



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



A photograph of an elderly couple laughing together on a beach. The woman in the foreground is laughing heartily, her head tilted back. The man behind her is also laughing. The background shows a beach and the ocean. The text "Lighten Up, Don't Tighten Up" is overlaid in white.

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.



DOH

Life Blessings Daily Bank Account

Heartbeats= 100,000

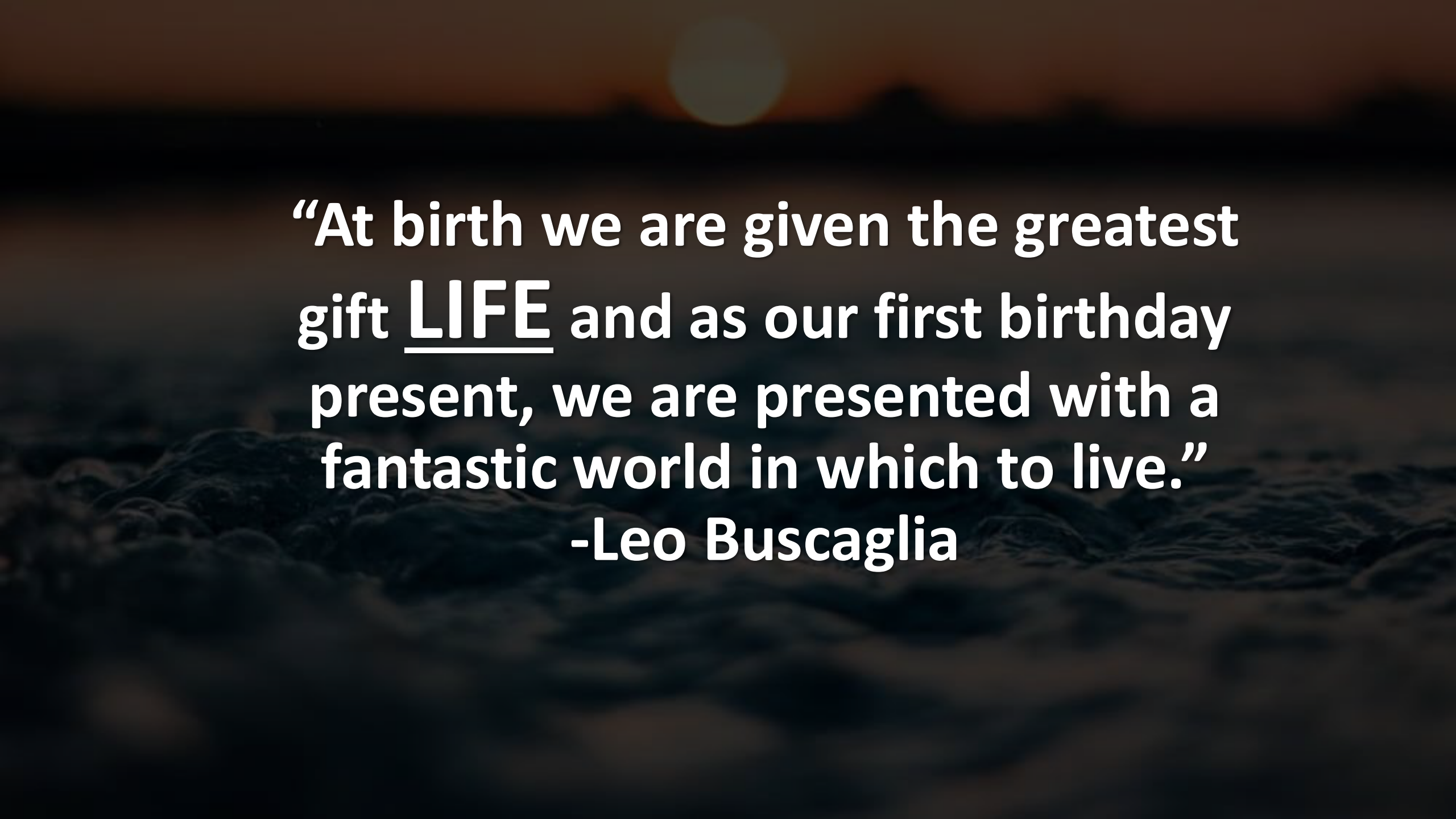
Seconds in a day= 86,400

Breaths= 23,000

Total= 209,400

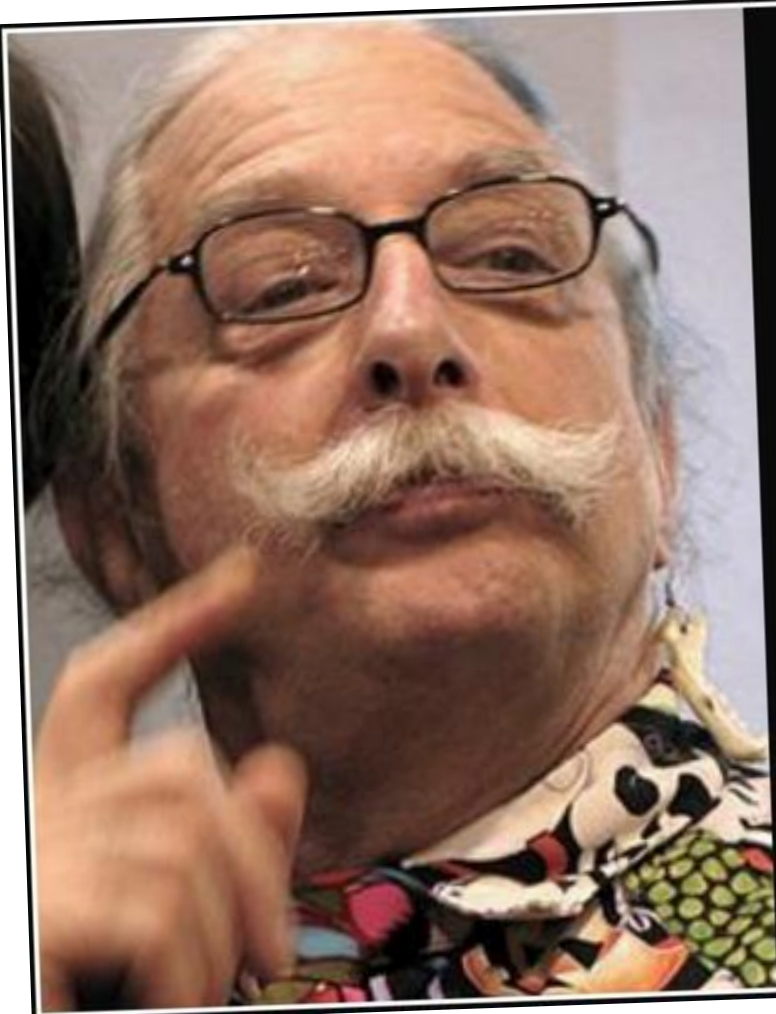
Five People You Love $209,400 \times 5 = 1,047,000$

