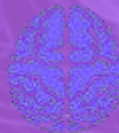


# Mastering Your Mind: Resilient Strategies

*Chazz Scott, Your Resilience &  
Mindset Coach*



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“

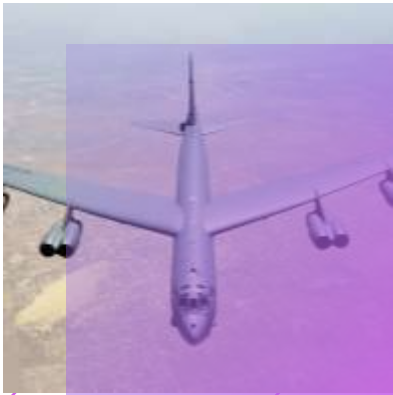
**The average human has about 6,000 thoughts per day. 86% of those thoughts *can be considered* negative. And many of them can be repetitive.**



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***”[Success is] 80 percent  
psychology and 20 percent  
skills” – Tony Robbins***

# My Story



## Habits of Success

- Father flew B-52's
- Learned discipline, resilience, habits at a very young age
- The foundations of success



## Hampton University

- Computer Science, B.S.
- Cybersecurity, M.S.
- Published numerous scientific papers



## Power of Positive Thinking

- Working with Particle Physicists
- Positively Caviar, Inc.
  - Mental Wellness workshops
  - Ultramarathons



