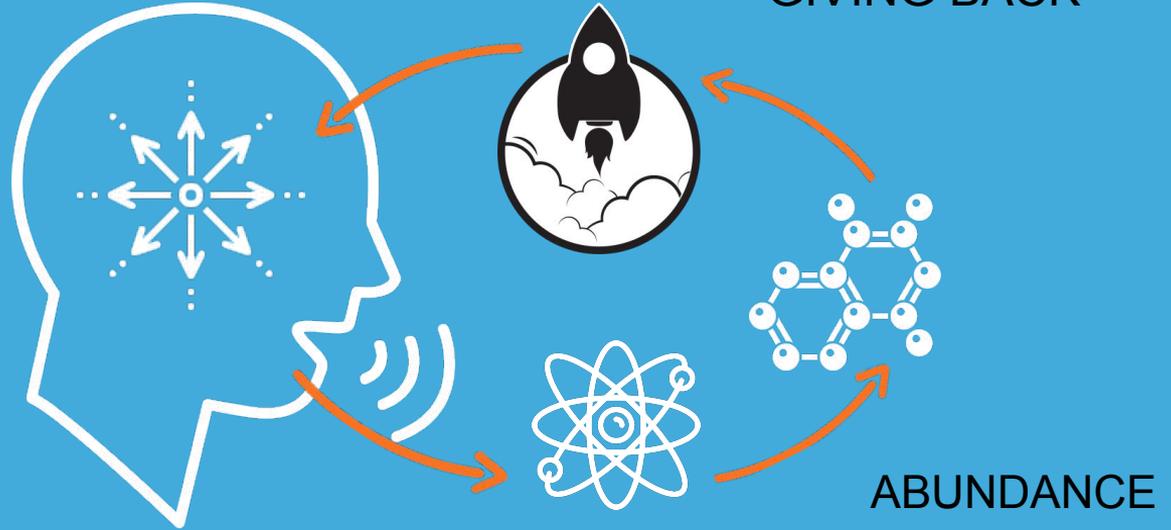




# How To Become A Giant: Your Paths To Infinite Creation

THE **GIANTS**  
AND THE  
SMALLS

- ✓ Unconsciousness
- ✓ Awareness
- ✓ Grief
- ✓ Acceptance
- ✓ Gratitude



- ✓ Uncertainty
- ✓ Vision
- ✓ Surrender
- ✓ Nurture

# The Journey of UNCONSCIOUSNESS



THE  
**GIANTS**  
AND THE  
SMALLS

# Alfred North Whitehead Said...

Civilization advances by extending the number of important operations which we can perform without thinking of them.

That's me! I'm Alfred!

DO'ING

BE'ING

Results

Actions

Words

Perception

Habits

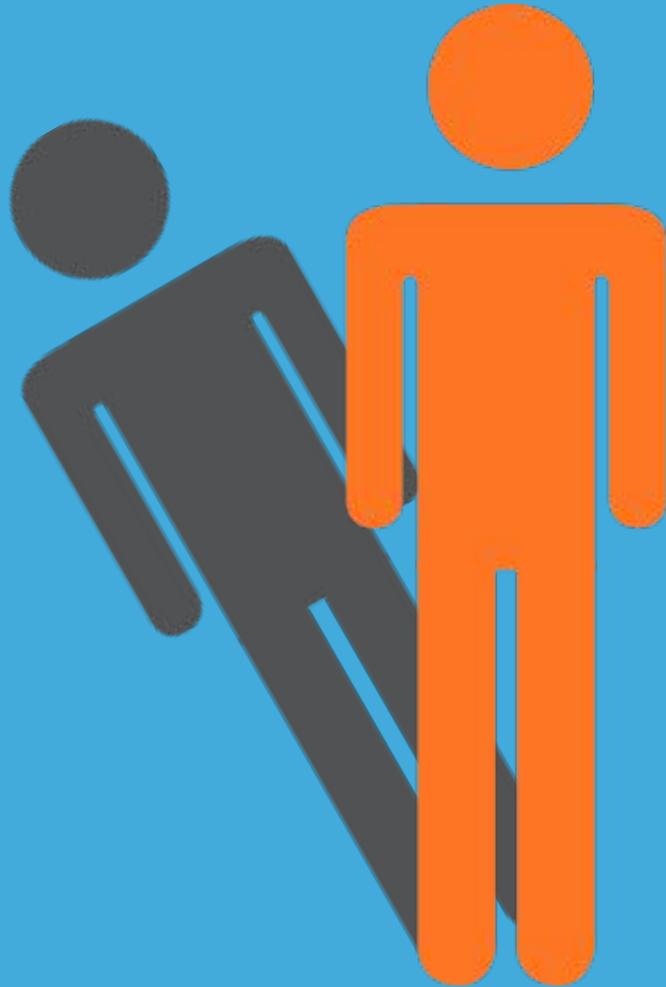
History

Beliefs

Values

Predictions

# Shadow BE'ing



# Like Frosting Dog Poop





# The Journey of AWARENESS

THE **GIANTS**  
AND THE **SMALLS**

How Do You  
Change it?