You are a Blessings Millionaire!



**“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

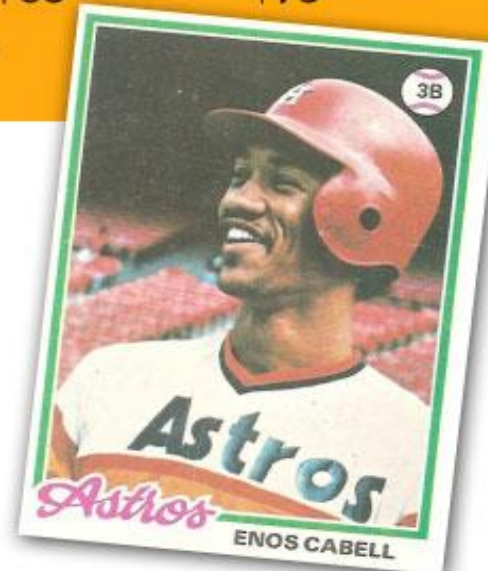
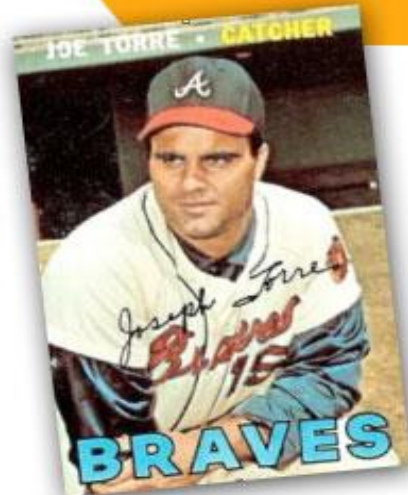
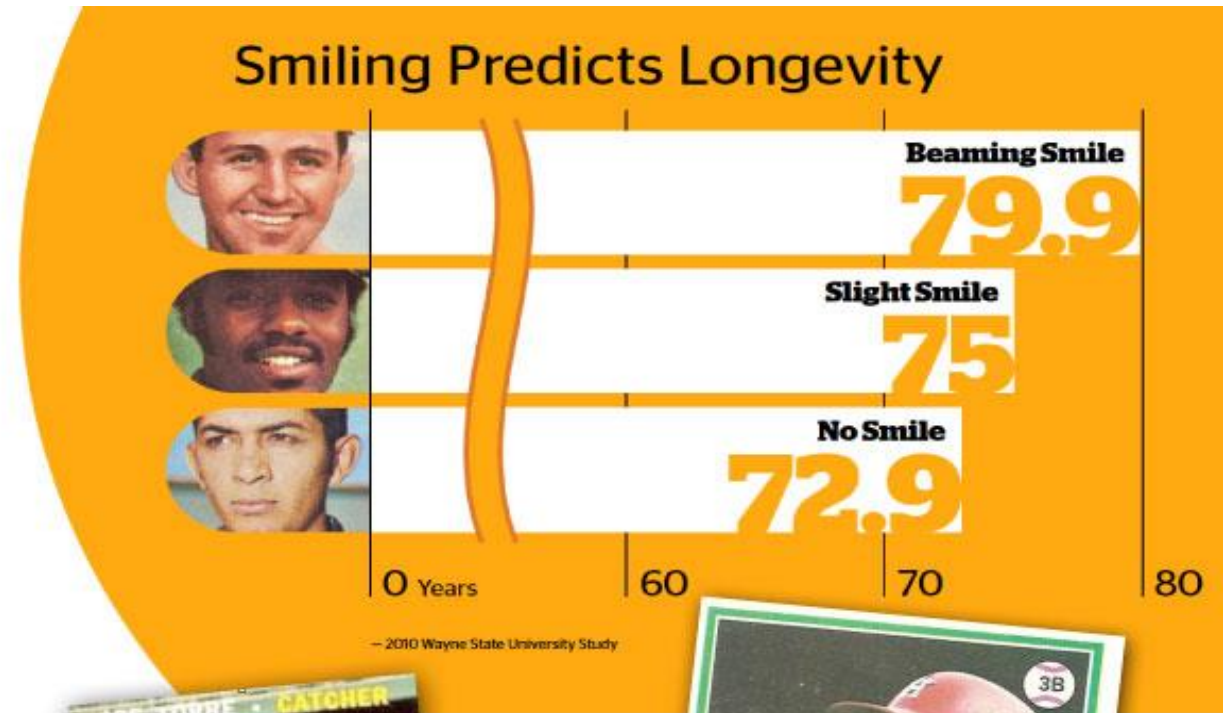


May help the immune system by boosting infection-fighting antibodies

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.

