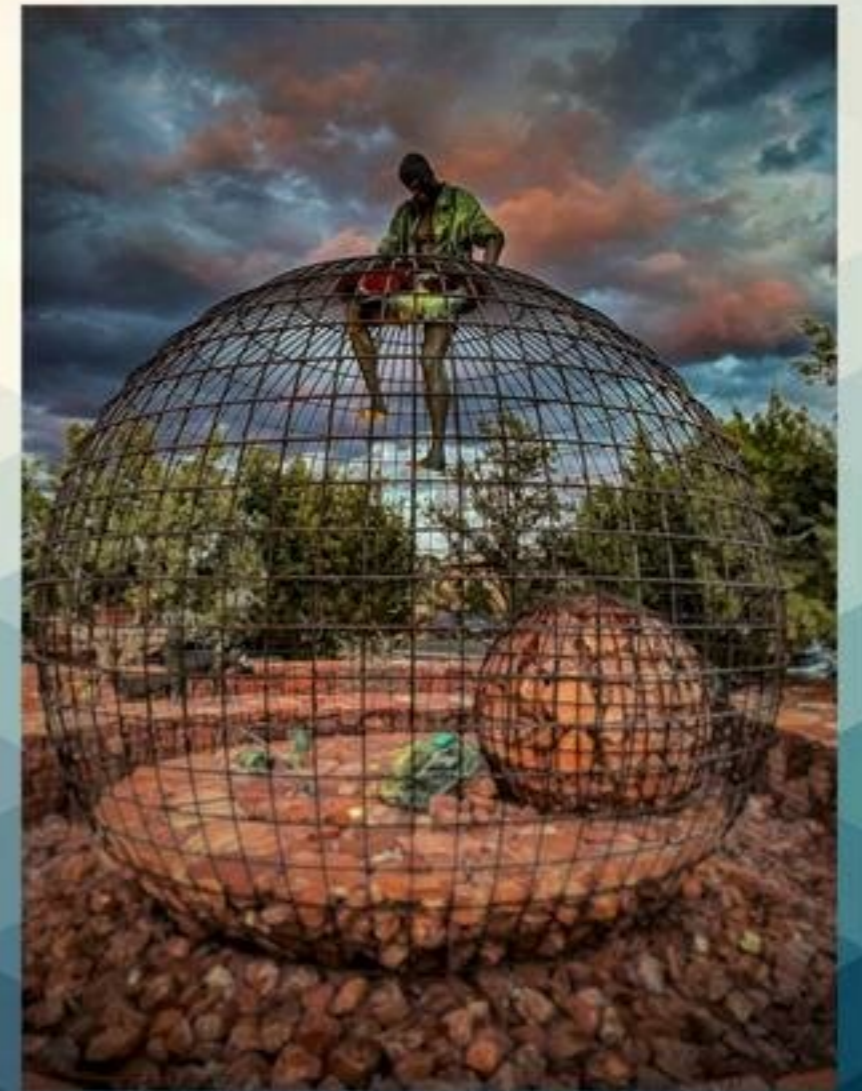




KEEPING YOUR COOL...

...WHEN THE WORLD KEEPS ADJUSTING YOUR THERMOSTAT.

5.18.23



A night sky filled with blue and white fireworks exploding against a dark background. The fireworks are in various stages of explosion, with some showing bright white centers and others as long, thin streaks of light. The overall color palette is dominated by deep blues and bright whites.

Yes! You did it!



How often do you let yourself enjoy your successes?

HOW DOES A BUILDING GET BUILT?



A developer uses words to describe an idea to an engineer.



The engineer uses words to develop a concept narrative.



The engineer gets the approval to move forward and uses words to create a spec along with some drawings.



A contractor reads those words, then uses more words to issue PO's and work orders.

A photograph of a modern, multi-story glass skyscraper. The building features a complex facade with many windows and balconies, some of which are cantilevered. The sky is a clear, light blue with some light clouds. The overall tone is professional and architectural.

