man, on the right, has short, light brown hair and is wearing a light green polo shirt. They are both looking towards each other and laughing. The background shows a sandy beach, the ocean, and a clear blue sky. The text "Lighten Up, Don't Tighten Up" is overlaid in white on the image.

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.

A cartoon illustration of a man with brown hair, a mustache, and a goatee, wearing a white shirt and a yellow tie. He has a frustrated expression, with his eyes closed and a small frown. A white speech bubble with the word "DOH" in bold black letters is coming out of his mouth. The background is dark with a subtle pattern of small white dots.

DOH

Life Blessings Daily Bank Account

Heartbeats= 100,000

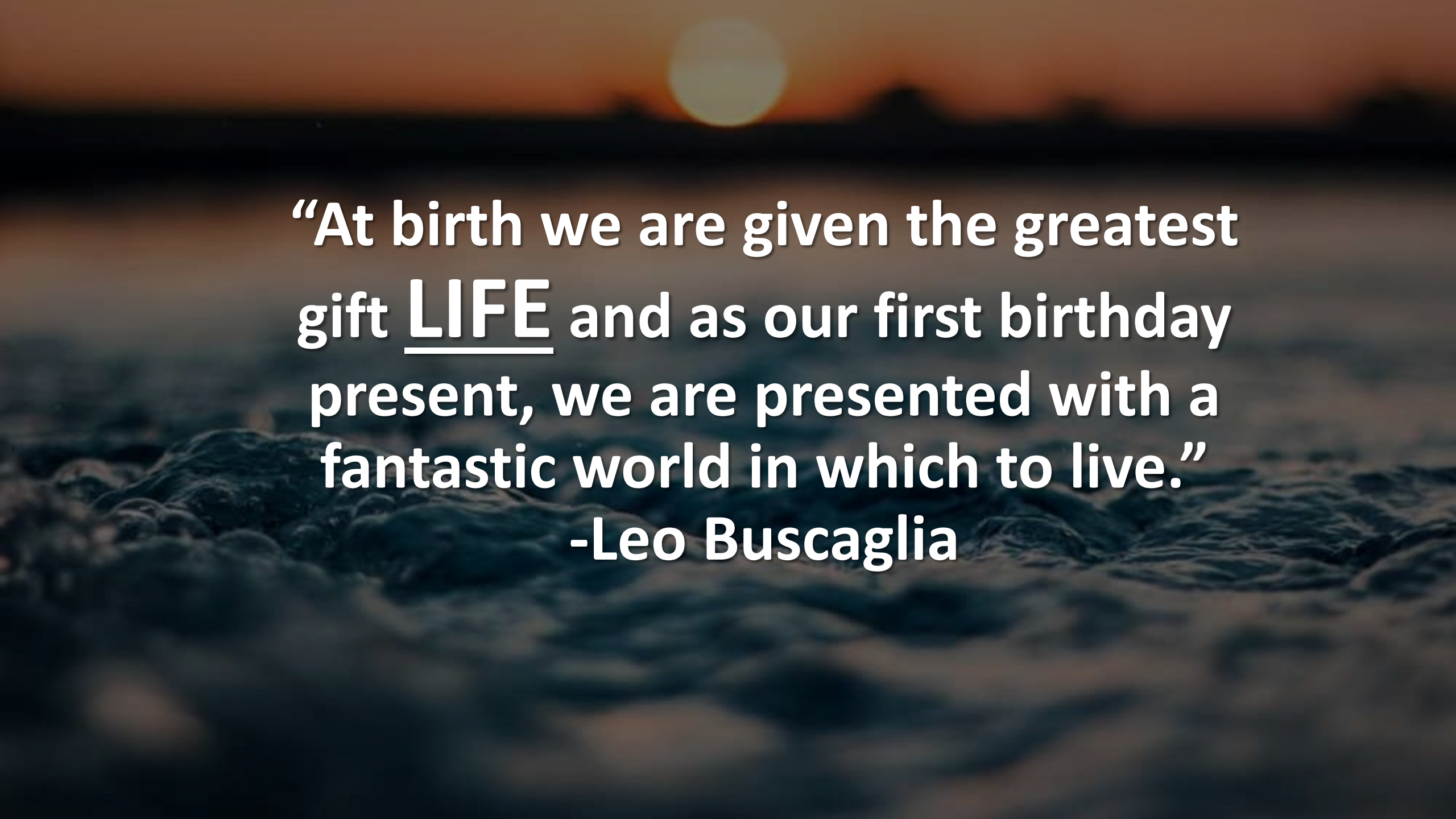
Seconds in a day= 86,400

Breaths= 23,000

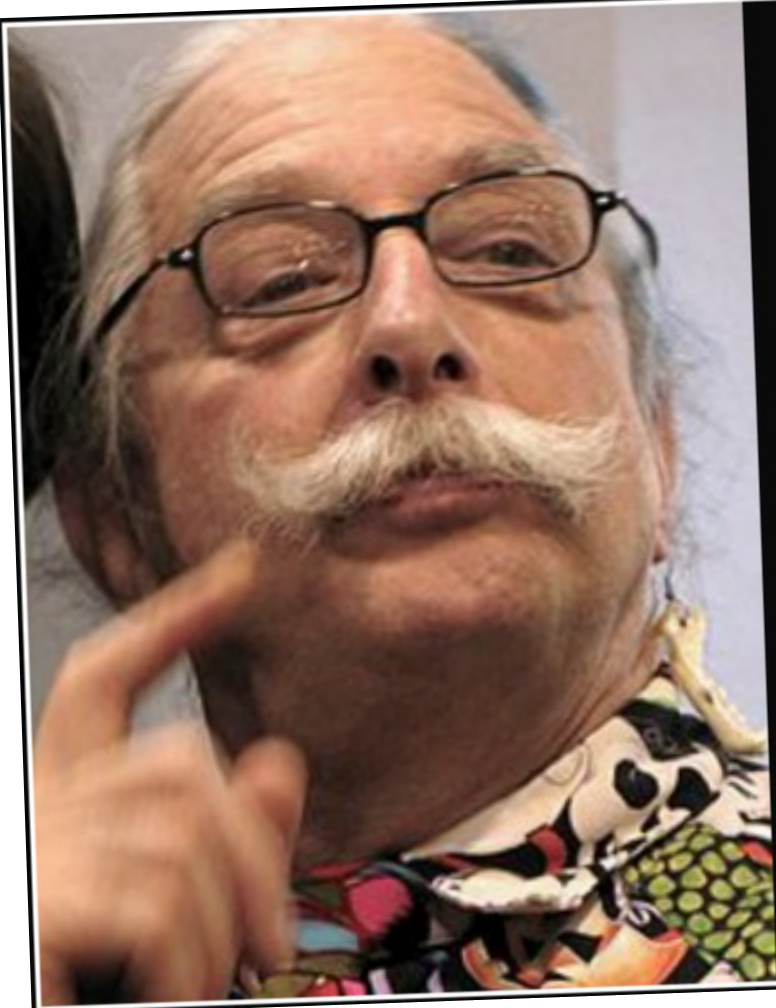
Total= 209,400

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

You are a Blessings Millionaire!

A sunset over the ocean with a quote overlaid. The sun is low on the horizon, creating a warm orange glow. The water is dark blue with white foam from waves in the foreground.

“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

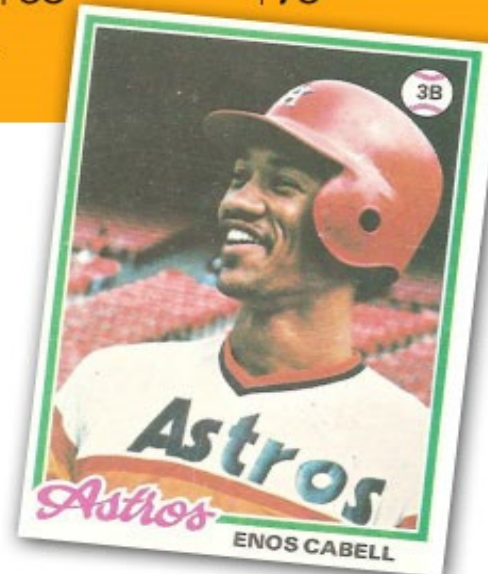
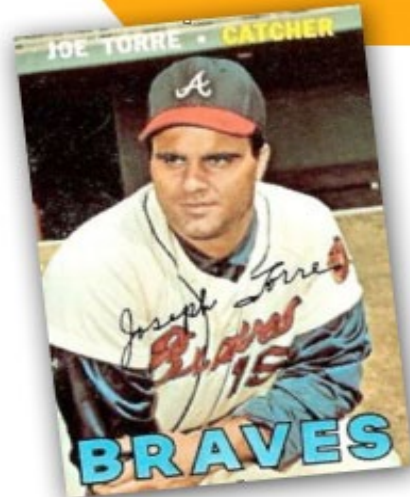
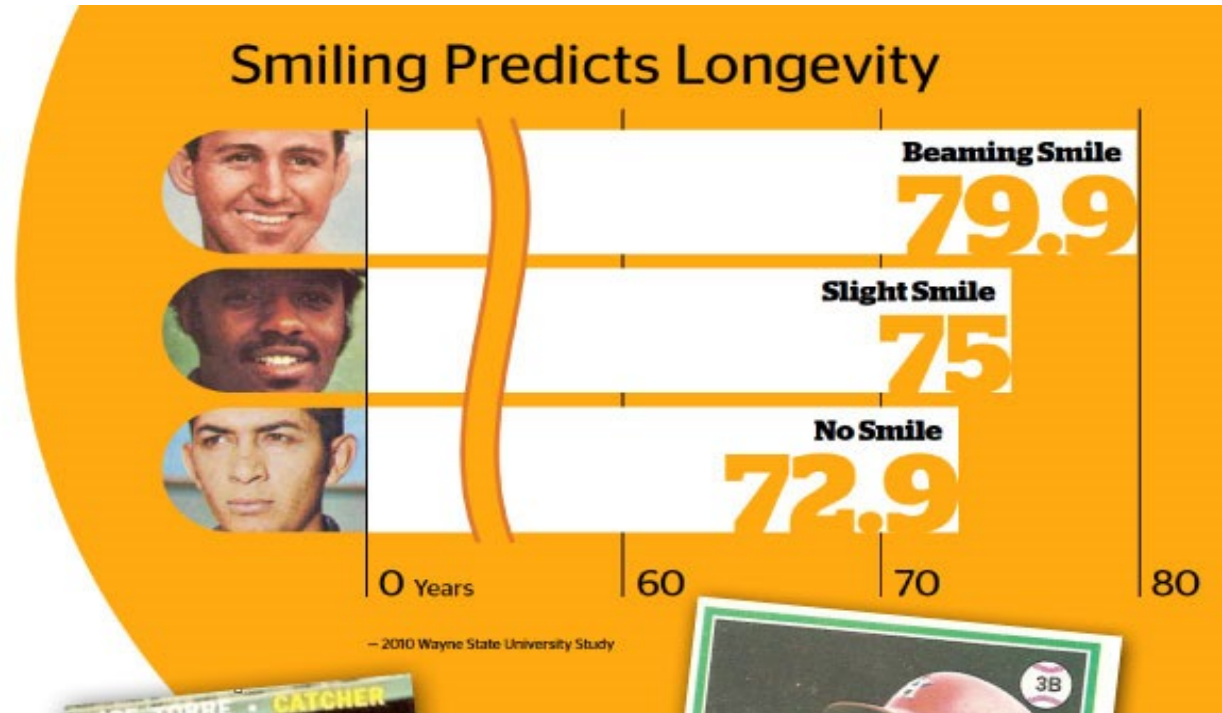