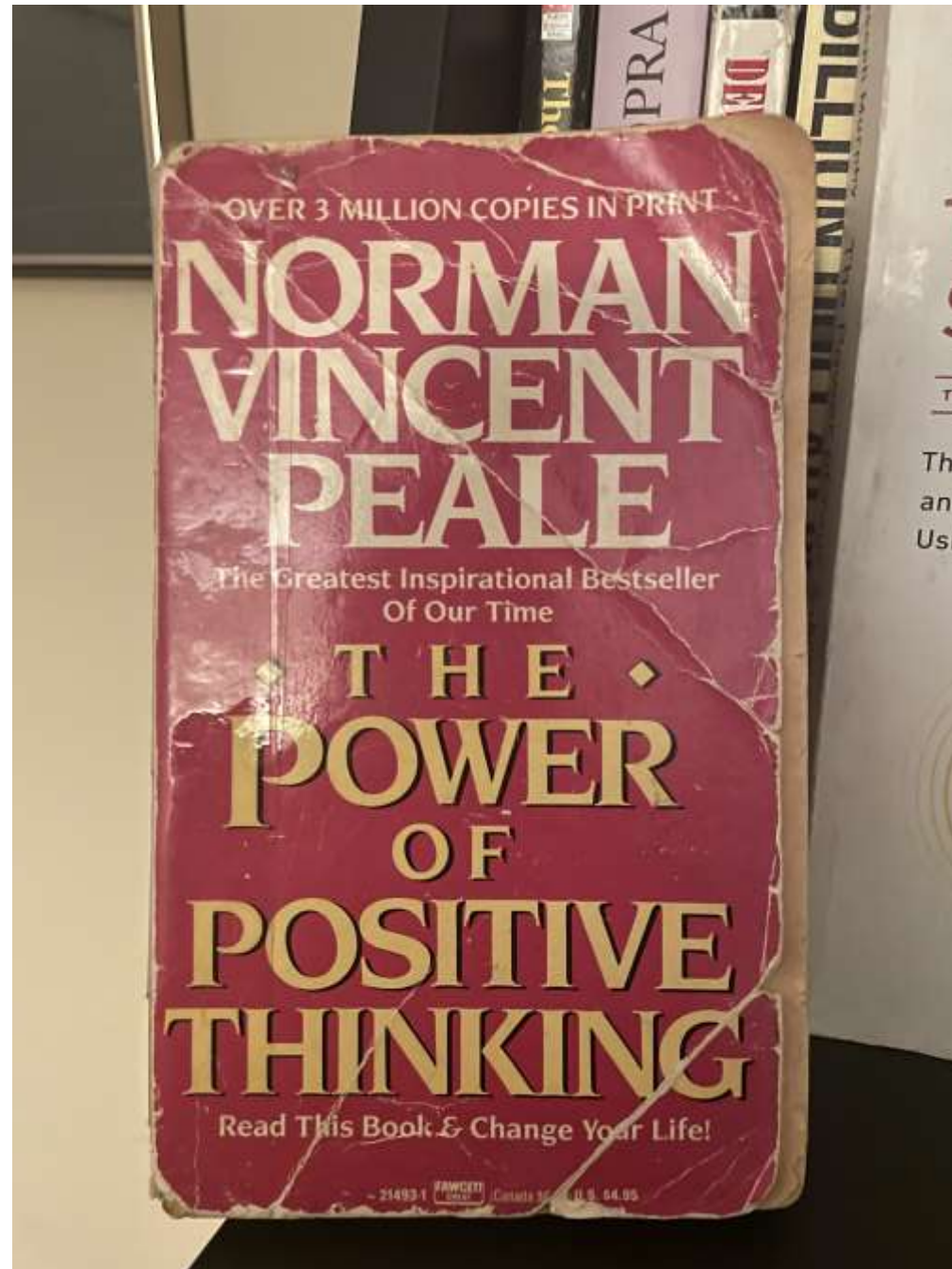
## Mindset and Success Coaching

Consulting agency coaching entrepreneurs, leaders, and creatives





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# Publications

Scientific Papers & Features



BUSINESS • NEWS • LIFESTYLE • EVENTS • VIDEOS • 50TH ANNIVERSARY

**CHARLES "CHAZZ" SCOTT: TEACHING YOUTH TO OVERCOME ADVERSITY THROUGH POSITIVE THINKING**

by Alfred Edmund, Jr. • September 15, 2018 • 588

Facebook Twitter LinkedIn YouTube



**BE Modern Man: Charles "Chazz" Scott**

Cyber defense engineer, motivational speaker, & executive director of Positively Cavin, Inc.

**A STATUTE FOR SUCCESS**

STEM SPECIALISTS IN THE GOVERNMENT AND MILITARY SECTORS ARE NEEDED AS OPPORTUNITIES EXPAND.

The future of the nation lies in the hands of its STEM specialists. As the nation's STEM workforce grows, the need for specialized training and education in these fields becomes increasingly apparent. The future of the nation lies in the hands of its STEM specialists. As the nation's STEM workforce grows, the need for specialized training and education in these fields becomes increasingly apparent.



**Charles**

**Are We Living by Society and Privacy for Convenience?**

As we move forward in the digital age, the line between convenience and privacy becomes increasingly blurred. The convenience of living by society and privacy for convenience is a double-edged sword. While it offers us the convenience of living by society and privacy for convenience, it also offers us the convenience of living by society and privacy for convenience.



**A Case Study of Adopting Security Guidelines in Undergraduate Software Engineering Education**

This case study explores the challenges and benefits of adopting security guidelines in undergraduate software engineering education. The study focuses on the challenges and benefits of adopting security guidelines in undergraduate software engineering education.



**ALUMNI AFFAIRS**

THE STANDARD OF EXCELLENCE • GET CONNECTED • MAKE A GIFT • GET INVOLVED • CONTACT US

**THROUGH NONPROFIT, HAMPTON ALUMNI JOIN TO EMPOWER YOUTH THROUGH POSITIVE THINKING AND OPTIMISM**

Hampton alumni are joining together to empower youth through positive thinking and optimism. The group is dedicated to providing youth with the tools and resources they need to overcome adversity and achieve their dreams.



**COMPUTATION**

Computing • Research • Partnerships • Careers • About

Providing hands-on training for tomorrow's cybersecurity experts.