**From words to a place where people live
and call home!**

WORDS MADE THIS!

TWO BUILDINGS

Building Z



Building M



LEED PLATINUM CERTIFIED CONSTRUCTION

- Your firm is asked to design two identical buildings in the same city.
- Each building is constructed with the same materials, built by the same contractors.
- Each building qualifies and receives LEED Platinum status!
- The people who live and work in the building love the concept, enjoy the lower utilities, and proudly share where they live and work with everyone they know.
- Your firm, and YOU, receives awards and recognition for this accomplishment.

TWO BUILDINGS

Building Z



Building M



LEED PLATINUM CERTIFIED CONSTRUCTION AFTER 10 YEARS.

- Building Z continues to operate as designed
 - Building Z is the standard to which other buildings aspire to.
 - The people who live and work in the building continue to love the concept, enjoy the lower utilities, and proudly share where they live and work with everyone they know.
 - Your firm receives requests for interviews from trade and industry publications to discuss this building.
- Building M is using 2.5 times more energy than it was designed to need.
 - The owner complains about the high turnover with employees at Building M.
 - The people who live and work in the building are sick regularly, their monthly utilities costs have gone up, and they can't wait to move out.
 - Your firm receives a call to do a retro-commissioning on Building M.



THE BEST AND
BRIGHTEST
BRAINSTORM,
MAKE SITE
VISITS, AND
DIGEST THE
COLLECTED
DATA.