May help the immune system by boosting infection-fighting antibodies

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



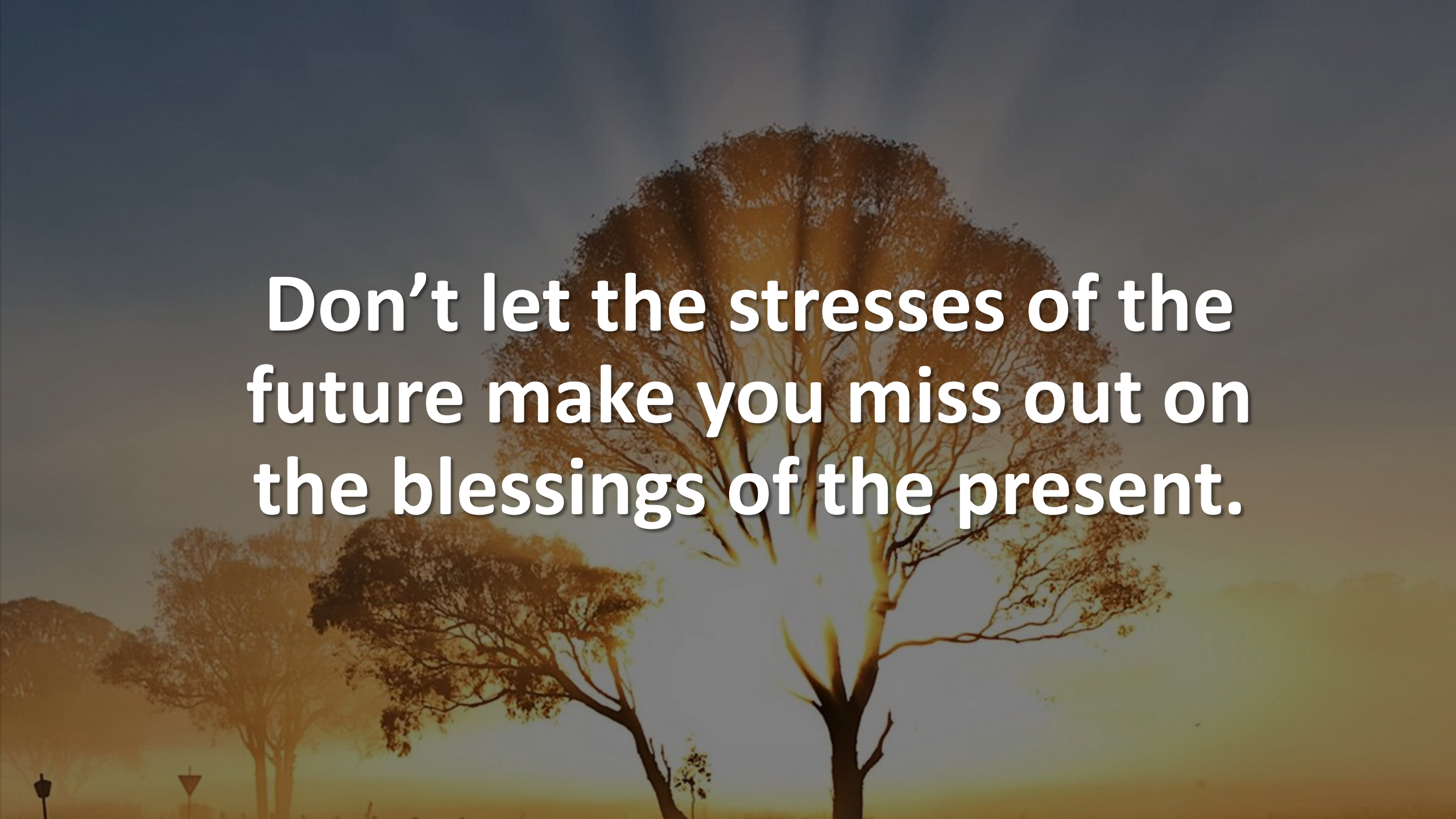
Today me will live in the moment,
unless it's unpleasant,
in which case me will eat a cookie.

