

SEIZE YOUR OPPORTUNITIES

A call to action to individuals to recognize
and maximize opportunities!



JJBIRDEN

Professional Speaker
www.jjbirden.com



SEIZE YOUR OPPORTUNITIES

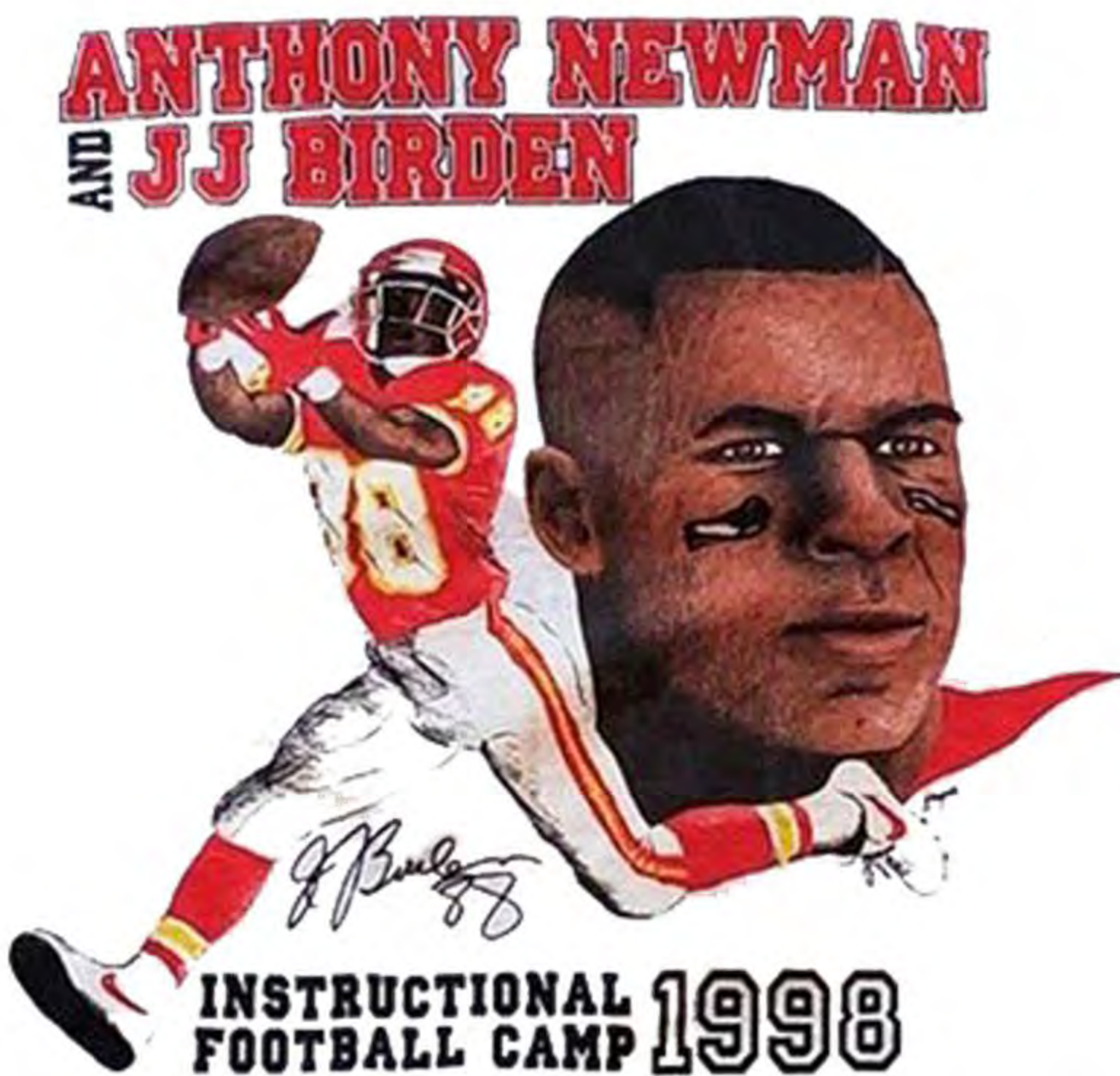
















“

1%

”

