




Exploring Patterns to Debug your Life

**Dennie Declercq // Miriam
Perrone**

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- Italy



Agenda

About us

Patterns

Debugging

Thanks // Q&A



Talk about Miriam



- Miriam Perrone
- Assodem // MPe.Books
- Public speaker // Writer // Publisher

Talk about Dennie



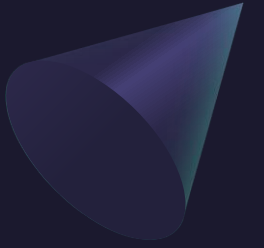
- Dennie Declercq
- President/ Developer DDSOFT
- Microsoft MVP
- #DreamingIsBelieving



Patterns

What are life patterns?

Some life patterns



LAW OF GRAVITY



LAW OF PROXIMITY

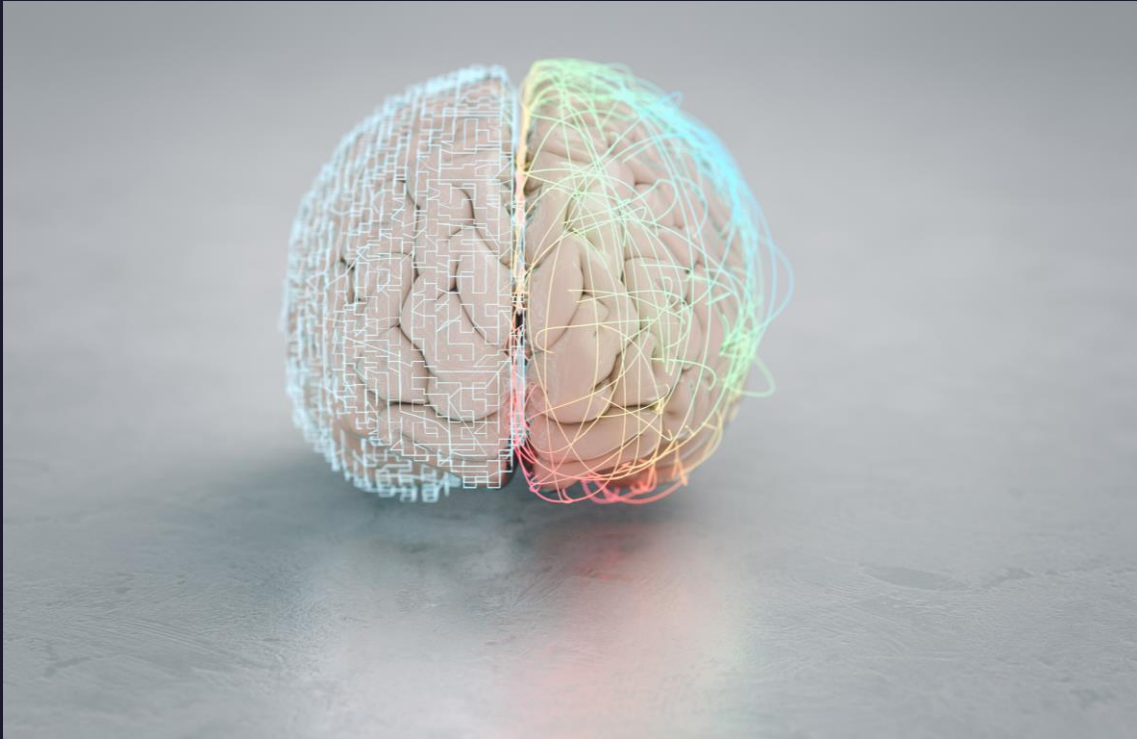


LAW OF ATTRACTION



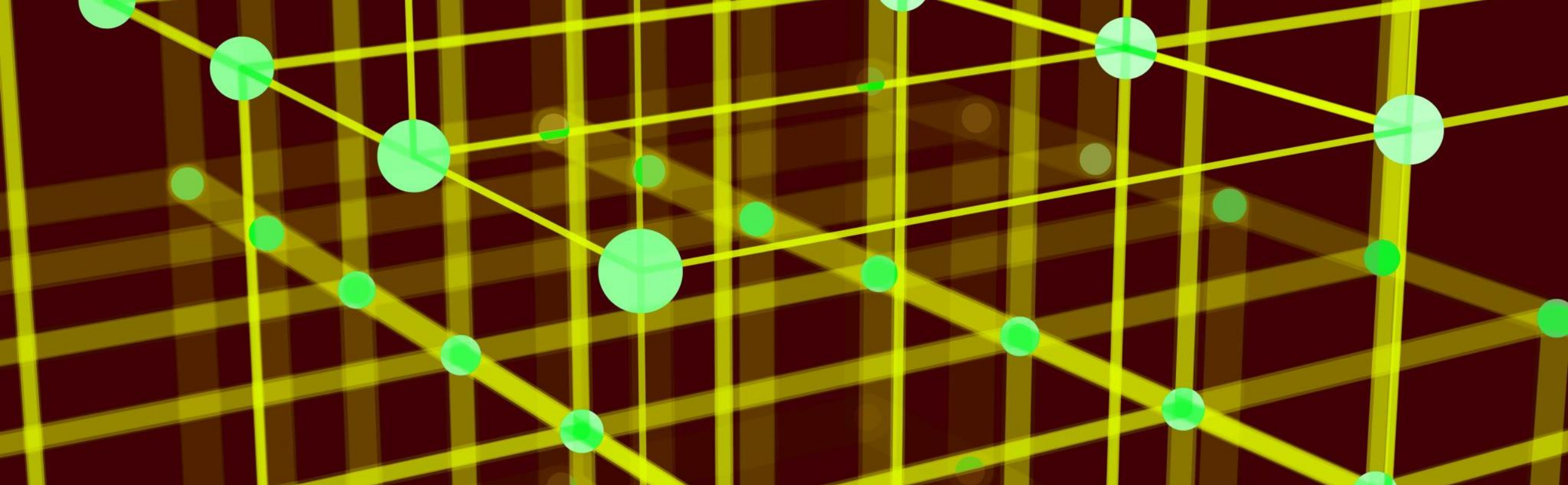
How the Law of Attractions works

YOUR MIND VIBRATES



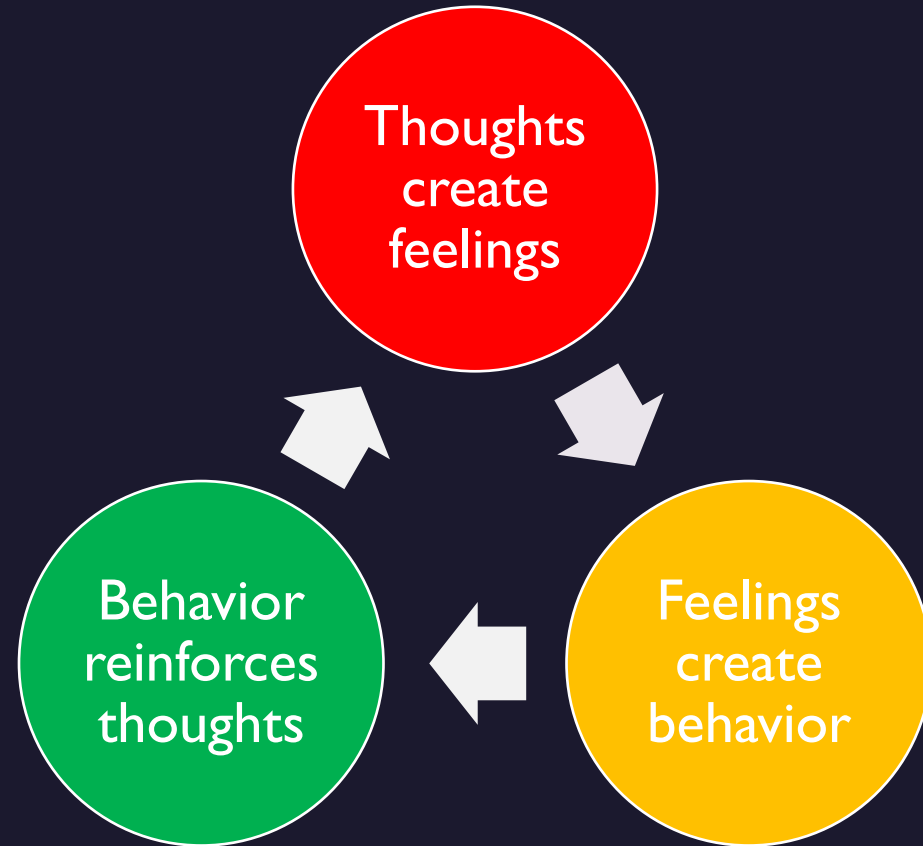
VIBRATIONS HAVE FREQUENCIES





Quantum

The Behavioral Framework



EVENT: “Not hired after job interview”