- Cookie Monster



A lush tropical forest scene featuring a waterfall on the left and a stream flowing over rocks in the foreground. The background is filled with dense green foliage and tall trees. The overall atmosphere is serene and natural.

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

A large, mature tree with dense, golden-brown foliage stands prominently in the center of the frame. The background is a soft, hazy sunset or sunrise sky, transitioning from a pale yellow near the horizon to a light blue at the top. In the lower-left foreground, the silhouettes of a street lamp and a triangular road sign are visible. The overall mood is peaceful and contemplative.

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

A young woman with curly hair is smiling and looking upwards. The background is filled with green foliage. The text "We are so blessed in this moment" is overlaid on the image in white.

We are so blessed in this
moment



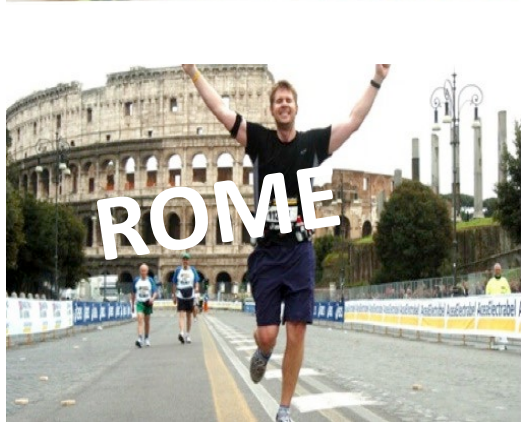
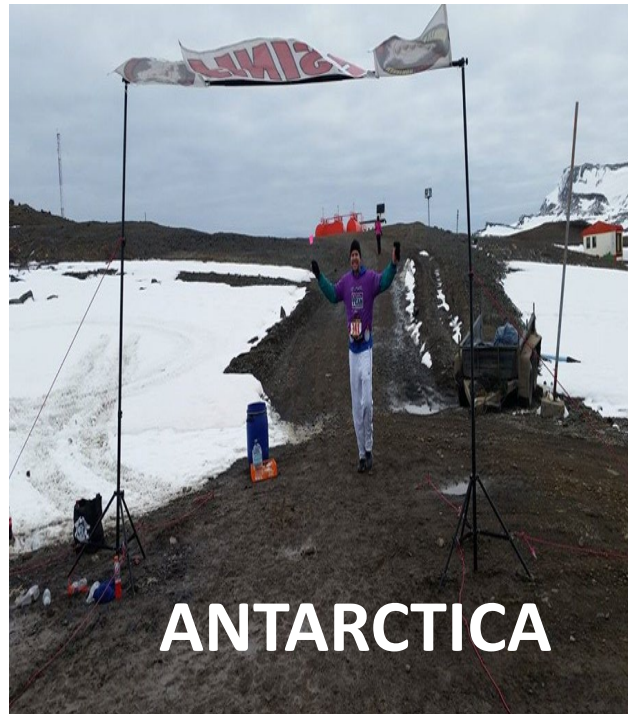
3 Simple Choices

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

A vintage black rotary telephone sits on a wooden desk. A white envelope is partially visible to the left of the phone. The entire scene is framed by a white double-line border. The text "THE CALL" and "9/11/02" is overlaid in white serif font in the center of the image.