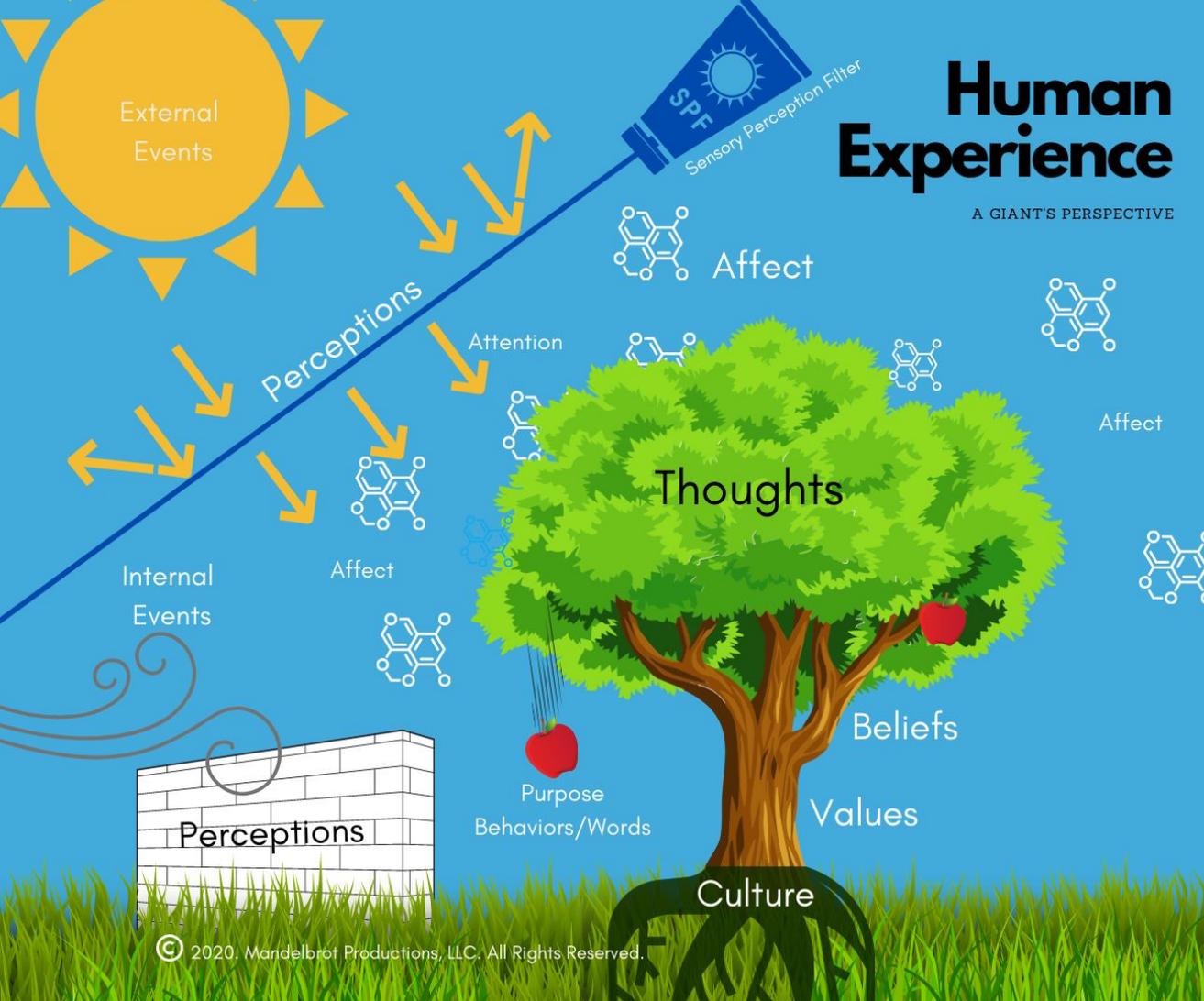


THE GIANTS  
AND THE SMALLS



Did you see them when walking past?

THE **GIANTS**  
AND THE **SMALLS**



# The Tree Of Change

THE GIANTS AND THE SMALLS

A circular illustration of a whimsical village. In the center, a small figure wearing a tall, pointed, dark hat and a simple tunic stands with their back to the viewer, looking towards a large, ornate clock tower. The clock tower has a white face with black hands and numbers. To the left, a building with a brown, tiled roof and a chimney is visible. To the right, another building with a similar roof and a hanging lantern is shown. In the background, a massive, pale, stone-like face of a giant looms in the sky, its features softened and dreamlike. The overall style is painterly and atmospheric, with a soft, hazy light. The scene is framed by a circular border on a textured, brownish background.

Expansive vs  
Restrictive

# The Journey of GRIEF





grief  
/grēf/

Latin *gravare* "make heavy;  
cause grief,"  
from *gravis* "weighty"