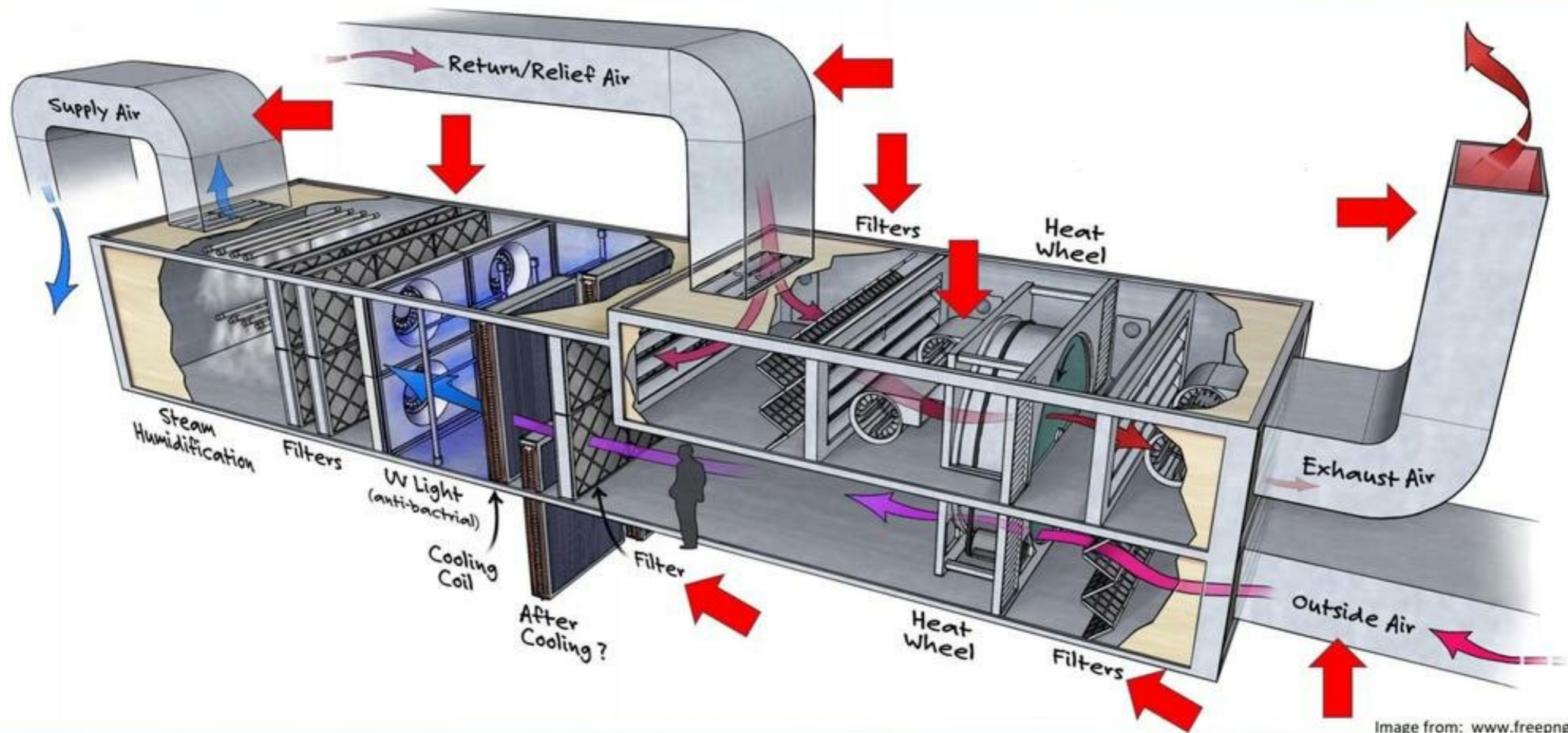


Image from: www.freepng.es



Brain = Well-being AHU

The duct work breathes life into your building. Clean ductwork allows for your building to cycle in new air while exhausting old unneeded air.

The filters make sure your duct work stays clean.

The fans are the pace at which you operate day to day.

Is your fan maxed out?

Are you operating in your service factor daily?



MENTAL MOLD REMEDIATION



THOUGHTS, LIKE WATER,

TAKE THE PATH OF LEAST RESISTANCE

- Your brain is an organ, and it seeks to conserve energy when reserves are low.
- When you have practiced and honed your skills at speaking harshly to yourself, you've also reinforced the pathways between your neural synapses making it highly energy efficient to think poorly about yourself, your experiences, or those around you.
- When you're run down and not operating at peak performance on design days, your brain will be looking to conserve energy.
- The pathways with the least resistance will be the ones that your brain will idle in while conserving energy.



ASK YOURSELF W.H.O.