**Our Computation Cyber Defender interns gain valuable skills**



**Thoughts ➡ Actions ➡ Habits ➡ Character ➡ Destiny**





***What you tell yourself matters!***

**Positive emotions will make your muscles strengthen, while negative emotions weaken your muscles.**





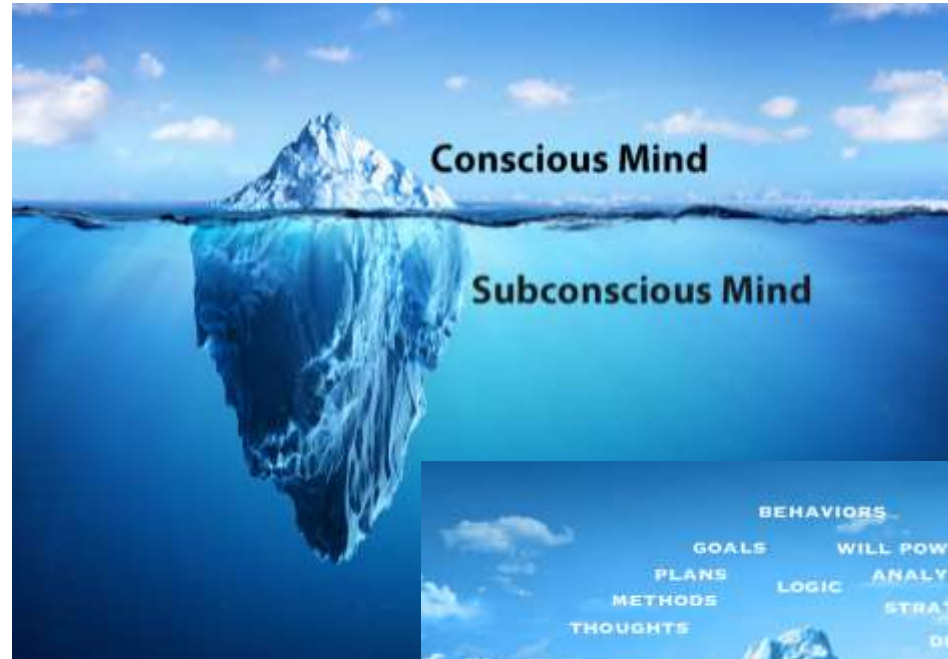
## Subconscious Mind >

90% of Who We Are



## Conscious Mind >

5 to 10% of Who We Are



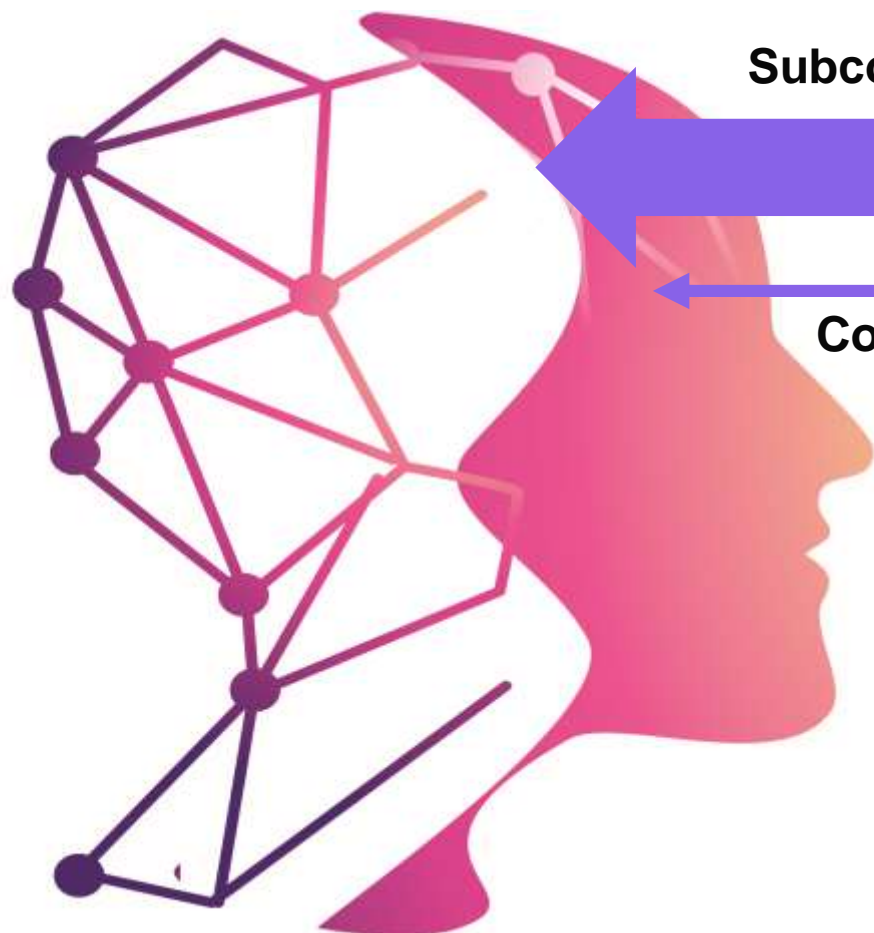
## How to reprogram your subconscious mind? ●