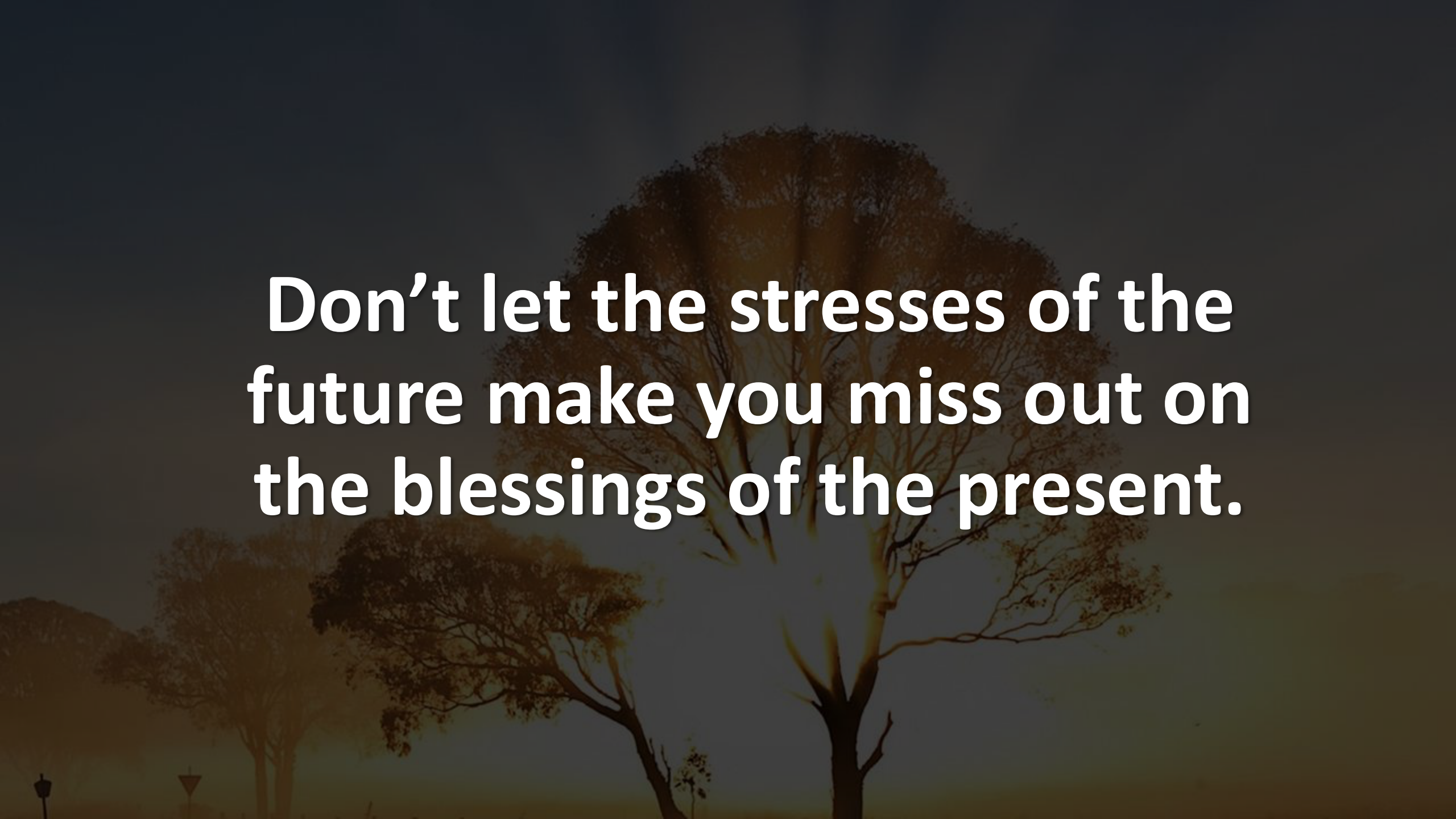
- Cookie Monster



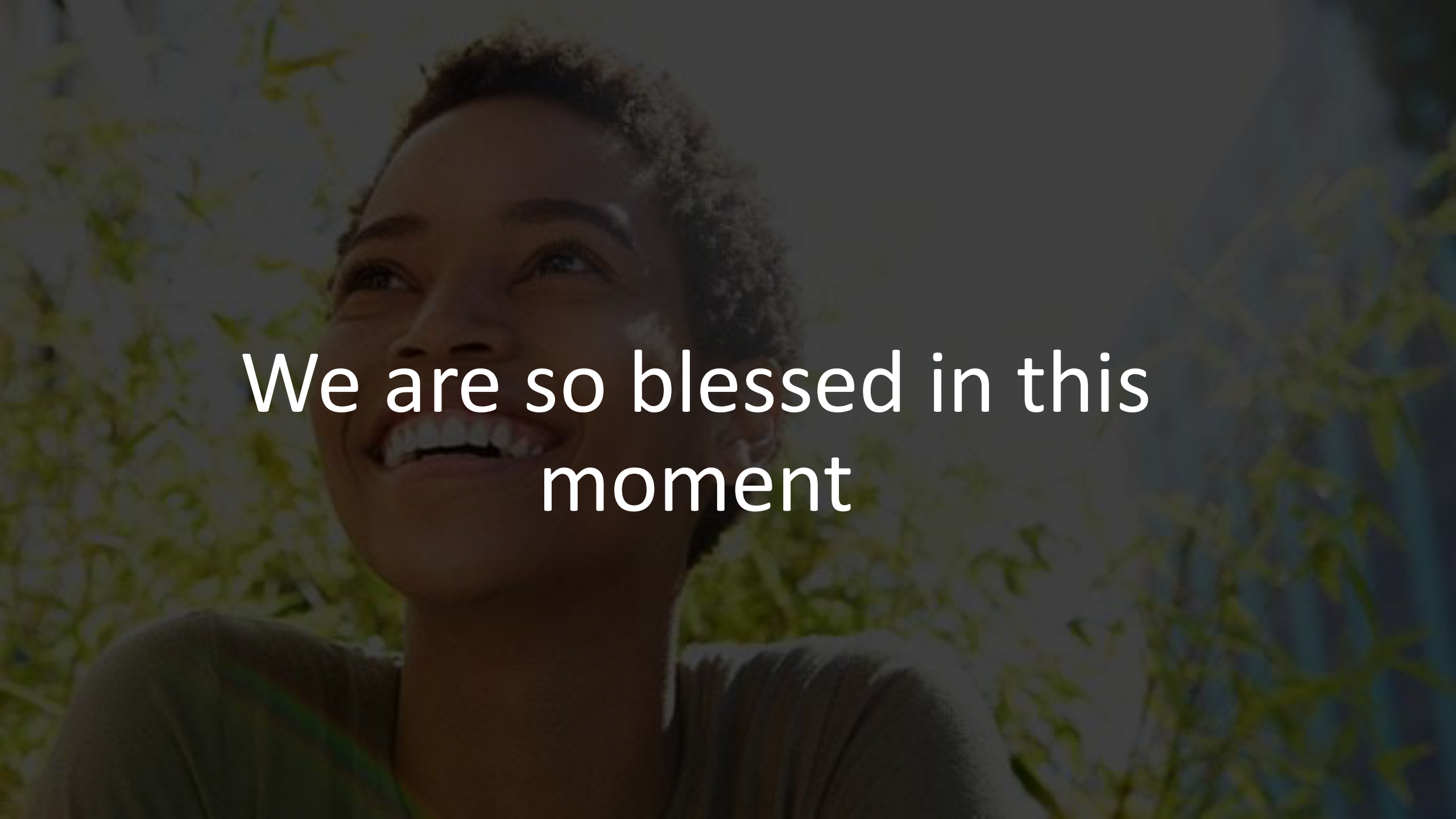
A long-exposure photograph of a lush forest. In the background, a waterfall cascades down a rocky cliff, its water appearing as a soft, white veil. The foreground shows a stream flowing over dark, wet rocks, with the water blurred into a silky texture. The surrounding trees and foliage are dense and green, with some leaves showing signs of being wet. The overall atmosphere is peaceful 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, leafy tree in a park setting with a dark, moody sky. The tree is the central focus, with its branches spreading out. The background is a dark, overcast sky with some lighter patches. The overall tone is somber and reflective.