Unhelpful thought → outcome	
Thought	They'll think that I am not motivated, that I don't really want the position, and then I won't get the job that I, in fact, do want so badly!
Feeling	
Behavior	
Consequence / outcome	

EVENT: “Not hired after job interview”

Unhelpful thought → outcome	
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Consequence / outcome	

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Consequence / outcome	People interpret this as 'not very motivated' → I am not selected for the job

Feeling Exercise



EVENT: “Not hired after job interview”

	Unhelpful thought → outcome	Helpful thought → outcome
Thought	They'll think that I am not motivated, that I don't really want the position, and then I won't get the job that I, in fact, do want so badly!	I am very motivated to get this position, I have all the capabilities to function well in it, and I am very talented for that job!
Feeling	Insecure, restless, tensed and nervous	
Behavior	I don't smile, I have a very serious tensed expression (because I feel very nervous)	
Consequence / outcome	People interpret this as 'not very motivated' → I am not selected for the job	

EVENT: “Not hired after job interview”

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Feeling	Insecure, restless, tensed and nervous	(Self)confident, relaxed
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Feeling	Insecure, restless, tensed and nervous	(Self)confident, relaxed
Behavior	I don't smile, I have a very serious tensed expression (because I feel very nervous)	I am able to have a relaxed conversation, where I am also able to relax my facial muscles and maybe even put a kind and friendly smile on my face during the interview. This makes a good impression on the interviewer(s).
Consequence / outcome	People interpret this as 'not very motivated' → I am not selected for the job	

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Behavior	I don't smile, I have a very serious tensed expression (because I feel very nervous)	I am able to have a relaxed conversation, where I am also able to relax my facial muscles and maybe even put a kind and friendly smile on my face during the interview. This makes a good impression on the interviewer(s).
Consequence / outcome	People interpret this as 'not very motivated' → I am not selected for the job	The interviewer interprets my behaviour as 'confident', 'capable', 'friendly' and experiences the interview as pleasant → I get selected for the next round of applications