Repetition, symbols, visualization,  
affirmations, meditation, prayer



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**Subconscious Mind**

**Conscious Mind**

**Information**

**Be cautious of what you expose  
yourself to!**





***Number #1 predictor of success:***  
*Resilience or Grit*



***“It is far more important to know how to deal with the negative than to be positive.”  
– Martin Seligman***



# Resilience

- Ability to persist through difficulties, disappointments, and adversity
- Equip your mind to take on challenges
- **Resilience can be built:** Habits and new thoughts = new chemical responses
- New research: Neuroplasticity and Epigenetics





# We Have the Power to Change

## Self-Directed Neuroplasticity



- 1.) New thought and habits carve new pathways
- 2.) Repetition and practice strengthen these pathways forming new habits
- 3.) Old pathways get used less and weaken

*With repeated and direct attention toward a desired change, we all have the ability to rewire our brains*



# How Do You Respond To Adversity?

## Low Resilience Muscle

- There's nothing I can do about it
- This is out of my reach!
- I don't think I can do this
- I'm not good with computers
- It's always been this way
- No one will marry me
- It's all my fault
- I'm such an idiot
- I'm such a failure
- I should have known better



## High Resilience Muscle

- I can learn from this failure
- This is tough! But I've seen tougher!
- There's always a way!
- I've got to figure out a way
- There must be something I can do!
- There were several factors at play
- The whole industry is suffering right now





# Ask Yourself 3 Questions



Does this adversity have to reach into other areas of my life?



**Take Action:** What can I do about it?



Does this adversity have to last any longer than necessary?