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

A low-angle shot of a young woman with dark, curly hair, smiling broadly and looking upwards. She is wearing a dark-colored top. The background is dark with out-of-focus green foliage, suggesting an outdoor setting at dusk or night. The overall mood is joyful and hopeful.

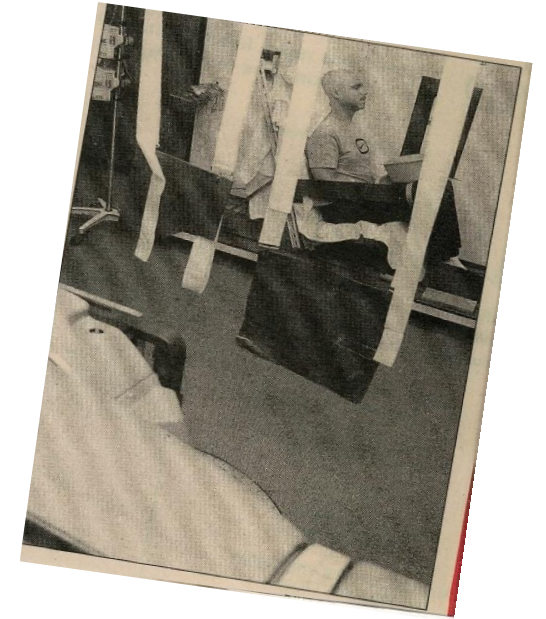
We are so blessed in this
moment



3 Simple Choices

Stay Motivated in the Marathon
of Uncertainty

From three-time cancer conqueror and relearning how to walk . . .



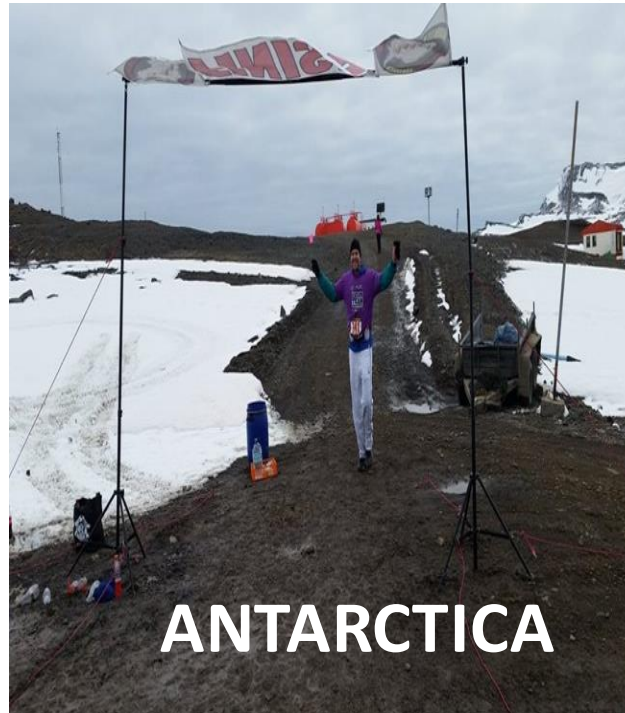
To Completing 8 Marathons on 8 Continents!



SAN DIEGO



TOKYO



ANTARCTICA



PERTH



ROME



CAPE TOWN



PUNTA
ARENAS



QUEENSTOWN

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. The phone has a coiled cord and a handset. The background is a dark, moody photograph of the phone and desk, with a white border framing the central text.

THE CALL 9/11/02

A close-up, high-angle shot of a compass. The compass face is dark with a scale of markings. A prominent blue arrow points towards the word 'VISION' which is written in large, bold, blue capital letters along the top arc of the compass. The compass needle is visible, and the overall lighting is dramatic, with strong highlights and shadows.

—

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

The word "VICTORY" is rendered in large, dark, 3D block letters. It stands on a green grassy field. The background is a sky with soft, white clouds, suggesting a dawn or dusk setting. The lighting is dim, with the sky being a pale blue and the grass a dark green.