Incremental Improvements

SEIZE YOUR OPPORTUNITIES
SUCCESS TIPS

GET YOUR
HEAD IN THE
GAME



FIXED MINDSET *VS.* GROWTH MINDSET



HOW

JJ Birden

5'10" – 157 LBS

Jimmy Graham

6'7" – 265 LBS





**What's one habit or practice you use to
reset your mindset when negativity creeps
in?**

WHY

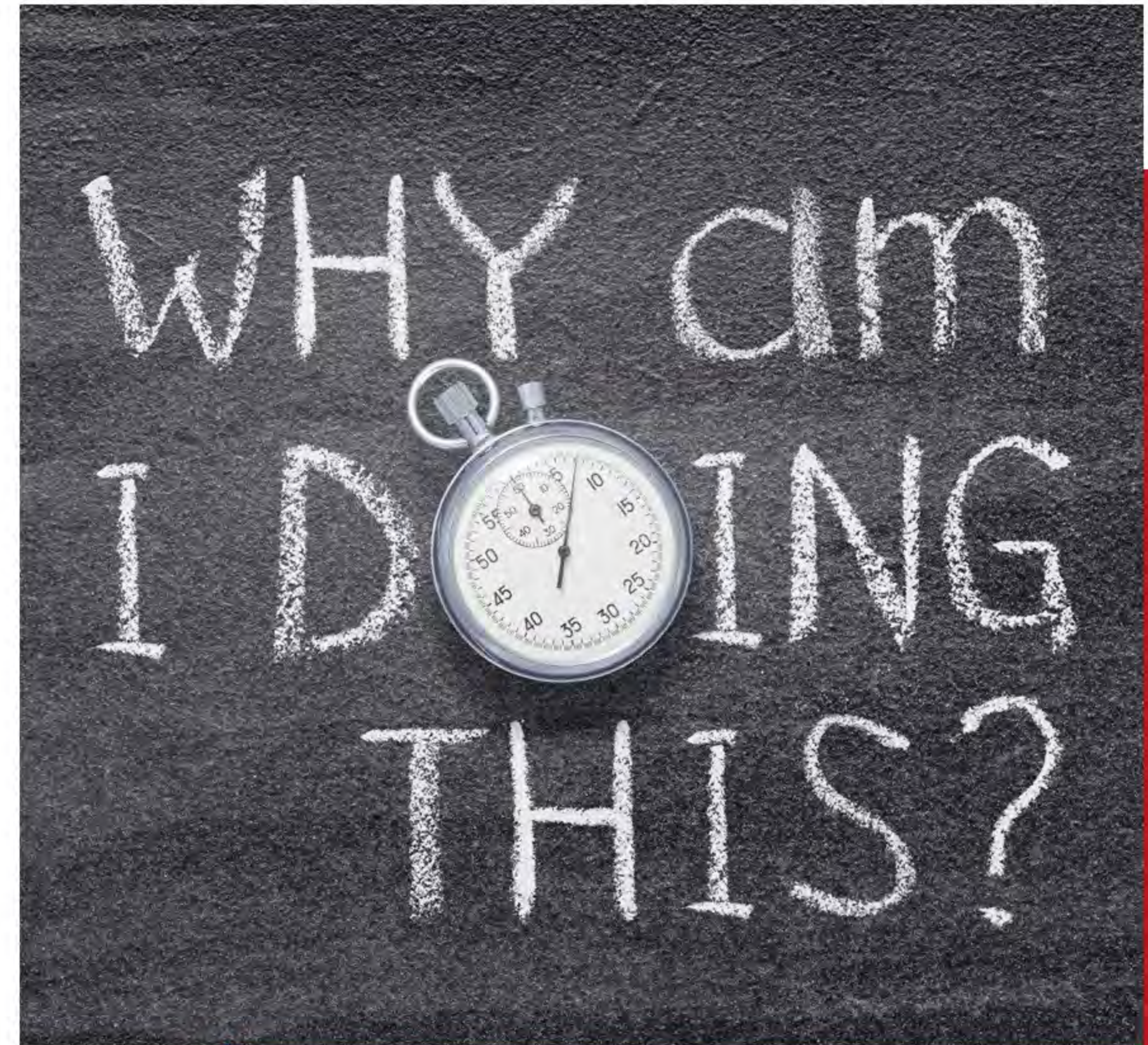


**What's your WHY for choosing this
profession?**

“

IF YOUR **WHY** IS
STRONG ENOUGH,
THE PROCESS TO GET
THERE IS NOT A
CHALLENGE

”



F.

AILURES

A.

DIVERSITIES

S.

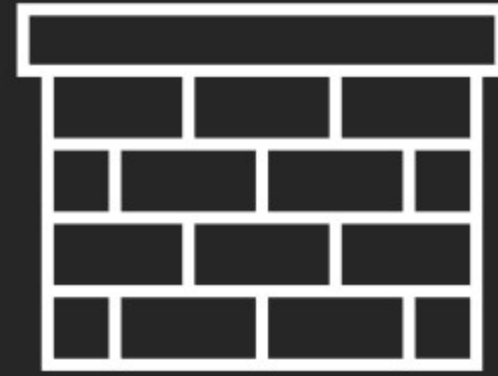
ETBACKS

C.