Conclusion

Change

Change your outcome, by
changing your thoughts

Debug

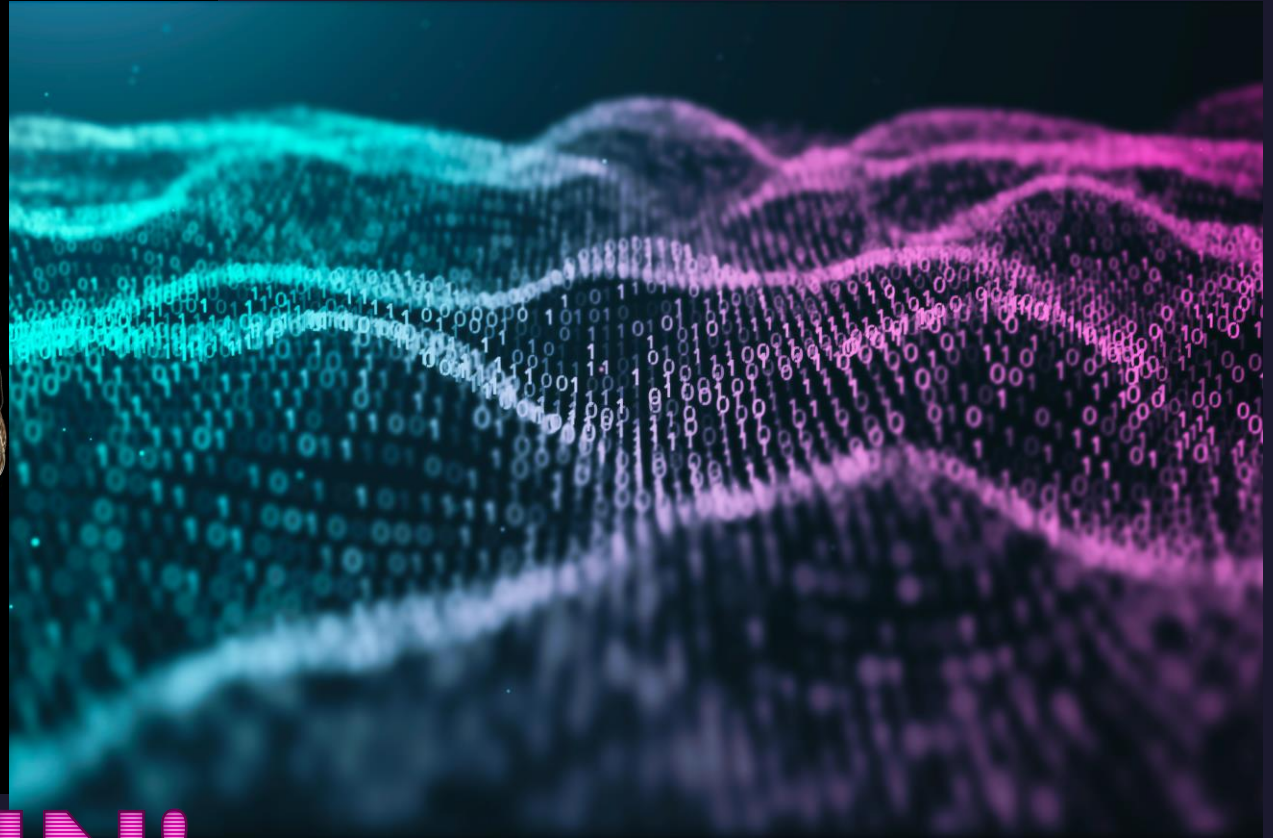
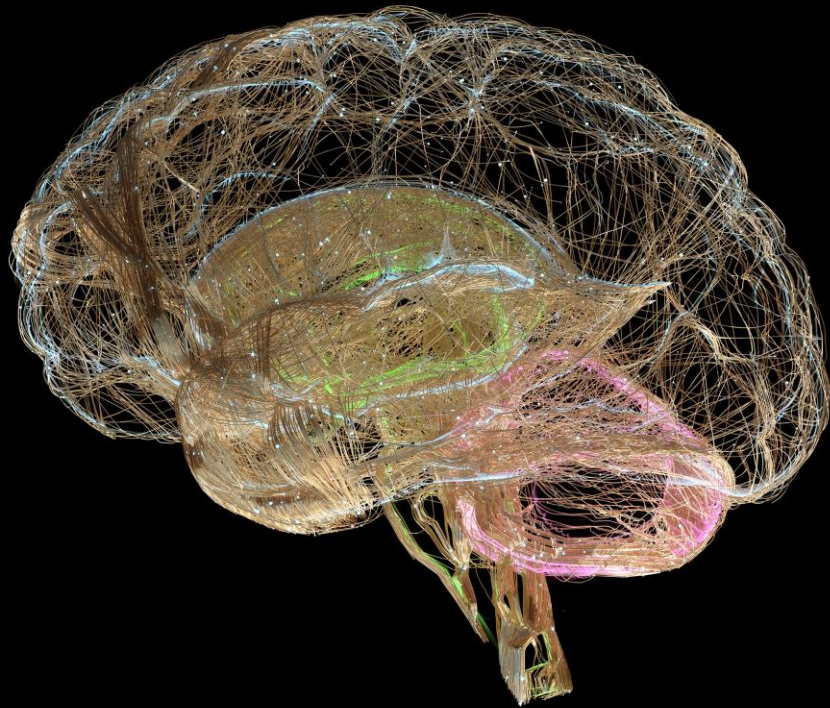
Debug your life, by exploring
your thinking patterns



Debugging

Linking the dots

Know you can



Hack your BRAIN!

Debugging what you want to CHANGE

IT

“The web form isn’t working”:

REMOVE: Remove a part of the ‘validation’ code.

ADD: Add a new validation method

EXERCISE: Refactor the new validation method

REPEAT: Implement the new validation method on all form elements.

HUMAN

“I always fail my exams”:

REMOVE: unhelpful thoughts

ADD: helpful thoughts

EXERCISE: be conscious & keep replacing unhelpful thoughts.

REPEAT: until you get the outcome that you WANT

Recap

- EXPLORE your life patterns
- CONNECT the DOTS (behavioral framework)
- DEBUG your life by changing thoughts/mindset



Thanks / Q&A

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