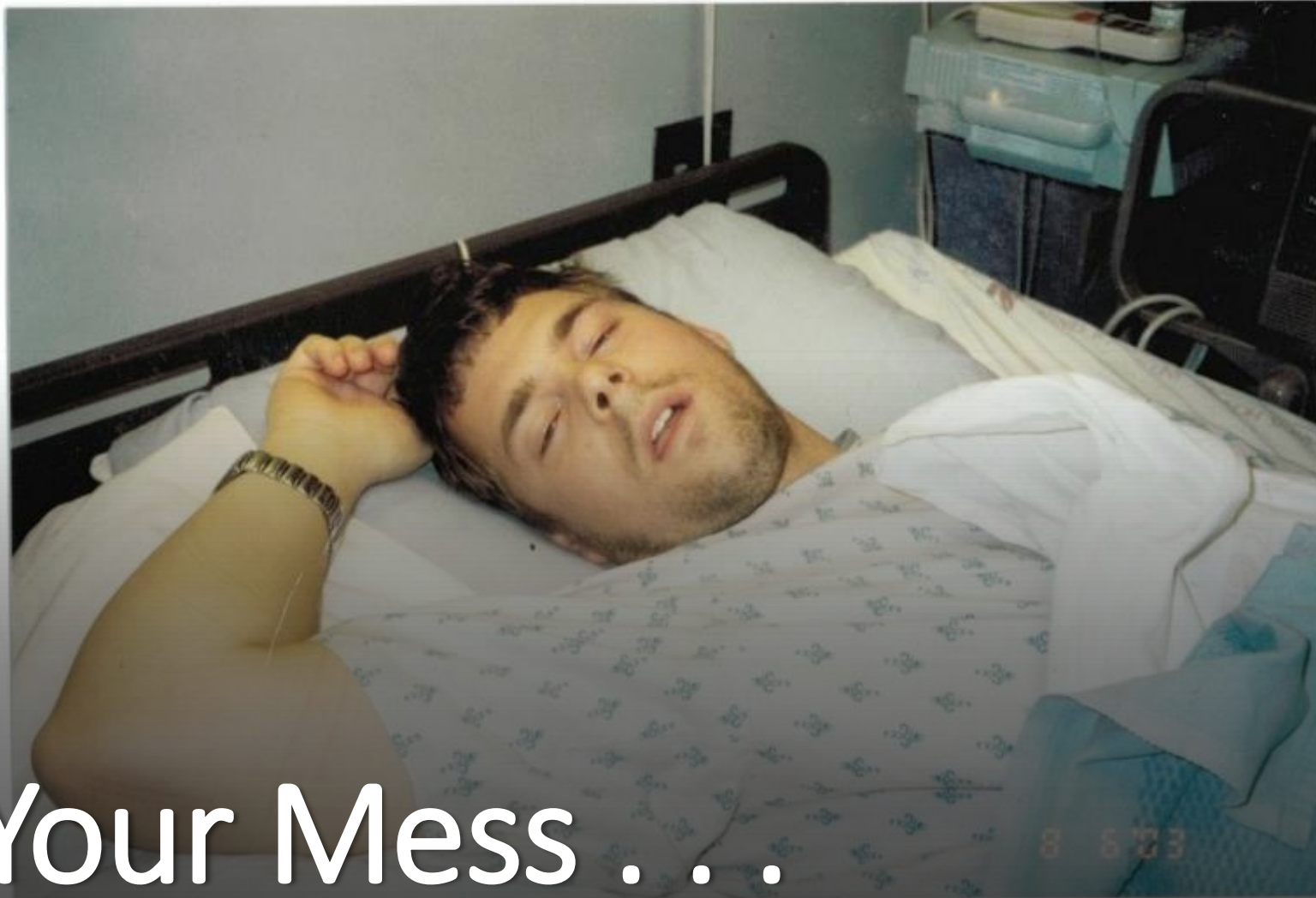
VICTORY

Choice 1:
Visualize Your Victory





Circumstances + Perception = Reality



From Your Mess . . .