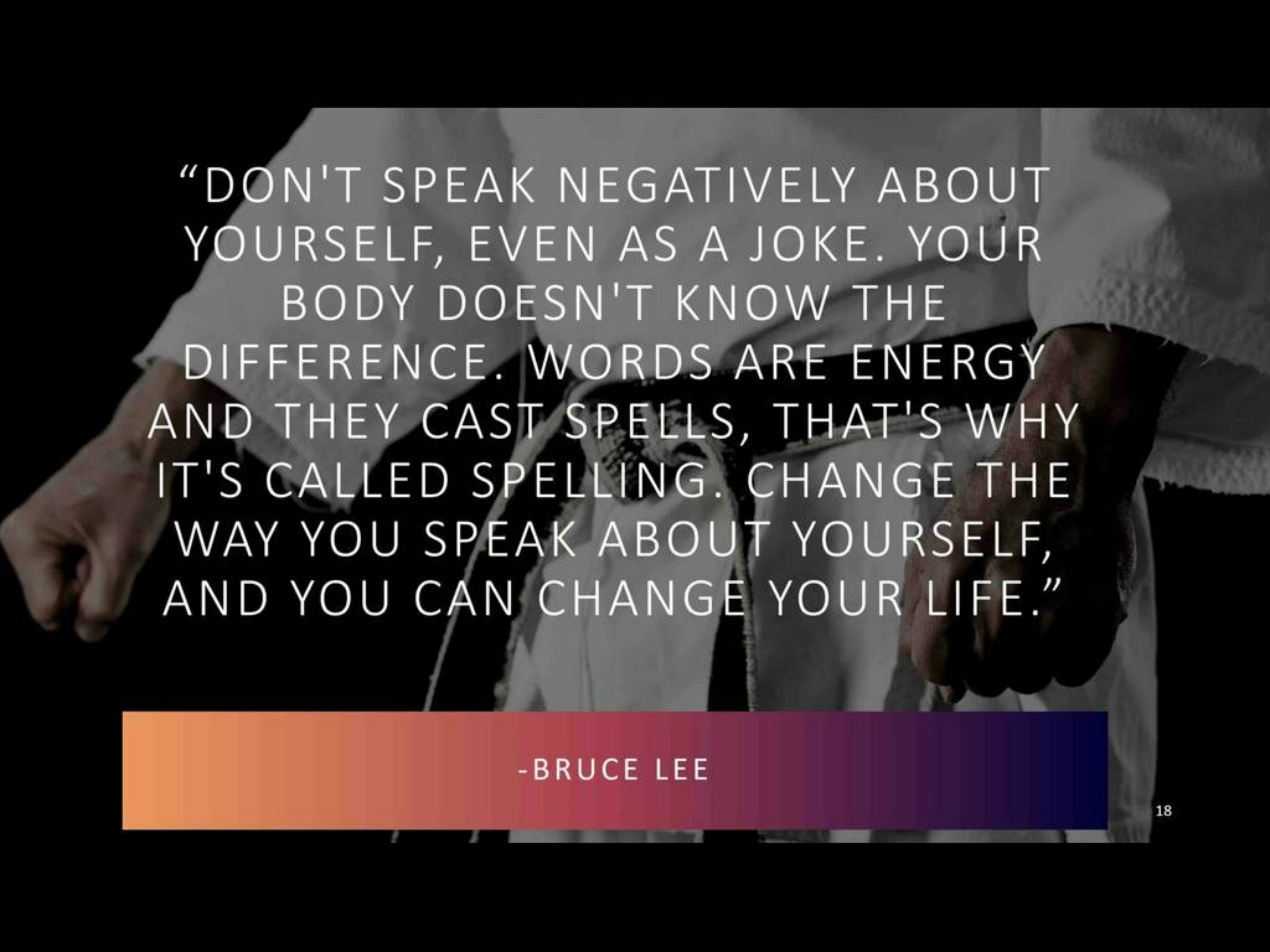
Who did this voice
come from?



How do you feel?
Is what you feel true?



Outcome. Is this
inner dialogue going
to net me the
outcome I want?

A person wearing a white martial arts gi is shown from the waist up, with their hands in a fighting stance. The background is dark, and the person's gi is the primary light source. The text is overlaid on the image in a white, sans-serif font.

“DON'T SPEAK NEGATIVELY ABOUT YOURSELF, EVEN AS A JOKE. YOUR BODY DOESN'T KNOW THE DIFFERENCE. WORDS ARE ENERGY AND THEY CAST SPELLS, THAT'S WHY IT'S CALLED SPELLING. CHANGE THE WAY YOU SPEAK ABOUT YOURSELF, AND YOU CAN CHANGE YOUR LIFE.”

-BRUCE LEE

WORDS AFFECT WATER



Warm Words:

- Appreciation
- Love
- Thank you



Cold Words:

- I hate...
- You make me sick



Dr. Masaru Emoto

- Findings: water crystal formation varies widely based on the words placed on each jar.
- Warm words resulted in intricate and beautiful crystal formation.
- Cold words resulted in no crystal formation.