---





## SWIRL

Shattering; Withdrawal; Internalization; Rage; Lifting

## DABDA?

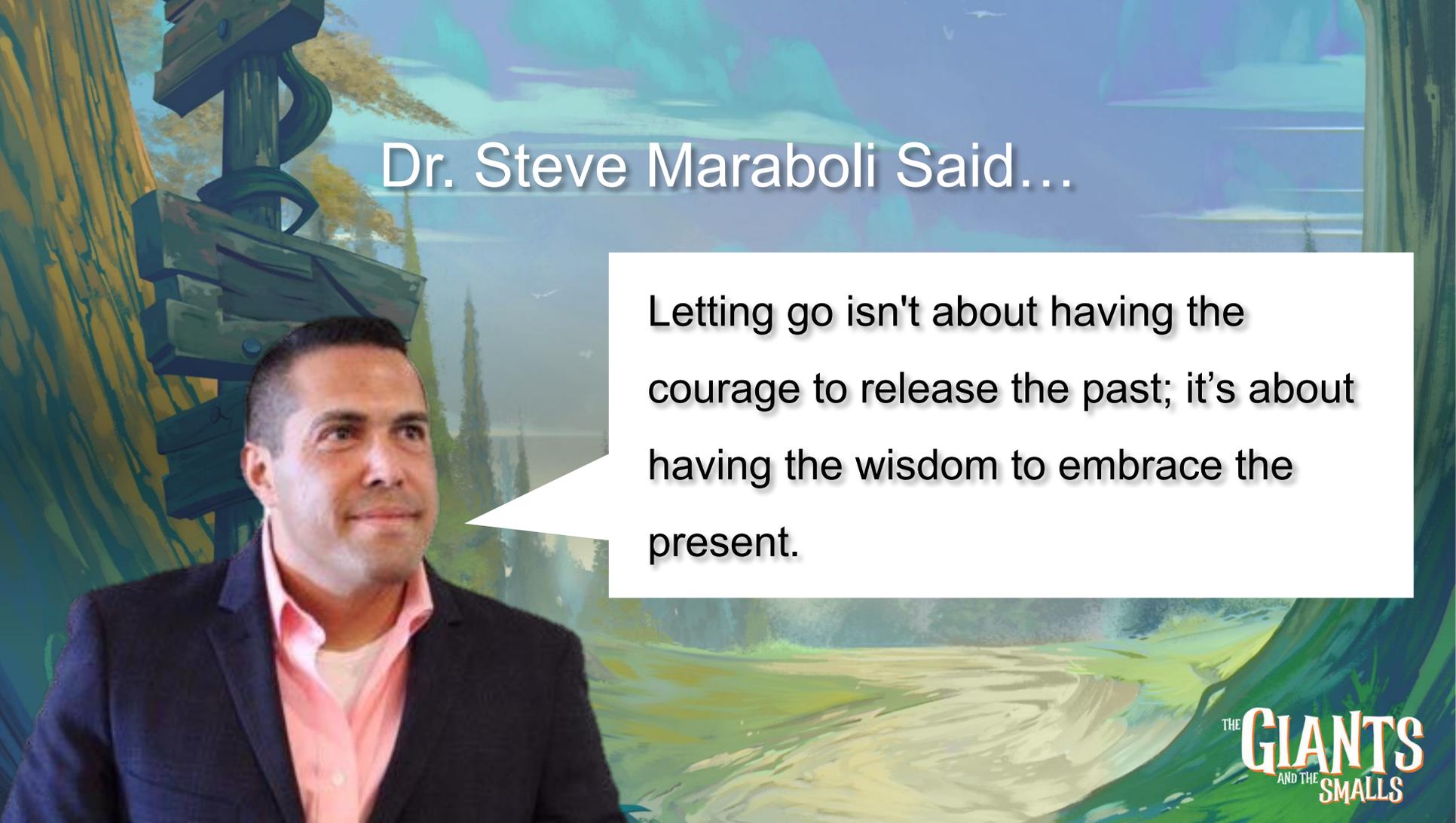
Denial; Anger; Bargaining; Depression; Acceptance

# 5R's: The Blessing of DEPRESSION



- ✓ Resignation
- ✓ Reflect
- ✓ Reality
- ✓ Revere
- ✓ Re-engage

Resilience



## Dr. Steve Maraboli Said...

Letting go isn't about having the courage to release the past; it's about having the wisdom to embrace the present.



