

## **WE ARE THE CHOICES WE MAKE**

How many times a day do we hesitate, over think or even doubt ourselves. It seems like worry and fear constantly hijacks our journey to implementing meaningful change in our lives. If anybody tells you that you are a worrier they are dead wrong, If anybody tells you that you are a procrastinator they are dead wrong!



You are not a worrier or procrastinator, you merely have a habit of worrying or procrastinating, that's all. We all have bad habits, we allow our minds to continuously linger on negativity so many times that it starts to form a pattern and we don't even realise it.

### ***How do you get through the tough moments when you find yourself putting off the inevitable?***

If you think it is because you not motivated, you wrong! Motivation is a unicorn, myth, absolute bullsh@t... If you are going to wait to feel motivated to do something in your life, it will never get done. If you're waiting for some public speaker to motivate you, then I promise you it is going to be a short-lived emotion. Well, let's put it this way, while you are sitting around waiting to feel motivated to take action, motivation is sitting next to you waiting for you to get your butt off the couch! We are never going to feel motivated to implement change because it means we need to change a habit, and we do love our little habits!

***We are the choices we make*** – A practical journey on how our brains trick us into taking the easy way out. Our brains are our greatest hurdles in life, it stops us from reaching our full potential every single day! But there is hope .....!

Martin Brown's presenting skills will draw the audience to the edge of their seats and send them on a breathtaking journey. His fearless, inspiring and fun approach loosens up your audience, accelerates connection and deepens inspiration because your audience will be both entertained and engaged. He is a global innovator and adversity expert whose concepts on business and disruptive forces of life have changed the views of many a people around the world.

***"There are mainly two things define us: Our tenacity when we have absolutely nothing and our attitude when we have it all."***

For more information and social media look at the website: [www.martinbrown.co.za](http://www.martinbrown.co.za)