School experiments show how words affect plant growth



School experiment to witness how words affect plant growth taken from:
<https://youhadmeatgardening.com/plant-experiment-hitler-vs-king/>

SUMMARY

Pot #1

Length	No. of seeds sprouted
65 cm	5 out of 5
83 cm	4 out of 5
85 cm	5 out of 5

Pot #2

Length	No. of seeds sprouted
60 cm	4 out of 5
74 cm	5 out of 5
70 cm	5 out of 5

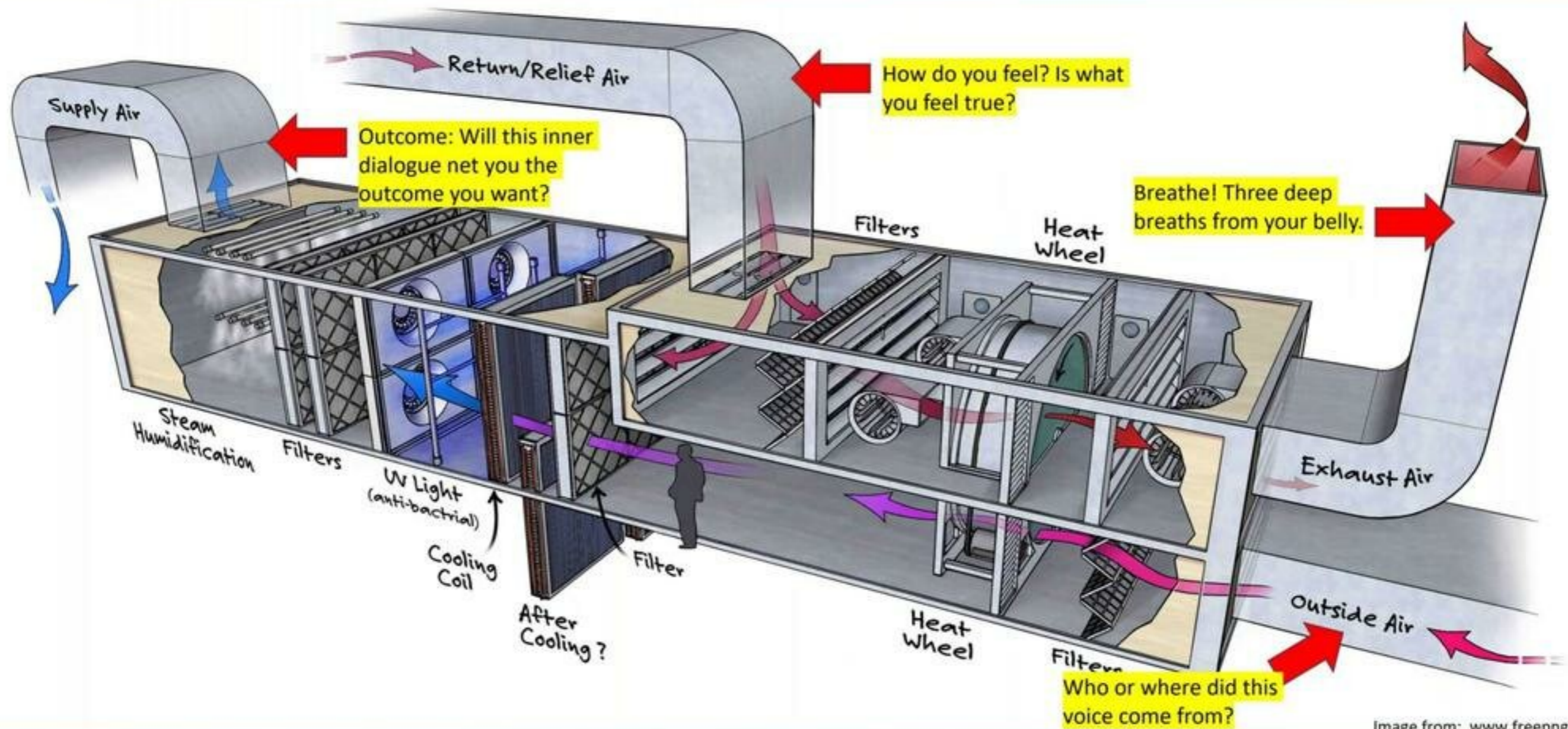


Image from: www.freepng.es

“All that matters

**is how you feel about yourself
when you're by yourself.”**

-Tom Bilyeu Co-Founder of Quest Nutrition



Image from: www.freepng.es



FILTERS:

