



# Sensei Ron Thomas

*Actor, Speaker, Trainer*

[SenseiRonThomas.com](http://SenseiRonThomas.com)









“Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. There are only so many tomorrows.”

- *Michael Landon*



# Mindset is Everything!



# **The "Best You Can" Sucks!**

**5** Reasons Why  
and What to  
Do About It

***Now You Can Stop  
Playing Small!***



**Sensei Ron Thomas**

# Your “Best” Sucks Because...

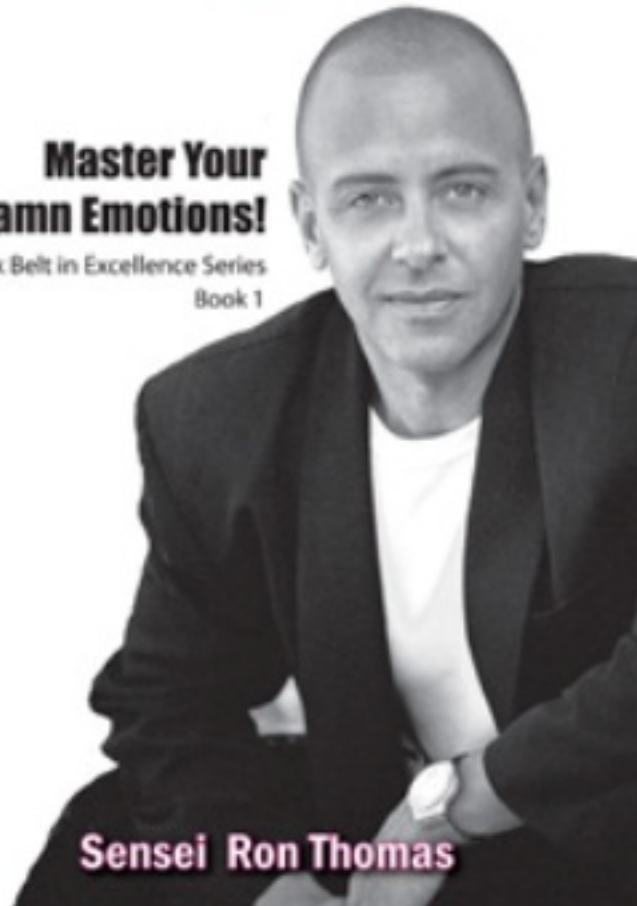
- Your “best” is subject to any given day.
- The “best you can” is subject to your mood. It is determined by what you feel like doing and what you can get away with.
- The “best you can” is a way of saving face while, at the same time, letting yourself off the hook.
- The “best you can” is a perception arising from a limited mindset.
- It’s an unconscious lie which has its roots planted in a false belief system.



# **Positive Thinking** **is for** *Sissies*

## **Master Your Damn Emotions!**

A Black Belt in Excellence Series  
Book 1



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“You can’t positive think your way out of the issues off-balancing you, choking your success, and knocking out your capacity for excellence”

-- *Sensei Ron Thomas*



- *Accountability Issues*
- *Anger*
- *Anxiety*
- *Boredom*
- *Clarity Issues*
- *Communication Issues*
- *Confidence Issues*
- *Disappointment*
- *Distractions*
- *Doubt*
- *Fear*
- *Focus Issues*
- *Frustration*
- *Guilt*

- *“Right”-Fighting*
- *Numbness*
- *Need to Control*
- *Over-Thinking*
- *Procrastination*
- *Resentment*
- *Sadness*
- *Self-sabotage*
- *Stagnation*
- *Stress*
- *Toxic Environments*
- *Unconsciousness (lack of awareness)*
- *Victimhood*