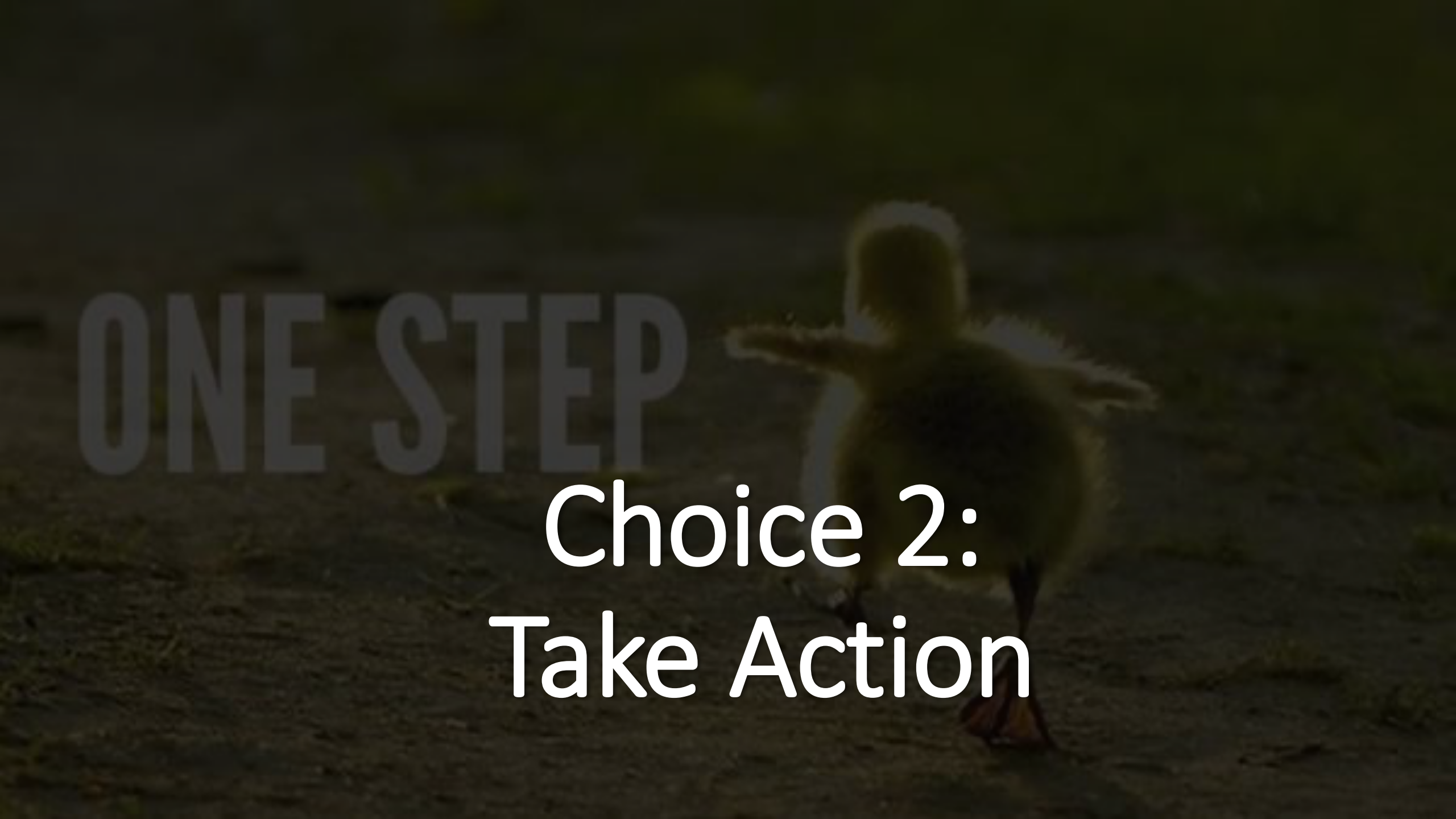
Comes Your Message

VICTORY

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

A woman with blonde hair in a ponytail, wearing a purple t-shirt and a black skirt, is seen from behind as she walks up a long, narrow staircase. The staircase is built into a green metal bridge structure with rivets. The steps are made of concrete and are partially covered with fallen leaves. 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





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,

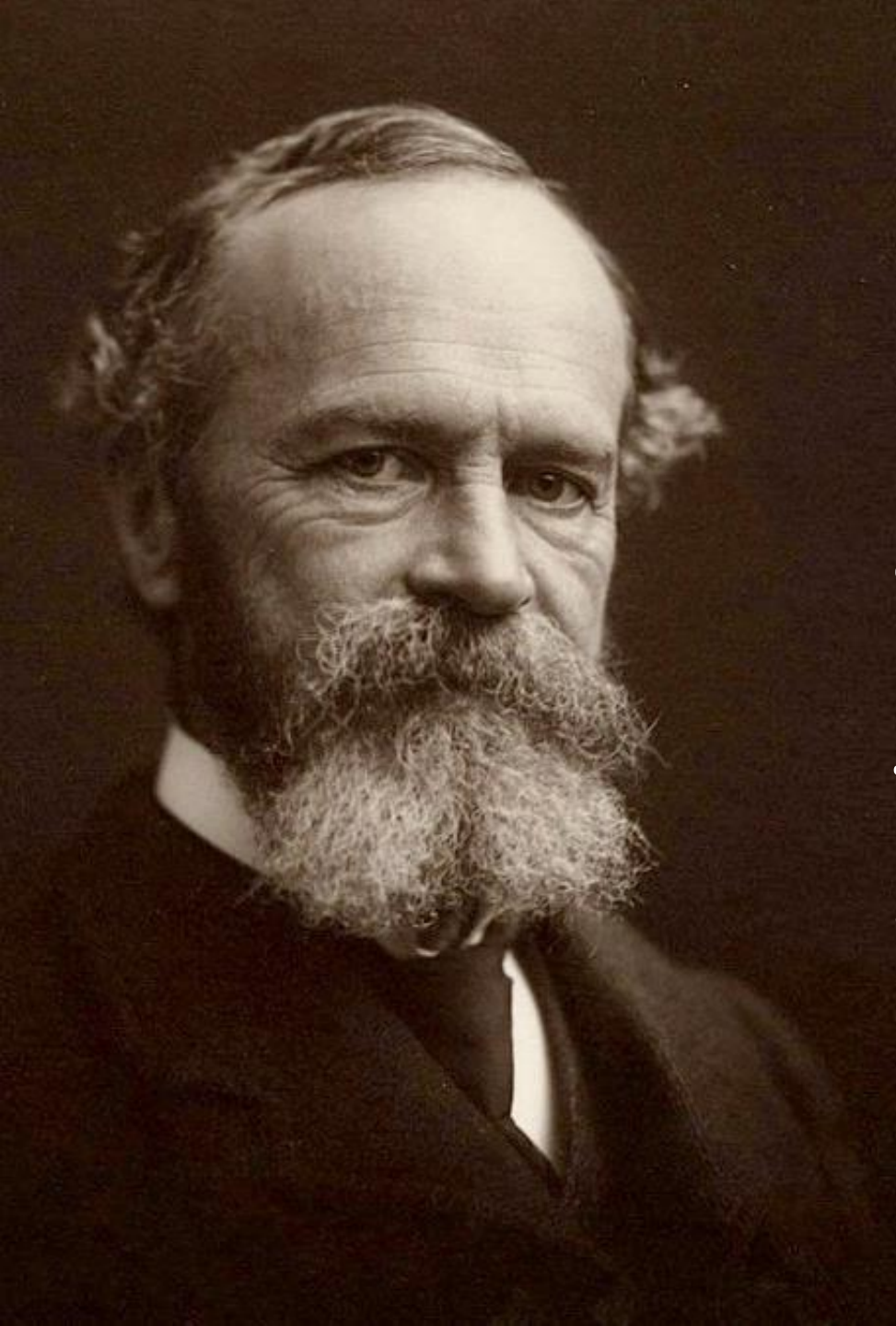
YOU HAVE TO KEEP MOVING.



