

Self-Empowering Life Formation *through* Professional Accountability Centered Education



Decker Consulting and Training

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The SocioCriminologist

***Leadership training program***

***Quick start changing you!***

***S.E.L.F. P.A.C.E.***

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A quick start is like starting a diet, you start to take away the foods that are not good for you and replace it with foods that are healthier. Only a mindset quick start is less painful, but it takes more effort.

I know that somewhere in your life you have most likely been told the term garbage in garbage out. This is extremely important to remember. What we tell ourselves, what we allow our minds to believe causes damage to our psyche.



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As our first step to starting your new thought process; I want you to start with two easy things. One is I want you to commit to listening to positive affirmation videos, YouTube is full of them.

To facilitate change we need to start with changing the subconscious thinking patterns. Listen to these YouTube videos while you're doing things that require little active thought like while you drive replace the radio with these audios, eat a meal alone, or even while you sleep; Freud found that even when we sleep, we are capable of learning and absorbing information.



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Next this step will be a little tougher. You need to write down somewhere, I recommend a journal, a notebook or a planner. Something you will put your hand on each day. During this journaling process I want you to write; “I am deserving of positive change.” “I am worthy of positive results.” “I am worthy of self respect and self love.” finally “I am a remarkable person.”

Write these affirmations at least ten times each each day, and as you write them say them out loud. Because what you hear even if it's from your own mouth your brain will accept as truth.



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This step seems to be the one step that most of my clients have issue with, especially if you're not used to reading. I would like you to commit to reading one book that inspires and helps creating a more positive mindset. I personally like reading Og Mandino, Norman Vincent Peel, Wayne Dyer, and Dr. Robert Schuller. The point is find an author you like and one that is easier for you to read and read five minutes each morning before you leave to start your day, five minutes at lunch and five minutes at bedtime.



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When you start this process, just so that we can start a rapport send me an email at [DeckerCTGroup@gmail.com](mailto:DeckerCTGroup@gmail.com) in the header put committed to change.

That way the email will not go to spam, tell me what book you're reading, let me know how your journaling went and is going and we will start a dialogue for 30 days FREE of charge. I will check in with you about your progress.

I look forward in hearing from you.



## People with positive mindsets:

1. Have a bias towards inaction therefore they take action quicker.
2. Have a better sense of control
3. Have better coping skills
4. Are more likely to challenge themselves
5. Have more confidence
6. Are more apt at critical thinking
7. Are happier
8. Recognize emotions quicker
9. Identify though quicker
10. Change behavior and thought quicker
11. Have less cognitive distortions.



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Richard Decker, MSPSCJ, PhD, CBT-CBLC, REBT-MsLC is the CEO of Decker Consulting & Training, LLC is a trained Forensic Sociologist /Criminologist, he uses concepts from psychology, sociology and criminology, to help determine and explain behaviors that help business leaders build better relationships. He is an Amazon Best Selling Author and has lectured to some of the leading salespeople in medical sales industry helping them create better client relationships that turn into increase sales. Rick has worked internationally to train individual leaders, investigators and helped entrepreneurs create better managing systems. On his podcast available on iHeartRadio and Audible he extends his knowledge each week helping create a better environment for learning and gaining information to better manage your life and business

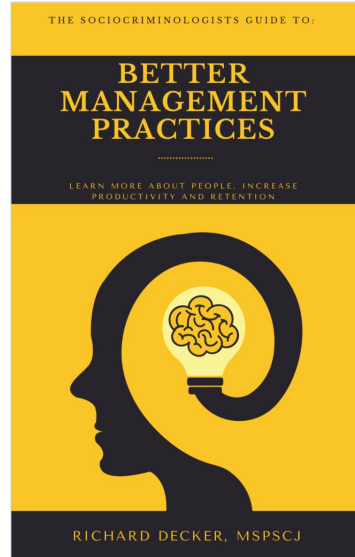


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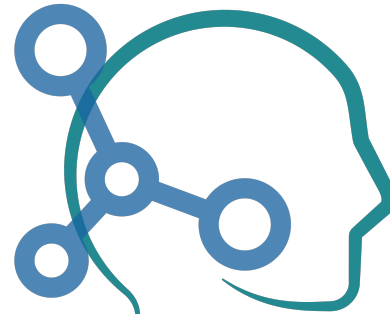
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