*Mastery is for Warriors*

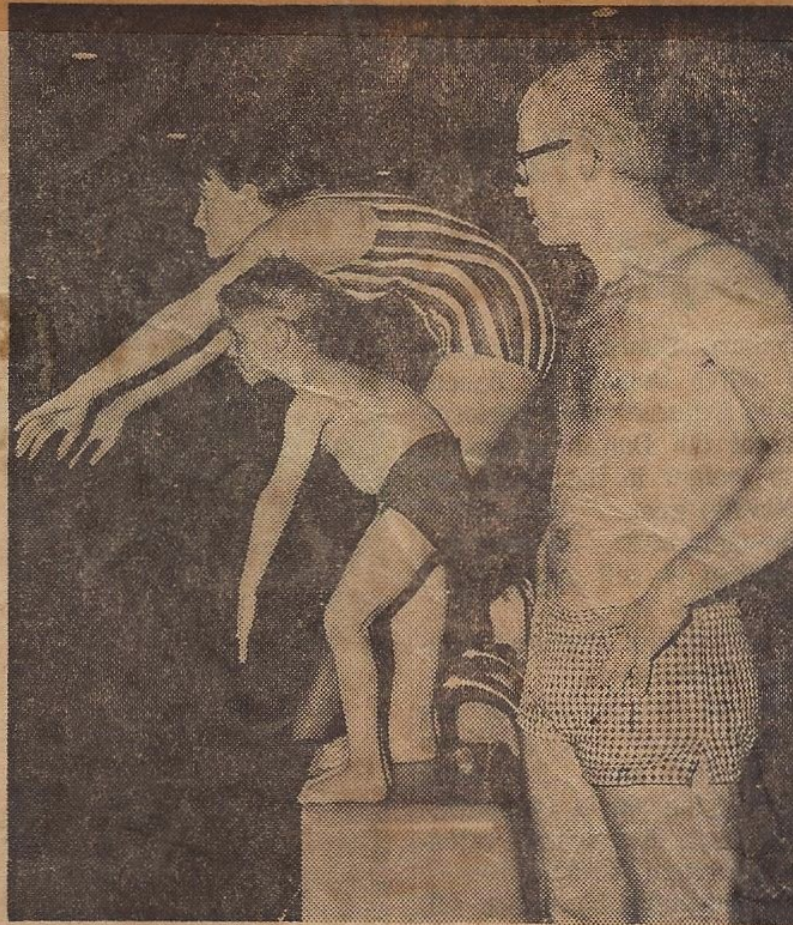


# Qualities of a Master

- They Love What They Do
- Expanded Consciousness
- Precision
- Purposeful & Intentional
- Clarity Around Identity and Service
- Power over Force

# The Zone or “Flow State”

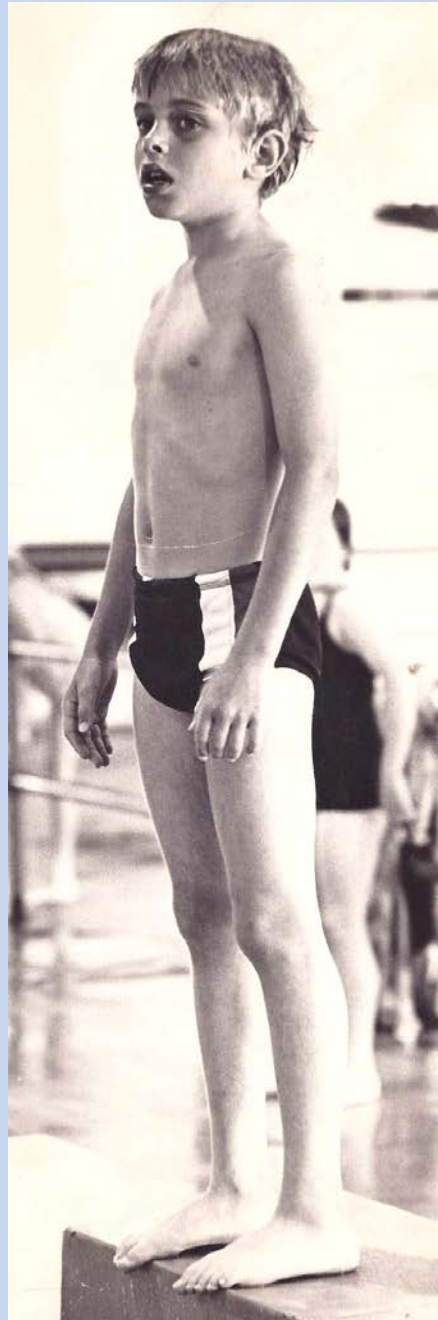




## Practice Form

Reno Dolphins Aquatic Club coach Bill Berrum watches as 16-year-old Valerie Burge and six-year-old Ronnie Thomas work on their diving form. Thomas is youngest and smallest member of the team. Miss Burge is the crew's senior member.

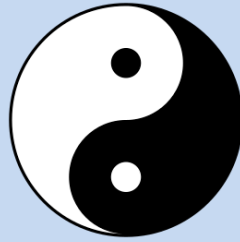








# Legacy



# Purpose & Meaning