THE CALL
9/11/02



—

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



VICTORY

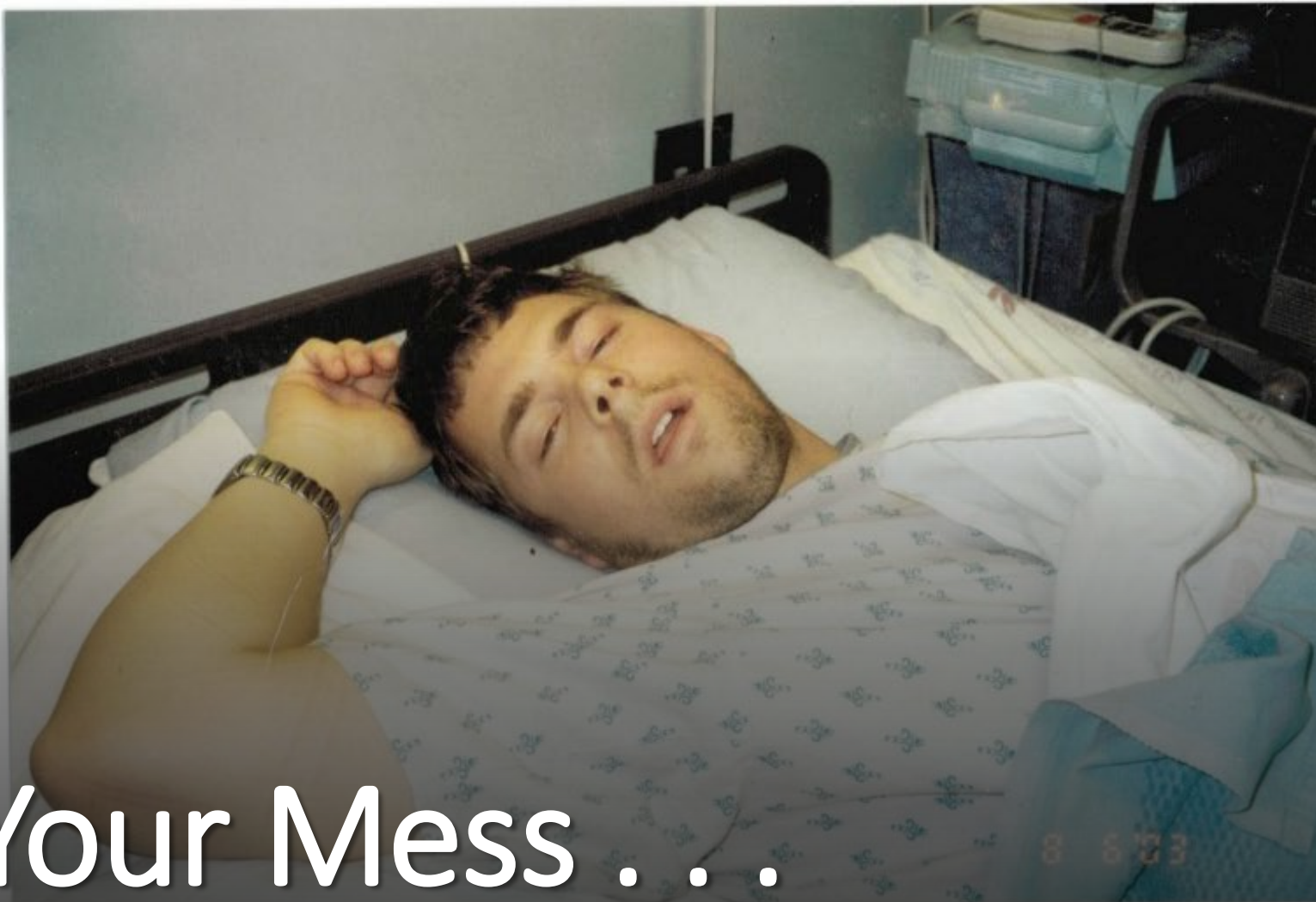
Choice 1:
Visualize Your Victory



$$C + P = R$$



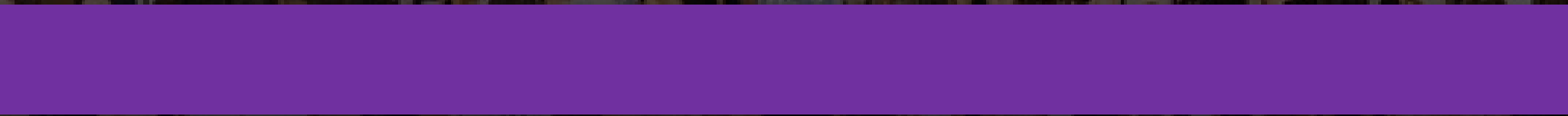
Circumstances + Perception = Reality



From Your Mess . . .