- CLEAR A RANGE OF CONTAMINANTS
- HELPS THE MENTAL SYSTEM RUN CLEAN AND EFFICIENTLY, PREVENTING CLOGS
- PROTECTS THE EQUIPMENT FROM HARMFUL AIRBORNE CONTAMINANTS.

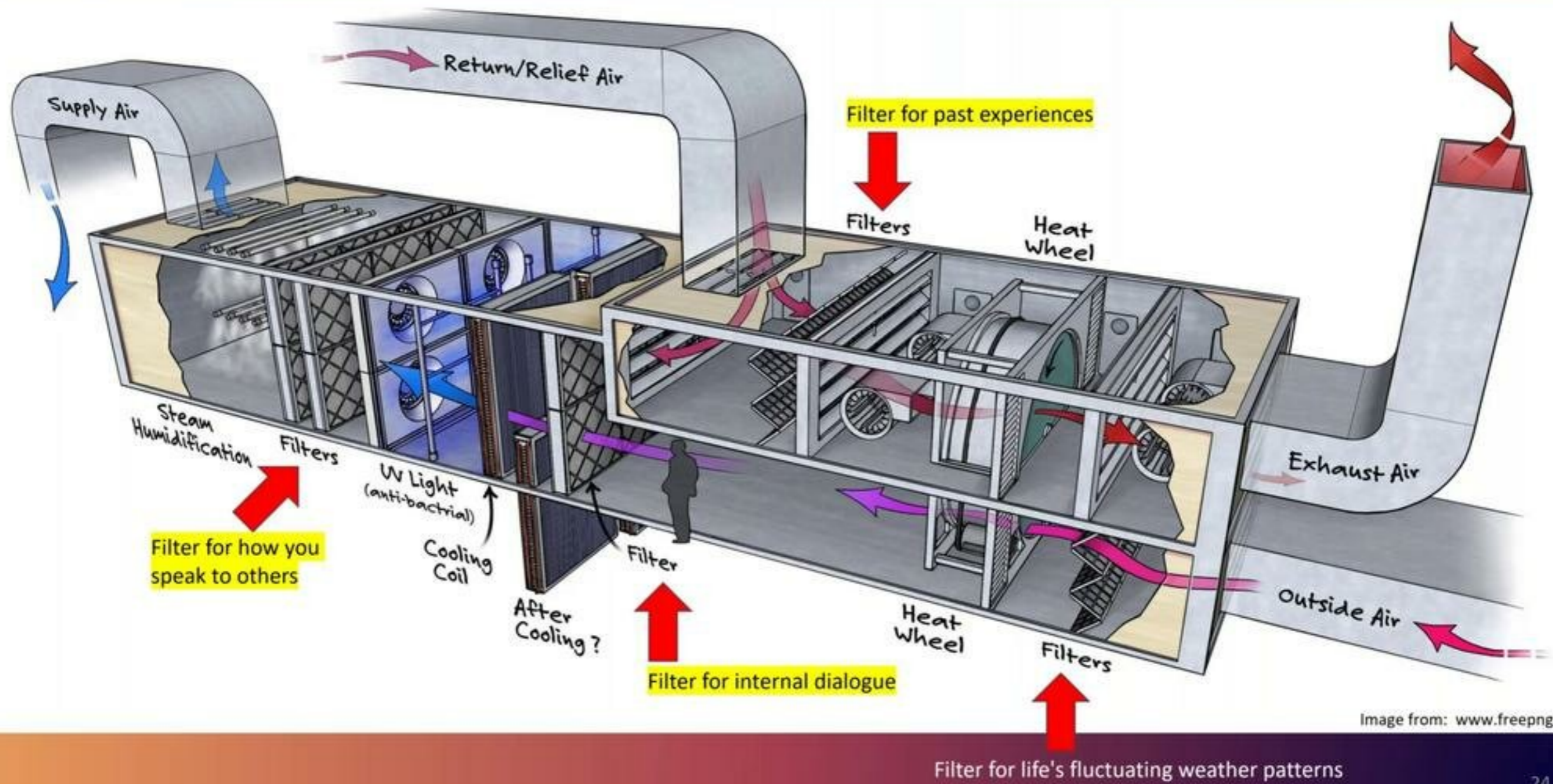


Image from: www.freepng.es

BENEFITTING FROM YOUR FILTERS

Filtering the past:

Is this how I want to
remember this
moment?

Filtering the Outside:

How do I want to
digest that
experience?

Filtering Internal Dialogue:

Do I address myself with
respect?

Do I address myself with
love and support?

Filtering Speaking to
Others:

Am I addressing
others how I want to
be addressed?

FAN SPEED. WHAT IS YOUR RPM?

- ARE YOU OPERATING INSIDE YOUR SERVICE FACTOR REGULARLY?
- HOW HOT ARE YOUR WINDINGS?
- WILL THIS PACE LEAD TO A COMPLETE OVERHAUL?