# The Journey of ACCEPTANCE

THE **GIANTS**  
AND THE **SMALLS**

ac·cept

/ək'sept/

Latin *acceptare*

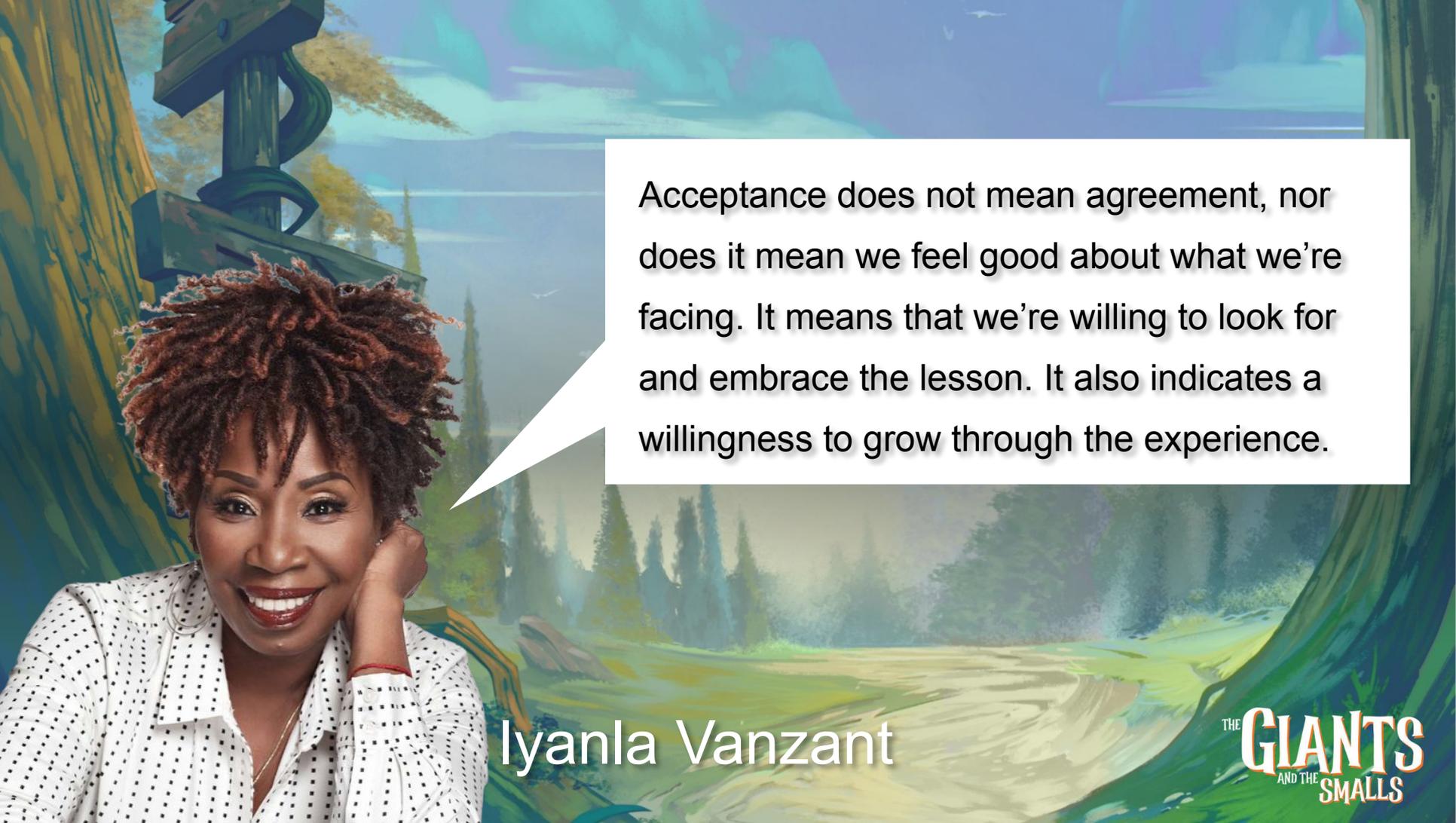
"take or  
receive  
willingly"



THE  
**GIANTS**  
AND THE  
SMALLS



THE GIANTS  
AND THE SMALLS



Acceptance does not mean agreement, nor does it mean we feel good about what we're facing. It means that we're willing to look for and embrace the lesson. It also indicates a willingness to grow through the experience.

Iyanla Vanzant

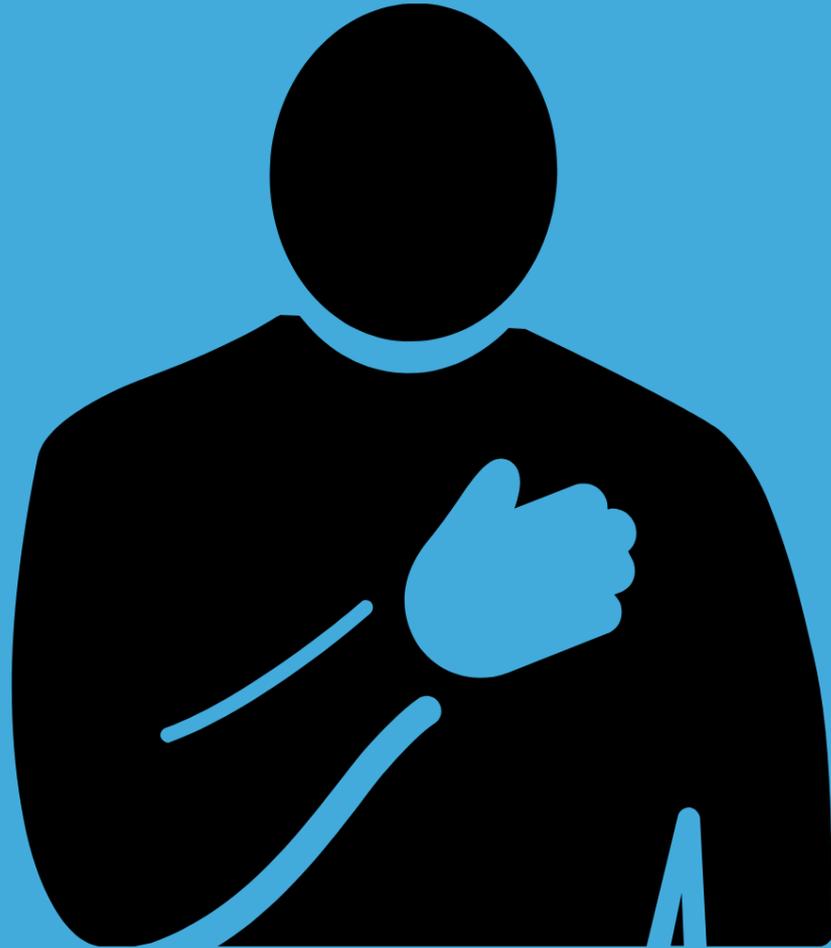
You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.