Knowledge



ACTION



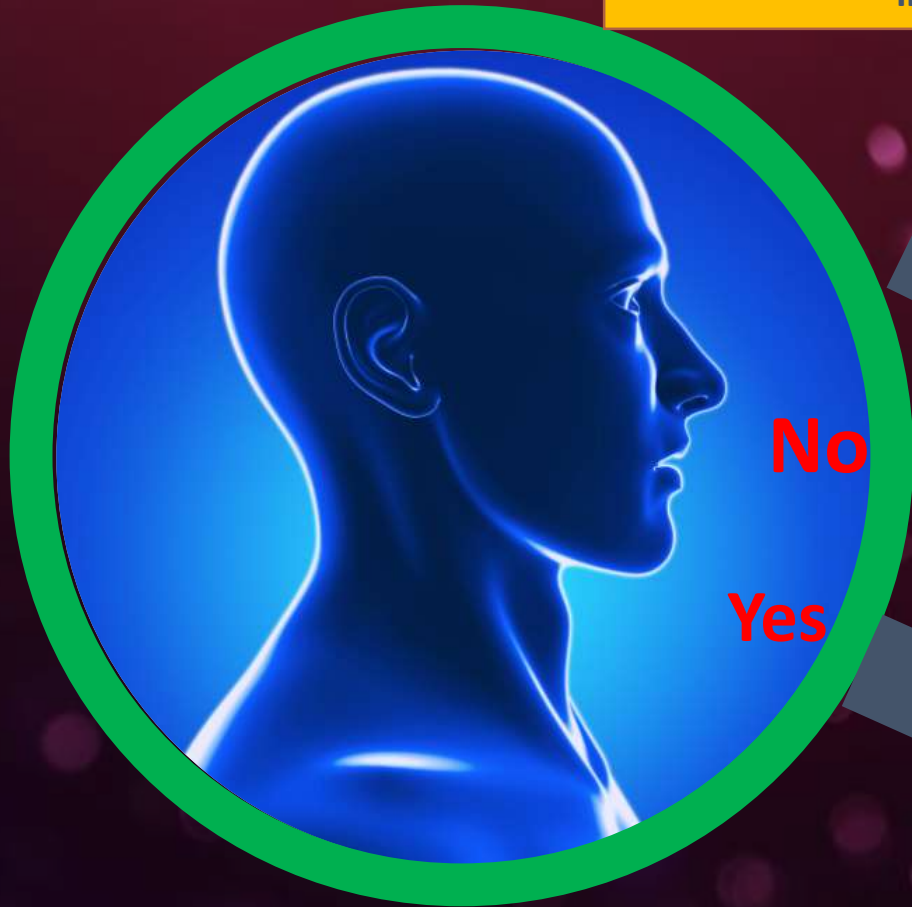
POWER

*“By thought, the thing you want is brought to you; by action, you receive it.” – Wallace D. Wattles, Author of *The Science of Getting Rich**



# Guard Your Mind

- 1.) Does this information serve me?  
2.) Do I want to get emotionally involved  
in this idea?



Input



Throw it Out!



Output

Influences:  
Goals  
Self-esteem  
Desires  
Health  
Family  
Friends  
Wealth





# Use Goals to Instill Resilience



**No Goals**

Dissatisfaction  
Indecisiveness  
Discontent  
Envy  
Resentment

**Clear Goals**

Satisfaction  
Vitality  
Happiness  
Fulfillment  
Success

*Success is the progressive realization of a worthy goal or ideal. - Earl Nightingale*





# Setting Your Intent: Law of Attraction?



## Reticular Activating System (RAS)

Use your brain's RAS to set your intentions!

Your RAS will only focus on things and circumstances that matter to you!

*If you want it, you just might get it!*





# Get Your Energy Up!



- Remind yourself of your *why*! (Morning)
- Give to others
- Regular exercise (recommend in the morning)
- Eating foods that give you energy!
- Check your attitude!





## 7 Pillars

---

- 1.) Financial
- 2.) Business, Profession, Job & Career
- 3.) Relationships
- 4.) Health & Fitness
- 5.) Fun Time and Recreation
- 6.) Personal
- 7.) Contribution and Legacy