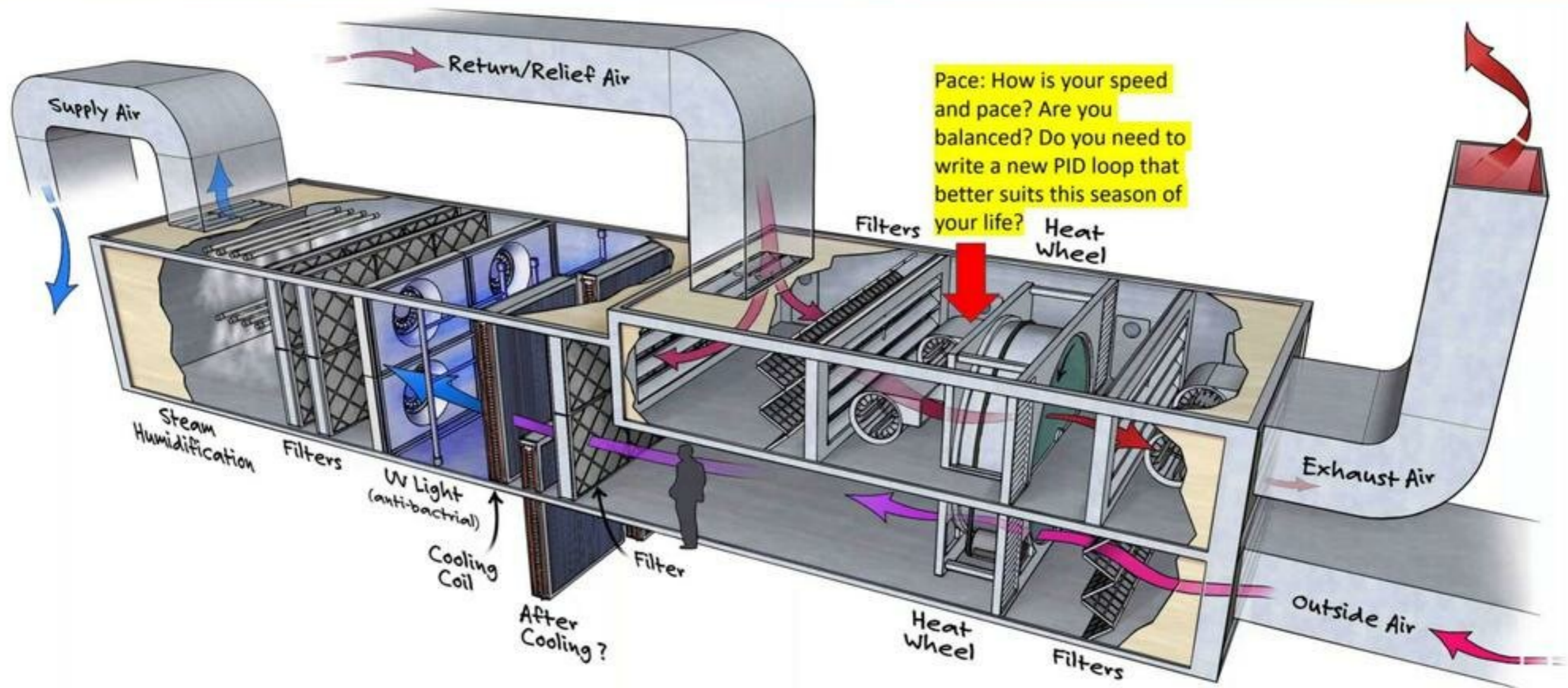


Image from: www.freepng.es

PAUSE; OR YOUR BODY MAY PUT YOU ON PAUSE

Our bodies have built-in manual reset high limits that are engaged when we aren't hearing the others safety devices pinging:

Words can make you sick!

I CAN'T STOP!

Cognition issues. Dizziness.

Loss of consciousness. Loss of drive.

You're fun deprived. You can forget how to have fun!

Health issues escalate until you have to pause.



What stresses you out?

- Can't sleep?
- Student loans?
- Paying bills?
- Deadlines?
- Changing mechanical codes?
- That spat you had with your partner?
- The beef you have with your officemate?
- Have you lost your joy?

Taken from www.mayoclinic.org



CLARITY = PURGING



Journaling:
clarity at your
finger tips!



Winston Churchill
painted regularly to
find clarity in
making the most of
the UK's limited
resources



Many people in
our industry are
musician or are
learning to play
an instrument.

WORDS AFFECT YOU



Inner dialogue:

- Out of control
- No accountability for its harshness
- Adds stress to already stressful moments



Constant challenge:

- If I'm less than ideal, I'm fighting a losing battle.
- You make me sick.



Dr. Joe Dispenza

- "Your Thoughts Can Make You Sick."
- The nocebo effect is real and so is the placebo effect.