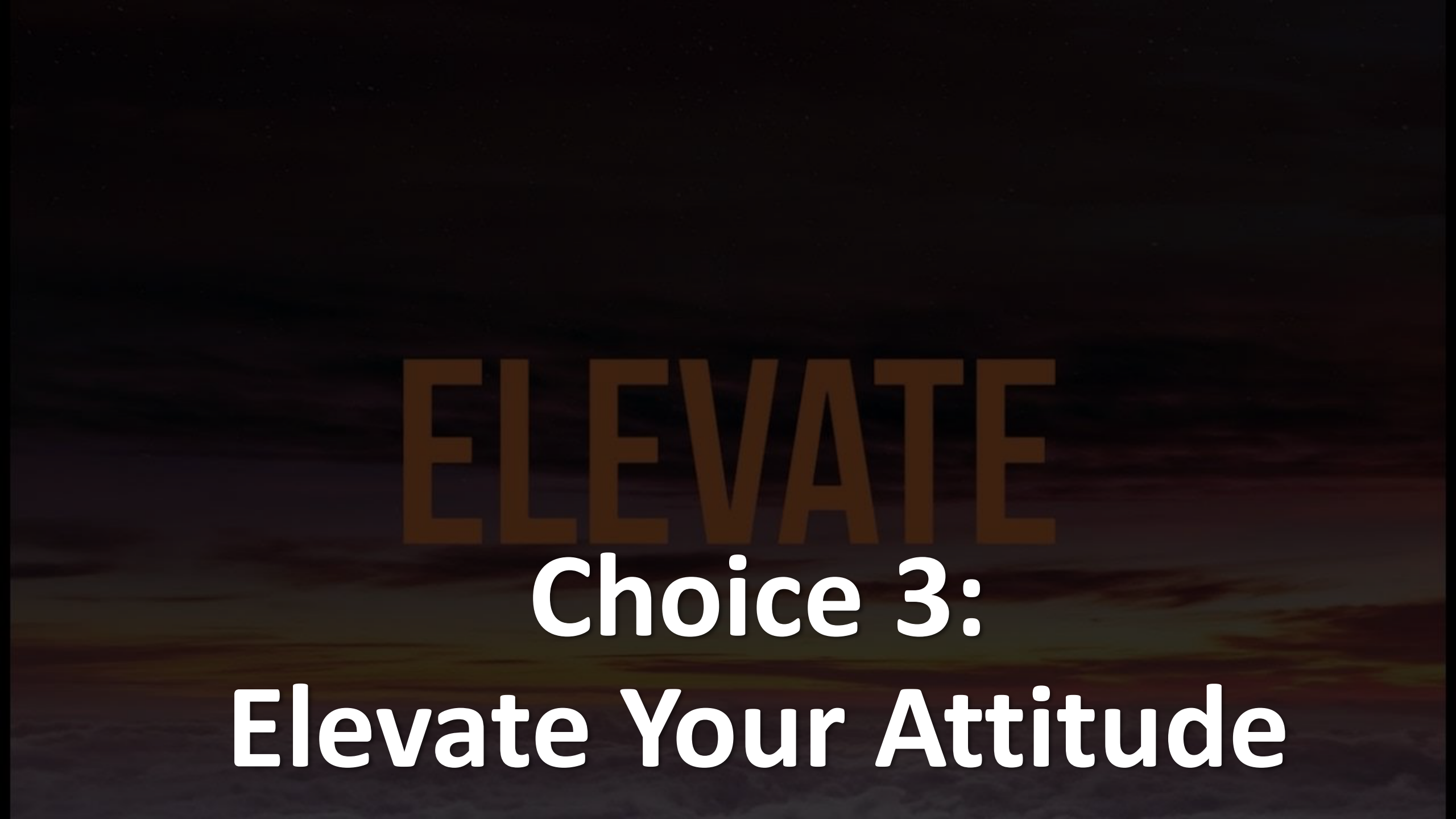
-Martin Luther King, Jr.

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





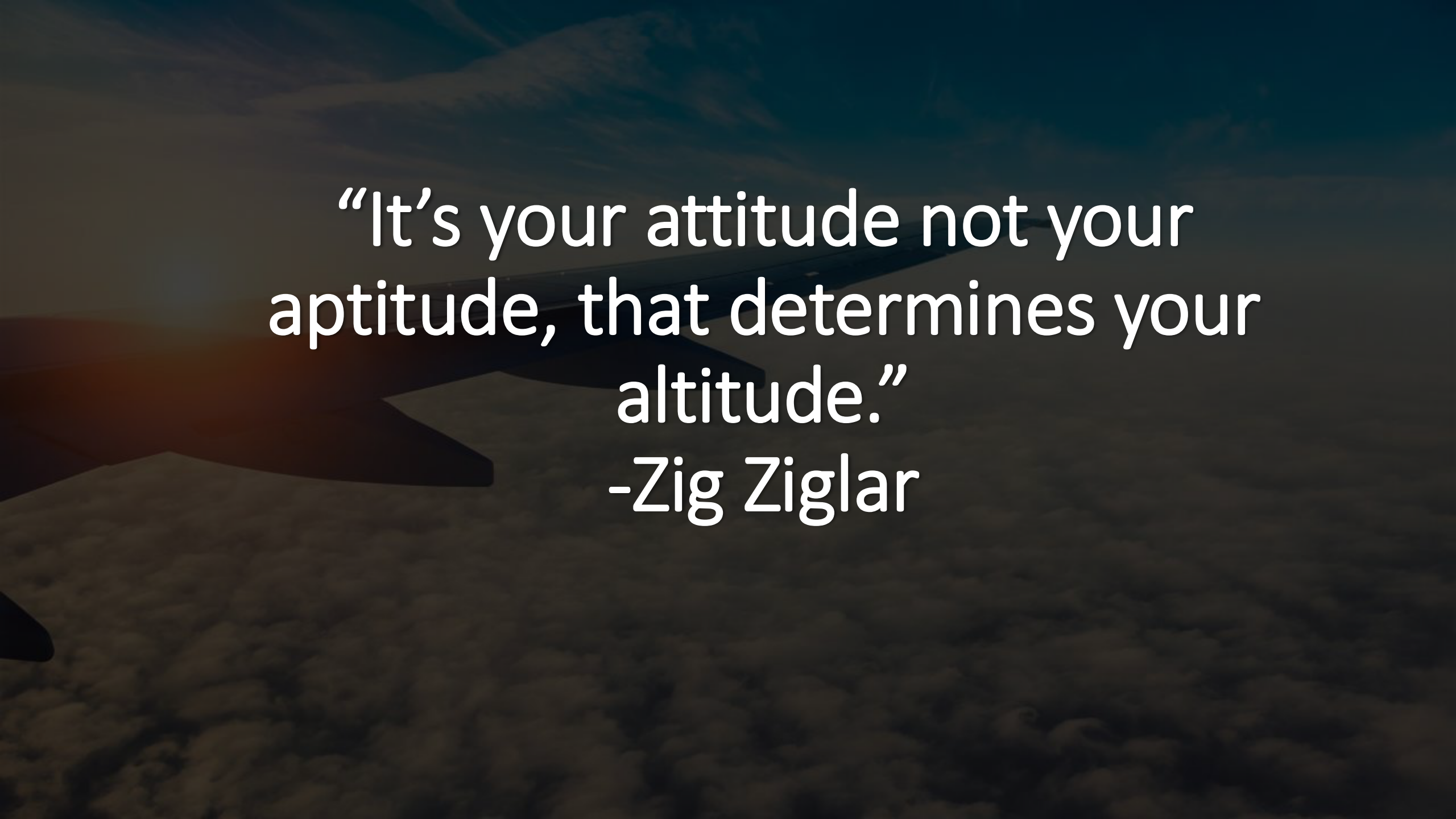
“Greatest discovery of our generation is that we can alter our lives by altering the attitudes of our mind.”
-William James