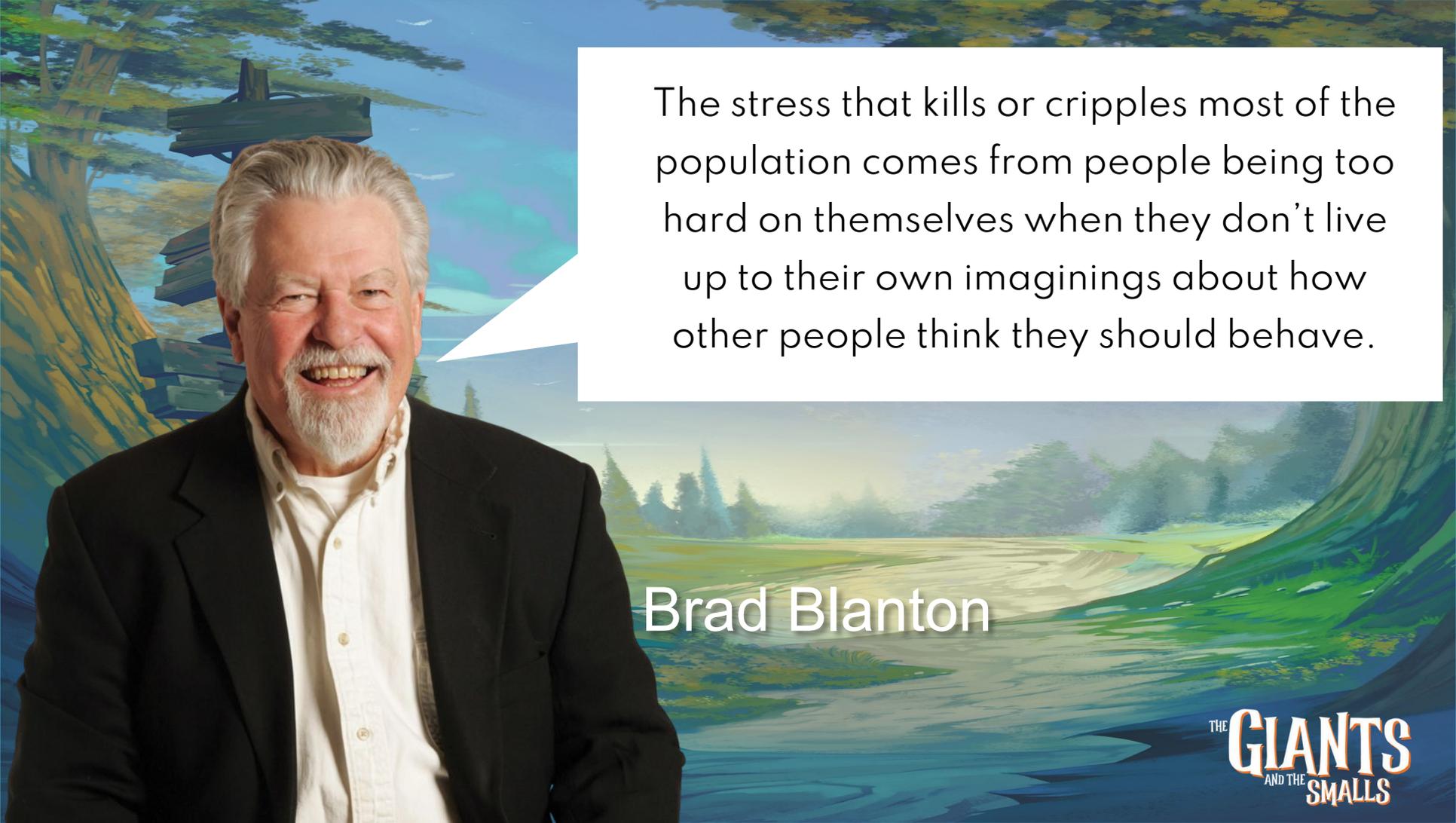
Brene Brown

THE GIANTS  
AND THE SMALLS



HONEST



A photograph of Brad Blanton, an older man with a white beard and mustache, smiling. He is wearing a dark suit jacket over a light-colored button-down shirt. The background is a vibrant, painterly illustration of a forest scene with a river, trees, and a wooden structure. A white speech bubble is positioned to the right of his head, containing text.

The stress that kills or cripples most of the population comes from people being too hard on themselves when they don't live up to their own imaginings about how other people think they should behave.

Brad Blanton

The Journey  
of  
GRATITUDE



# Gratitude



THE GIANTS  
AND THE SMALLS



The ground is where your  
dreams begin to grow

---

**Acknowledging the good that you  
already have in your life is the  
foundation for all abundance.**



THE **GIANTS**  
AND THE **SMALLS**

Eckhart Tolle



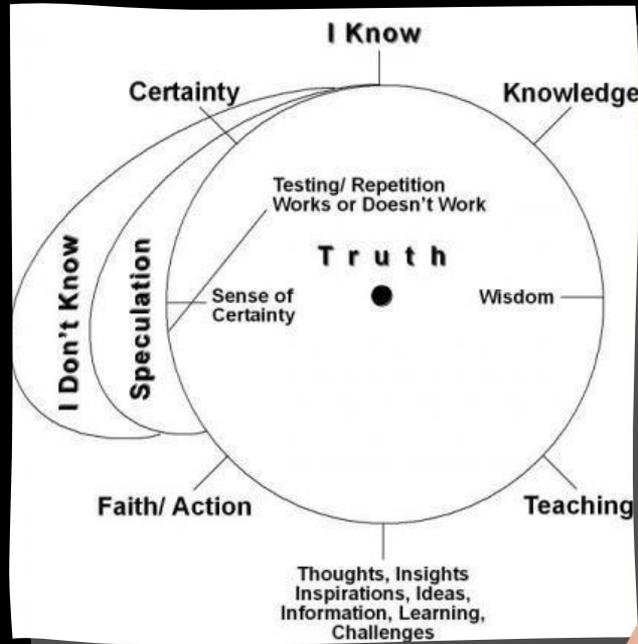
# The Journey of UNCERTAINTY

THE GIANTS  
AND THE SMALLS

Uncertainty puts us in a position of knowing reality exactly as it is and seeing what is possible.