**Pick 1**







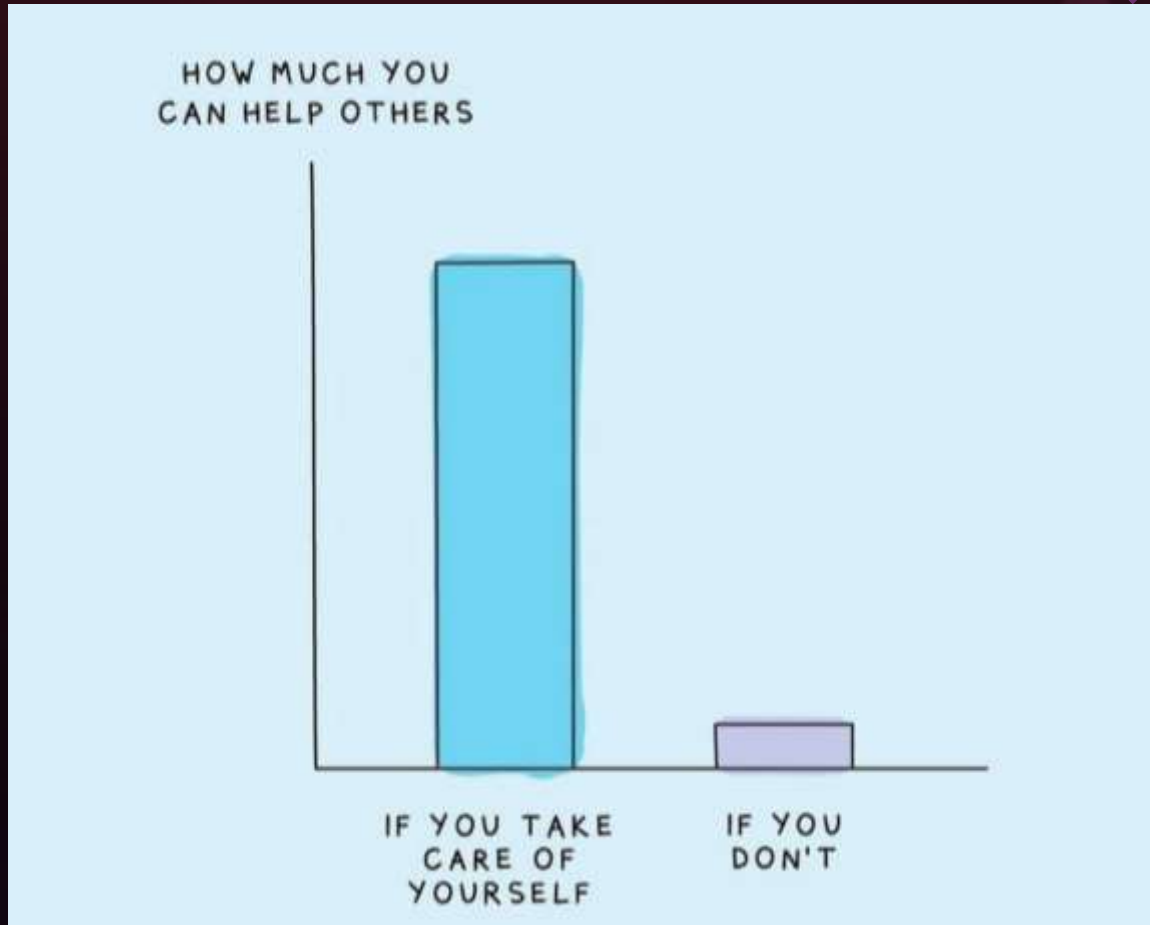
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# Visualization EXERCISE!

Get into a comfortable  
position and close your  
eyes



# Fill Up Your Cup First



Take care of yourself so you  
can help others more  
abundantly!