ELEVATE

Choice 3:

Elevate Your Attitude



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

-Zig Ziglar



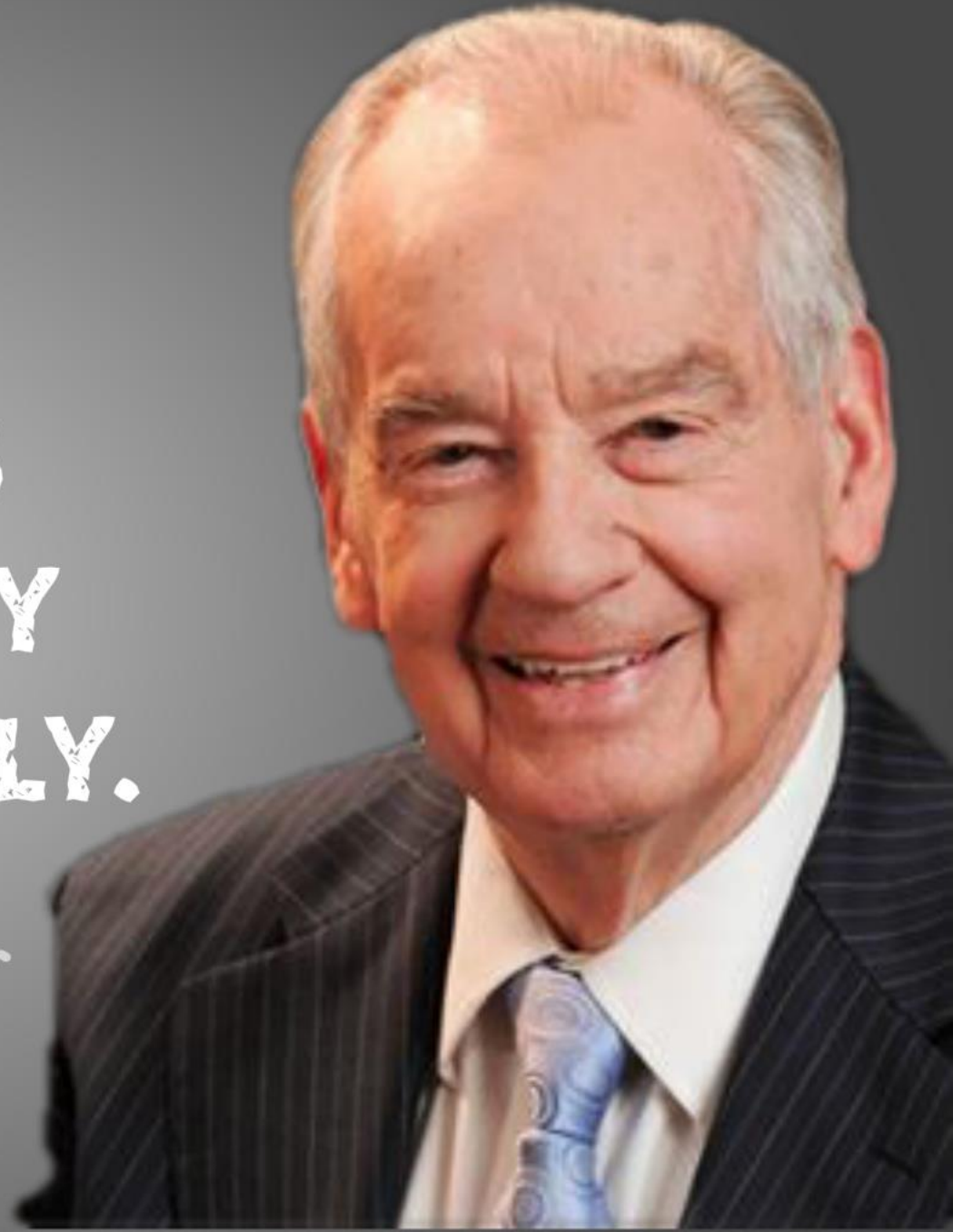


**Feelings You Feel + Thoughts You Think + Words You Speak
= Life You Live**



**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



The image features two hands, palms facing forward, held up against a dark, almost black background. The hands are positioned centrally, with fingers slightly spread. The lighting is soft, highlighting the texture of the skin and the lines on the palms. Overlaid on the hands is the text "The Ultimate Choice Serve" in a large, white, sans-serif font. The text is centered horizontally and vertically, with "The Ultimate Choice" on the top line and "Serve" on the bottom line.

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