Comes Your Message





VICTORY

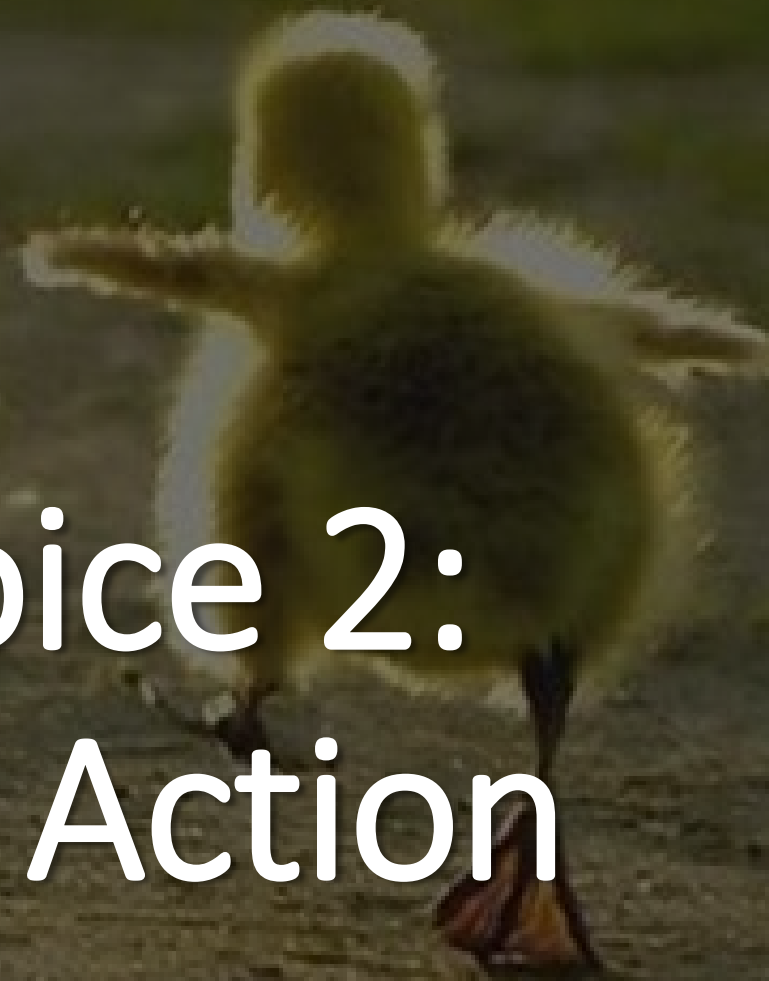
What's one Victory You Want to Achieve in the next 90 Days?

A woman with her hair in a ponytail, wearing a purple t-shirt and a dark, patterned skirt, is seen from behind as she ascends a long, wide staircase. The staircase is part of a green-painted metal bridge structure, with rivets visible along the railings. The steps are concrete and have some fallen leaves scattered on them. The background shows trees and a clear sky.

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

ONE STEP

Choice 2:
Take Action





$$C + P = R$$

$$S + E = A$$



Skill + Effort = Achievement

From Your Test . . .





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,

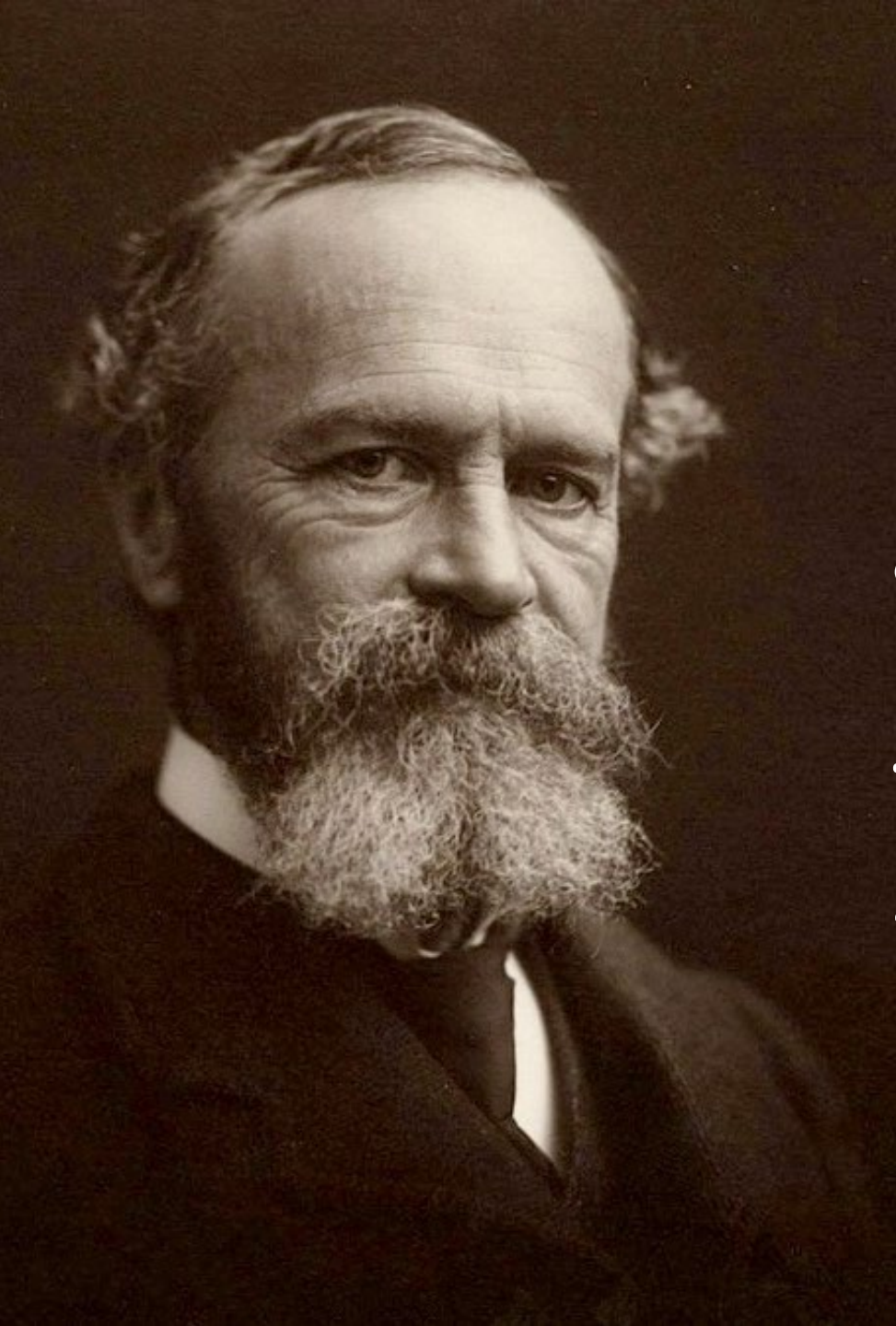
YOU HAVE TO KEEP MOVING.