THE GIANTS  
AND THE SMALLS



When nothing is sure,  
everything is possible.

MARGARET DRABBLE



THE GIANTS  
AND THE SMALLS



The Journey  
of  
VISION

THE  
**GIANTS**  
AND THE  
SMALLS

“No one is coming to save you; no one is coming to make life right for you; no one is coming to solve your problems. If you don’t do something, nothing is going to get better.”

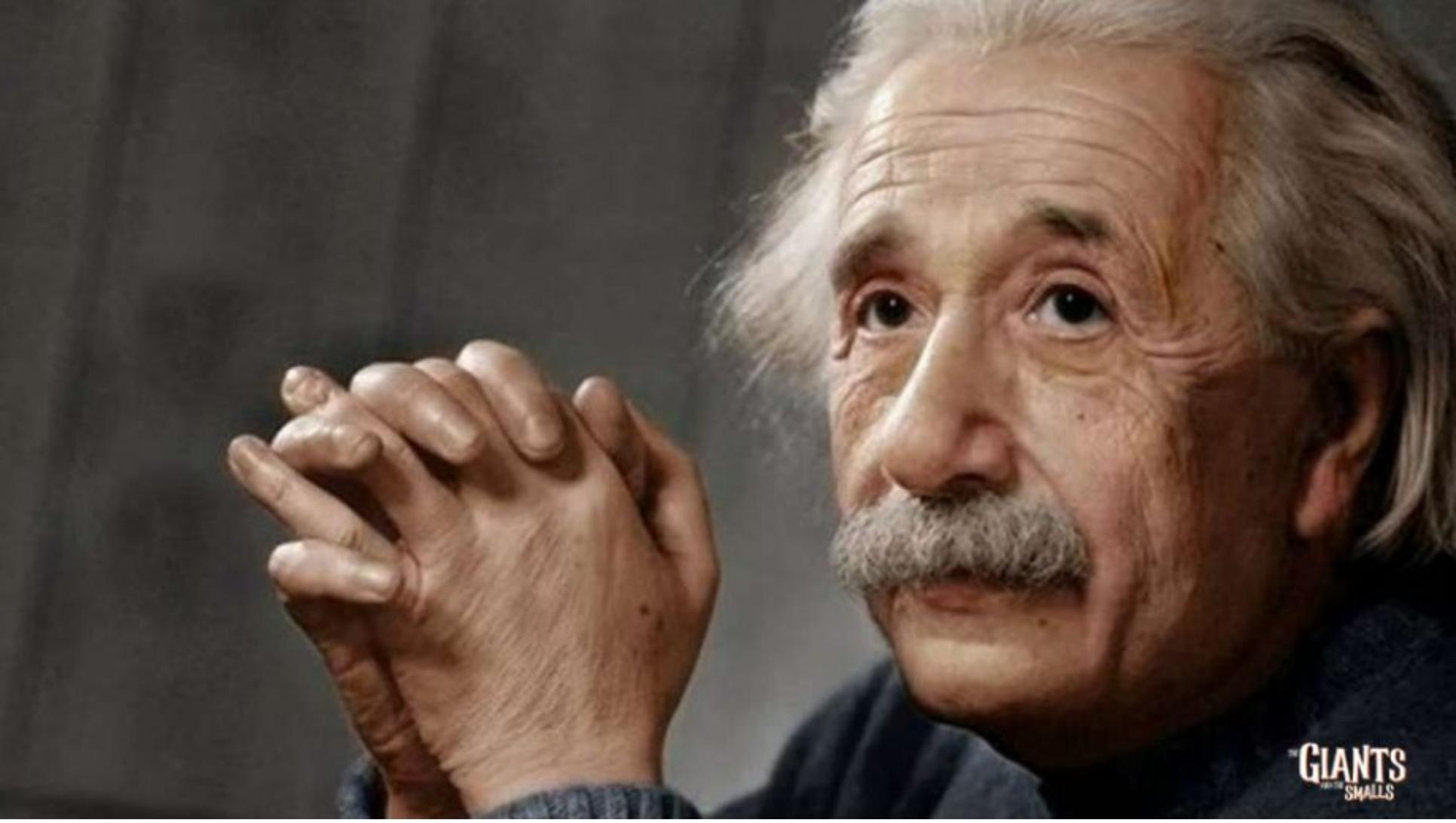
~ Nathaniel Branden







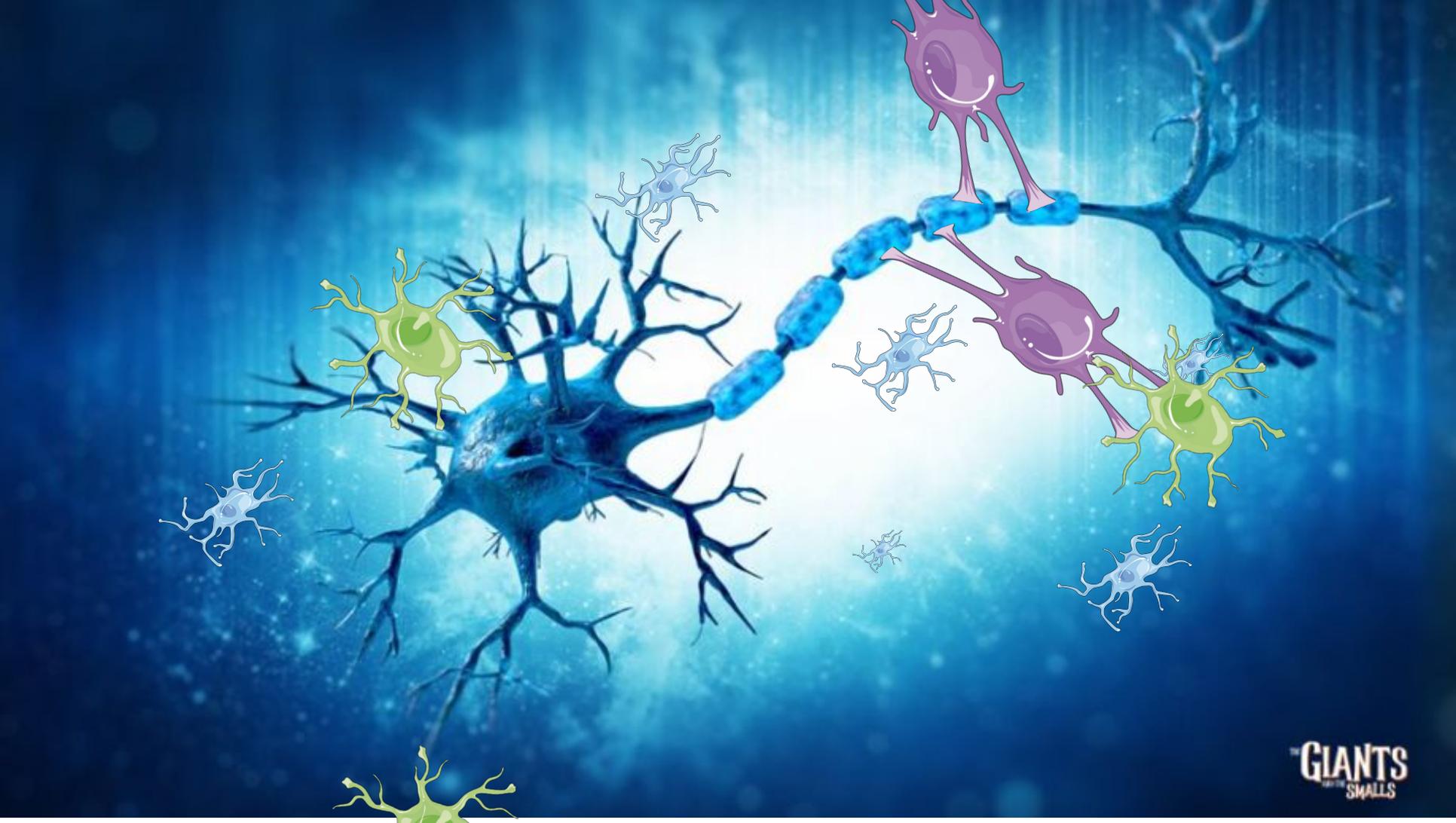
THE GIANTS  
OF THE SMALLS



**THE GIANTS**  
AND THE SMALLS



THE GIANTS  
AND THE SMALLS