- "If you want a new outcome, you will have to break the habit of being yourself and reinvent a new self."

Nocebo Effect:

The placebo effect occurs when a placebo actually makes you feel better or improves your symptoms.

The nocebo effect, on the other hand, happens when a placebo makes you feel worse.

WWW.HEALTHLINE.COM



WHAT IS A.I. OR CHAT- GPT WITHOUT WORDS?

WHO ARE YOU WITHOUT
YOUR CURRENT INTERNAL
SCRIPT?

WHAT WOULD HAPPEN IF YOU
FLIPPED YOUR SCRIPT?!?



— SHAD HELMSTETTER, WHAT TO SAY WHEN
YOU TALK TO YOURSELF



“WE CONTROL WITH OUR OWN MINDS
MOST EVERYTHING IN OUR LIVES,
INCLUDING OUR HEALTH, OUR CAREERS,
OUR RELATIONSHIPS, AND OUR FUTURES”

— SHAD HELMSTETTER, WHAT TO SAY WHEN
YOU TALK TO YOURSELF

YOU ARE A HUMAN BE-ING!

Saturate yourself with gratitude!

- The moment you recognize that you're tense, step back and appreciate the heck out of you, your life, your favorite chair, your sense of humor, or any other aspect of life that brightens your day.
- Give it away so you get to enjoy the gratitude longer! Express sincere appreciation at least once a day.
- End each day asking yourself: What was the best part of your day?





**Over time with consistent practice
these same tools
will also be the path to ending your
abandonment cycles!**

What's will be your new normal?





THANK YOU