HALLENGES

O.

BSTACLES



**When it comes to performing at your
very best, what's the biggest obstacle
you run into?**





BREAKTHROUGH

F.A.S.C.O.

1.

WHY

2.

WHAT

3.

HOW

BLAH BLAH BLAH...
DO THE WORK!





MASTER THE FUNDAMENTALS: COMMUNICATION

- DAILY COMMUNICATION REPS
- BEFORE THE DAY
- AFTER THE CONVERSATION
- AT HOME

You don't rise to the moment. You rely on your preparation





“

**DISCIPLINE IS THE
ABILITY TO DO WHAT
YOU NEED TO DO, WHEN
YOU NEED TO DO IT,
WHILE NO ONE IS
WATCHING.**

”

JOE MONTANA



San Francisco 49ers - 14 seasons



4 Super Bowls Victories



3 Super Bowl MVP



8 Pro Bowls

THE MONTANA EFFECT



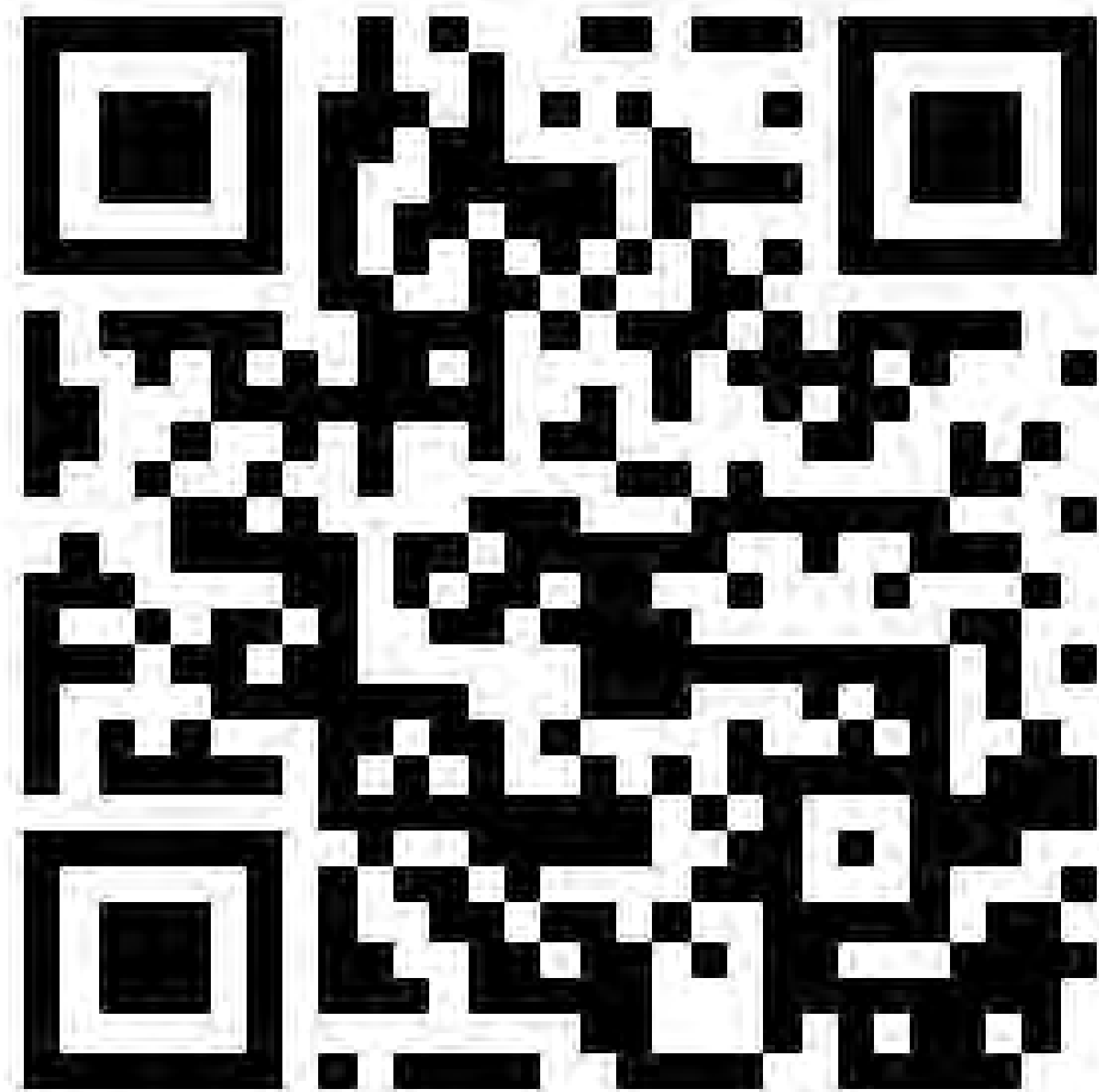
A top-down view of a wooden desk. In the upper left, a portion of a silver laptop is visible, showing keys like 'H', 'J', 'M', 'N', and 'B'. To its right is a spiral-bound notebook with a teal pen resting on it. Further right is a round compass with a gold-colored rim and a black face, showing cardinal directions 'N' and 'S'. In the top right corner, a white ceramic cup is partially visible. The main text is centered on the desk surface.