Not only are we in the  
universe, the universe is in us.  
I don't know of any deeper  
spiritual feeling than what  
that brings upon me.

-Neil deGrasse Tyson





# The Journey of ABUNDANCE

THE  
**GIANTS**  
AND THE  
SMALLS

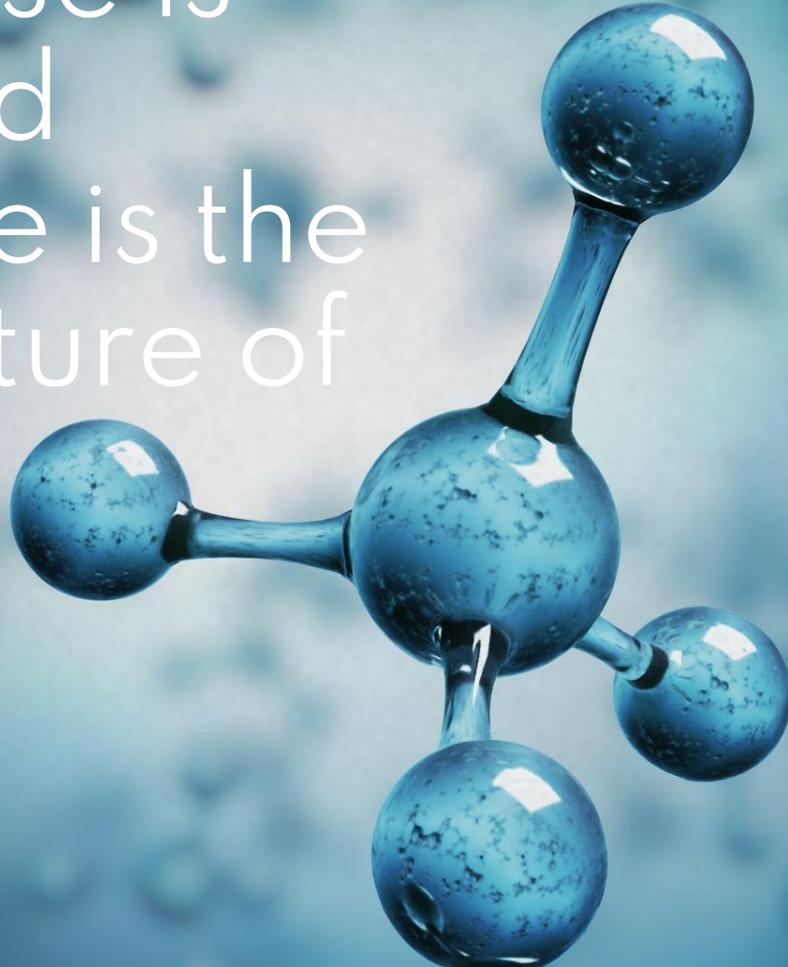
A portrait of Wayne Dyer, an older man with blue eyes, wearing a black flat cap and a black polo shirt. He is looking directly at the camera with a slight smile. The background is a stylized, painterly landscape with green hills, a blue sky, and a wooden post with a spiral on the left. A white speech bubble contains the text.