-Martin Luther King, Jr.

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





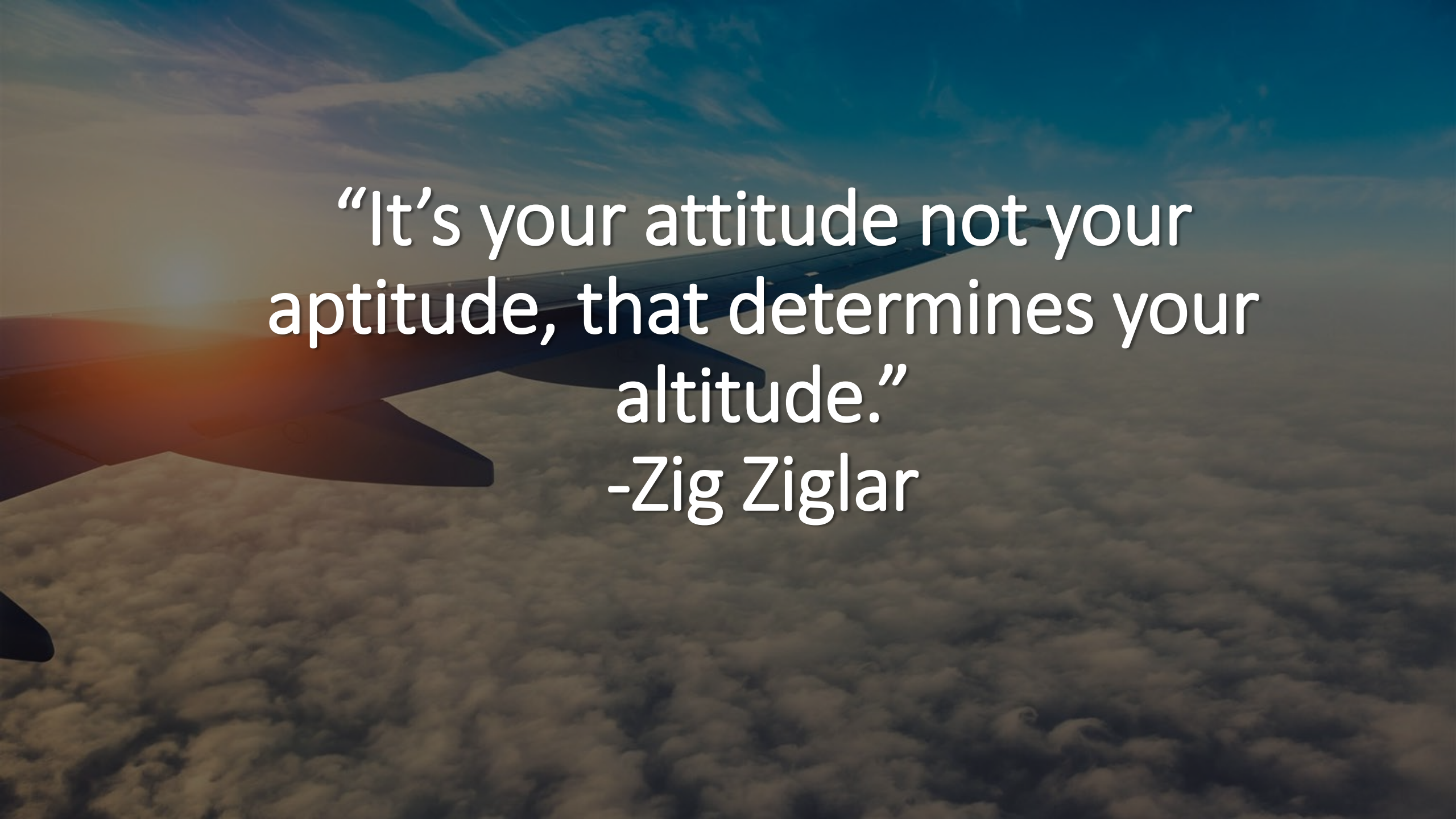
“Greatest discovery of our generation is that we can alter our lives by altering the attitudes of our mind.”
-William James