WHAT'S NEXT?
NEVER SATISFIED



Give feedback to JJ

Scan this QR code



Or go to

<https://talk.ac/jbirden>

and enter this code when prompted

CCU88

3 KEY STRATEGIES REVIEW

1. Mindset
2. Why?
3. Blah Blah Blah, Do The Work!



“

**HOW YOU DO
ANYTHING IS HOW
YOU DO
EVERYTHING!**

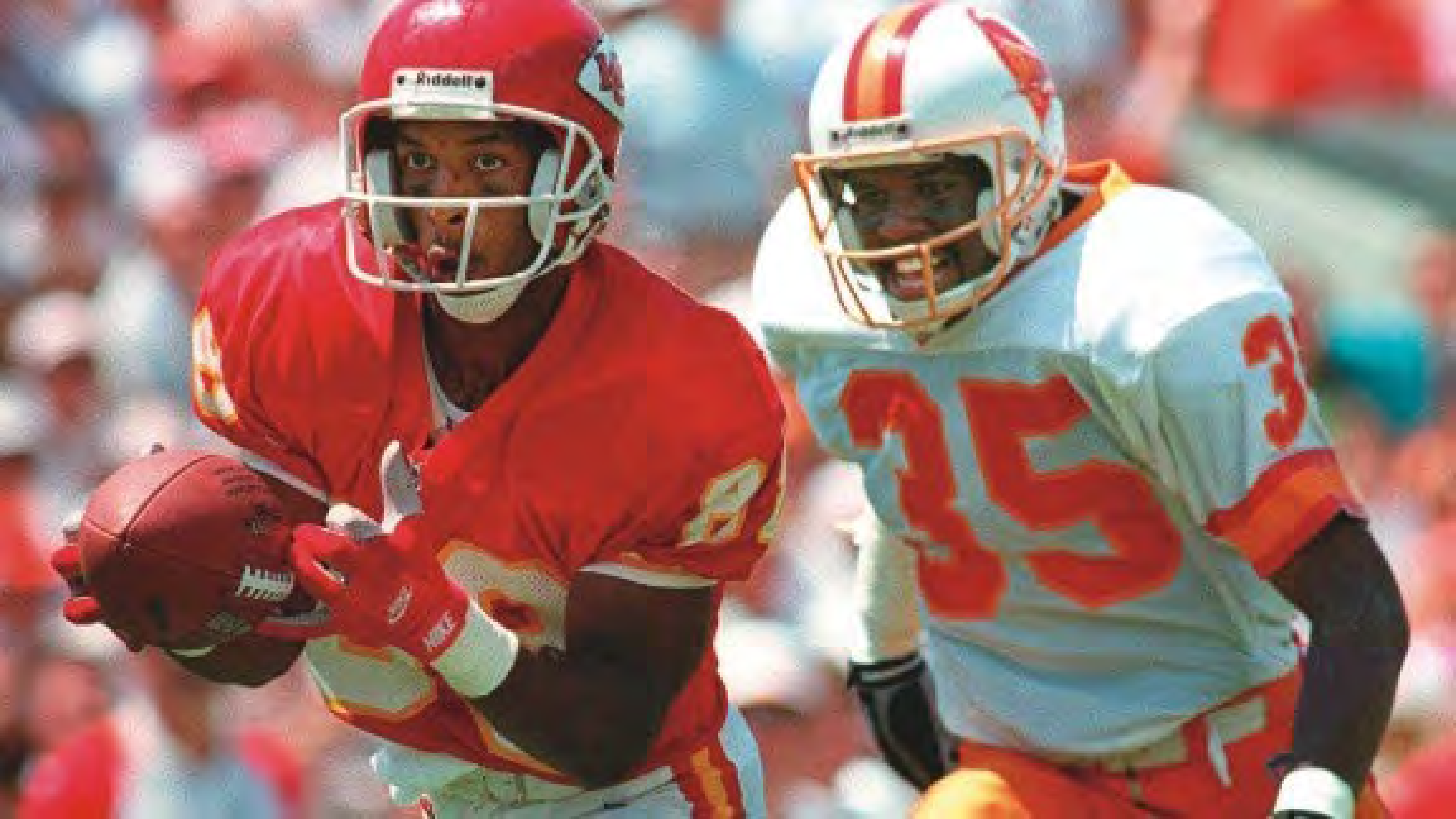
”