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# Free Resources

- Books, podcasts, workbooks, videos

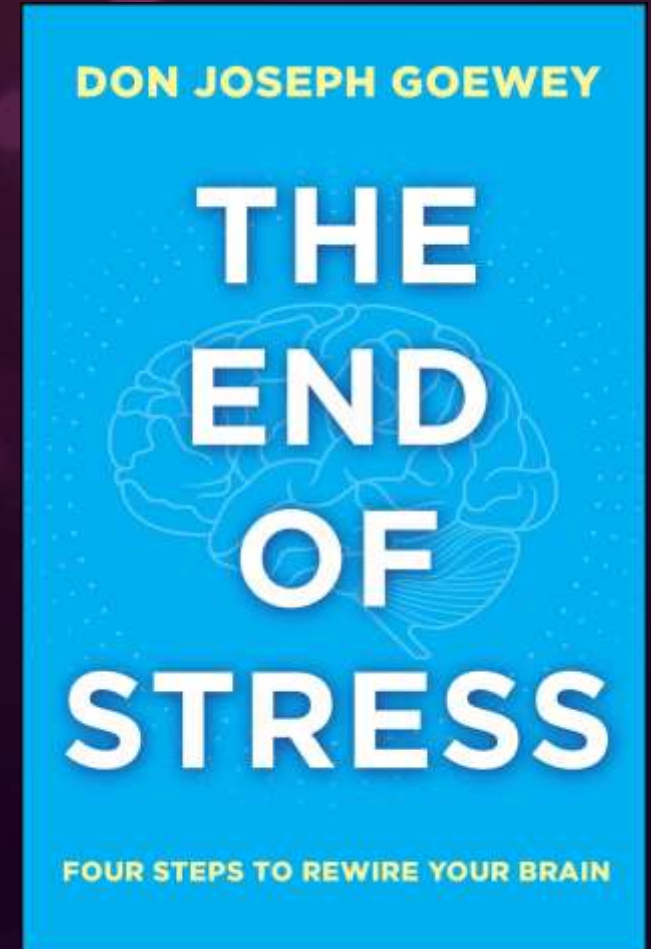
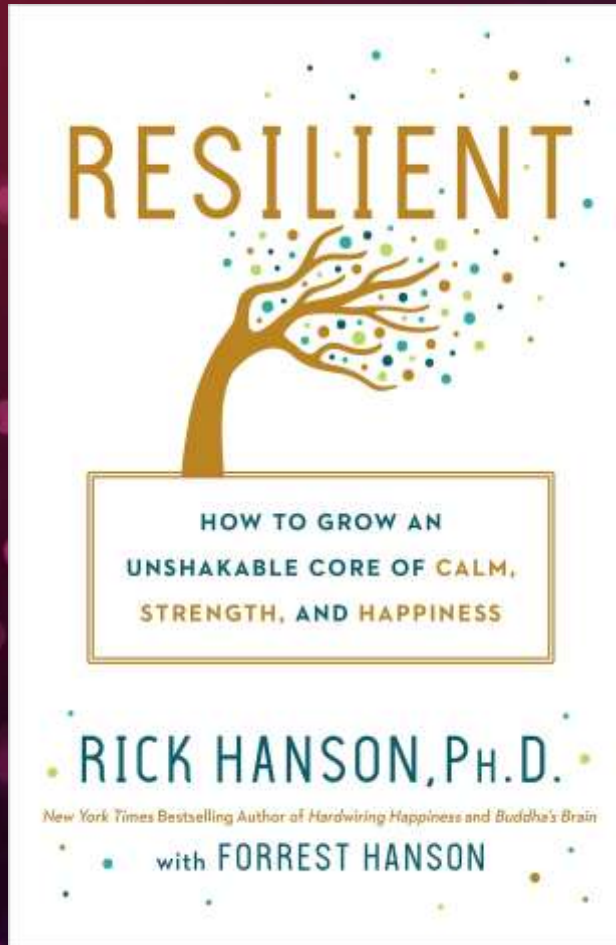
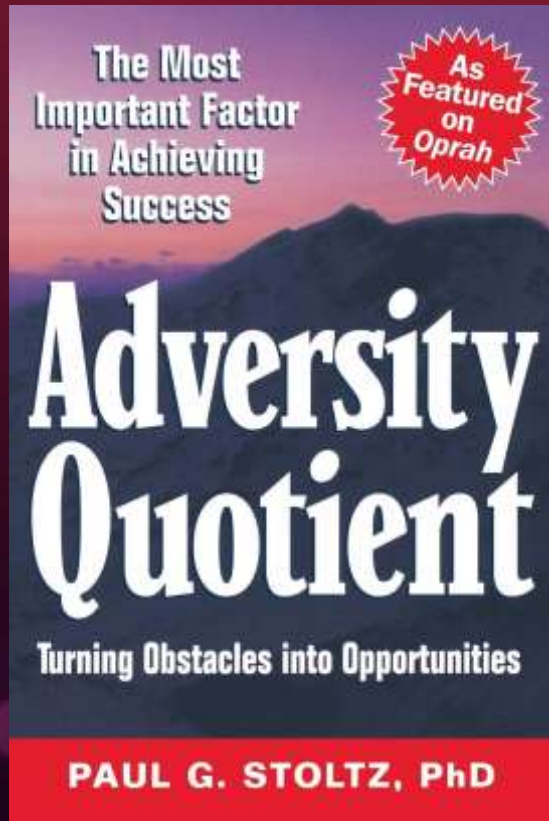




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# Further Reading





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# Let's Work



## Coaching Sessions

- 20 Minute Discovery Call (Free)
- 1:1 Mental Resilience Coaching Session
- 1- Month Coaching Package
- 3 Month High-End Coaching Package



## Website

[www.ChazzScott.com](http://www.ChazzScott.com)



## Email

[chazz@chazzscott.com](mailto:chazz@chazzscott.com)