ELEVATE

Choice 3:

Elevate Your Attitude



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

-Zig Ziglar



VISUALIZE YOUR VICTORY

TAKE ACTION

ELEVATE YOUR ATTITUDE

$$C + P = R$$

$$S + E = A$$

$$F + T + W = L$$

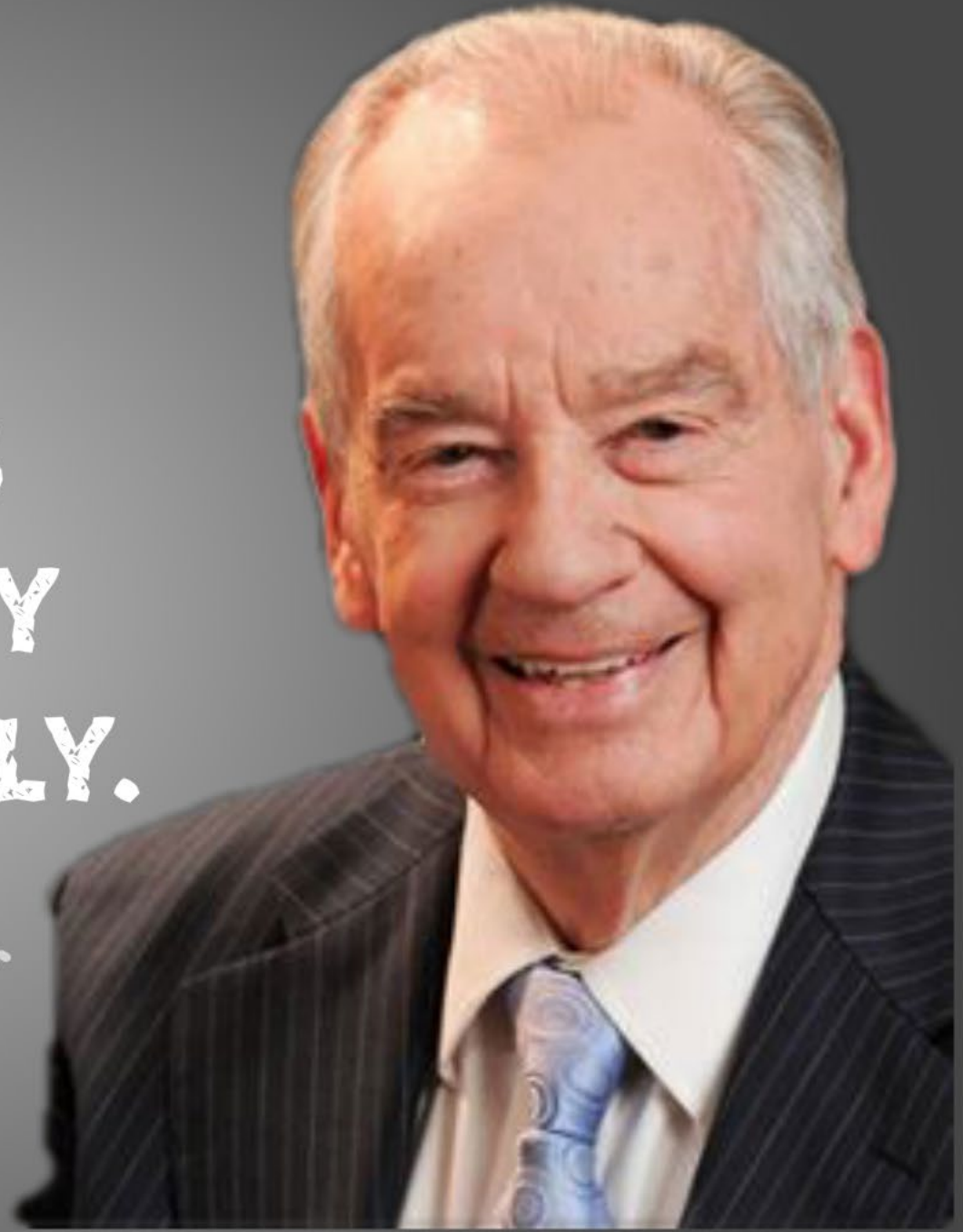


**Feelings You Feel + Thoughts You Think + Words You Speak
= Life You Live**



**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, palms facing each other, set against a dark, almost black background. The hands are illuminated from the side, highlighting the texture of the skin and the creases on the palms. The lighting creates a dramatic, high-contrast effect. Overlaid on the center of the hands is the text "The Ultimate Choice" in a large, white, sans-serif font, with "Serve" positioned directly below it in a slightly smaller font of the same style.

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