COMMITMENT

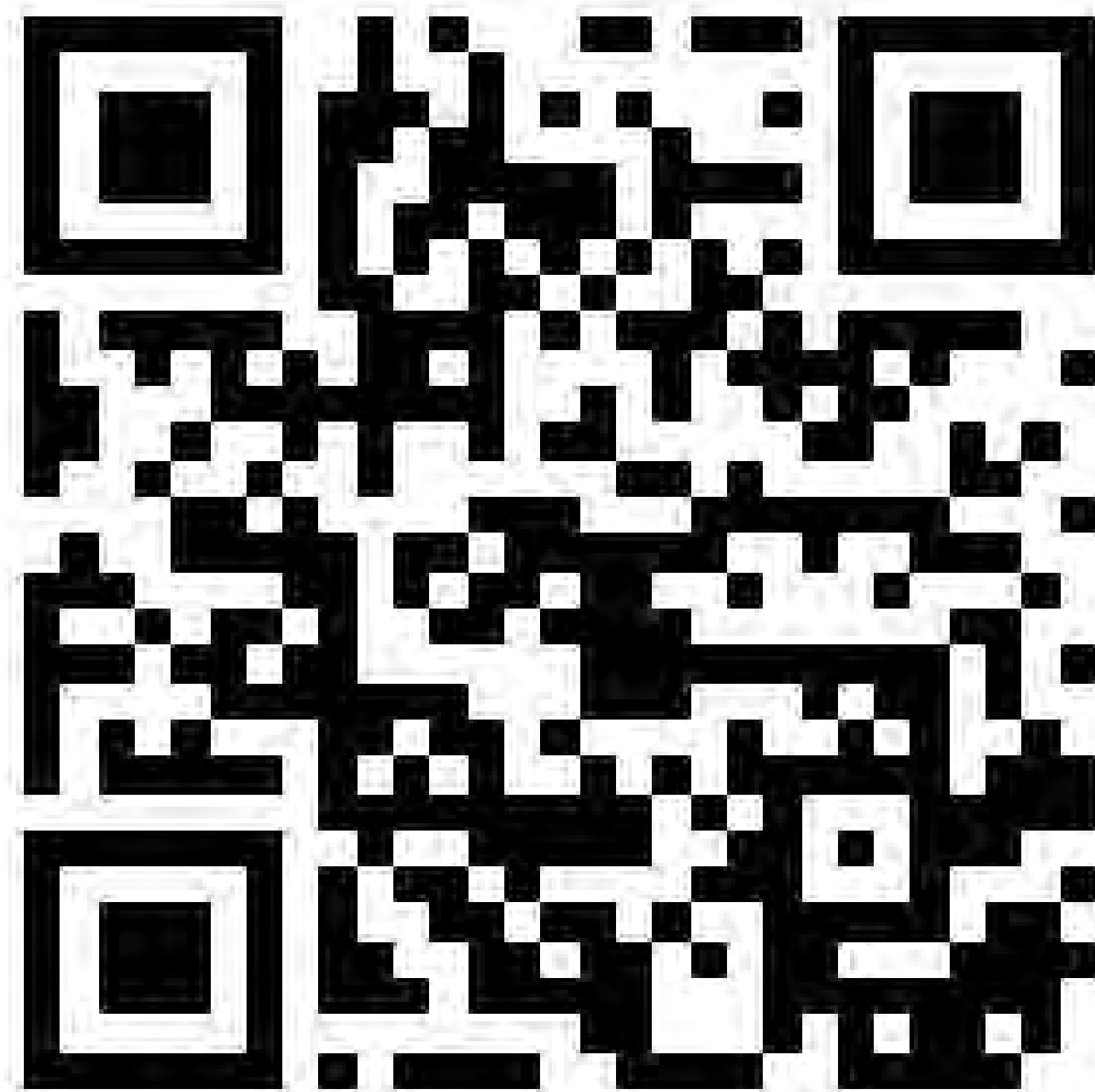






Give feedback to JJ

Scan this QR code



Or go to

<https://talk.ac/jbirden>

and enter this code when prompted

CCU88