Abundance is not something  
we acquire. It is something we  
tune into

Wayne Dyer

The universe is  
infinite, and  
abundance is the  
default nature of  
things.

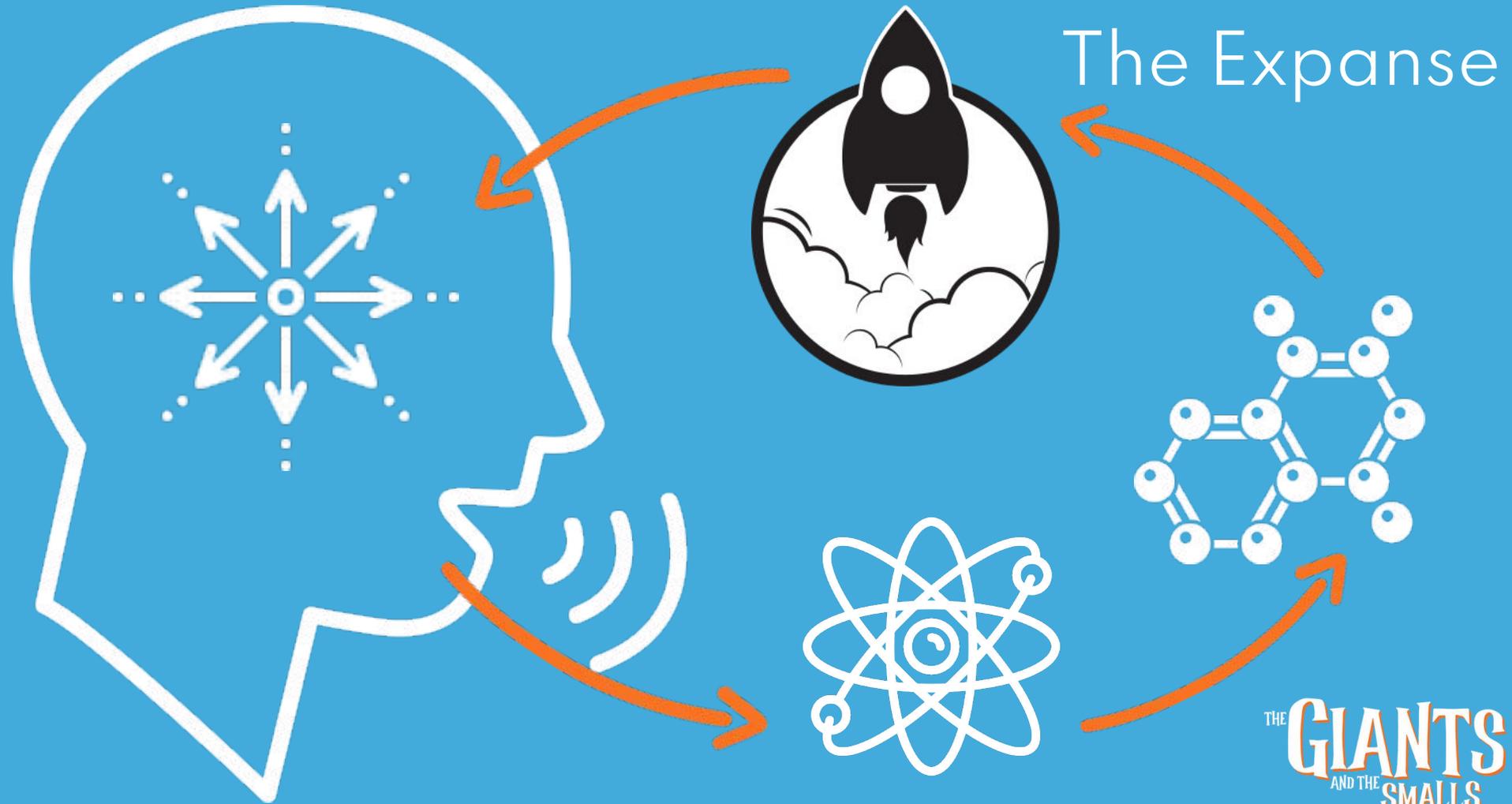
-Stephen Richards





THE GIANTS  
AND THE SMALLS

The Expanse



A young boy is shown in profile, sitting on a windowsill and looking out at a vast, starry night sky. The scene is dimly lit, with the light from the stars and the moon illuminating the boy's face and the window frame. The sky is filled with numerous stars of varying brightness, some with prominent diffraction spikes. The window frame is visible, and a small plant with dark leaves is partially visible on the right side of the window.

At first dreams seem  
impossible, then improbable,  
then inevitable.

CHRISTOPHER REEVE

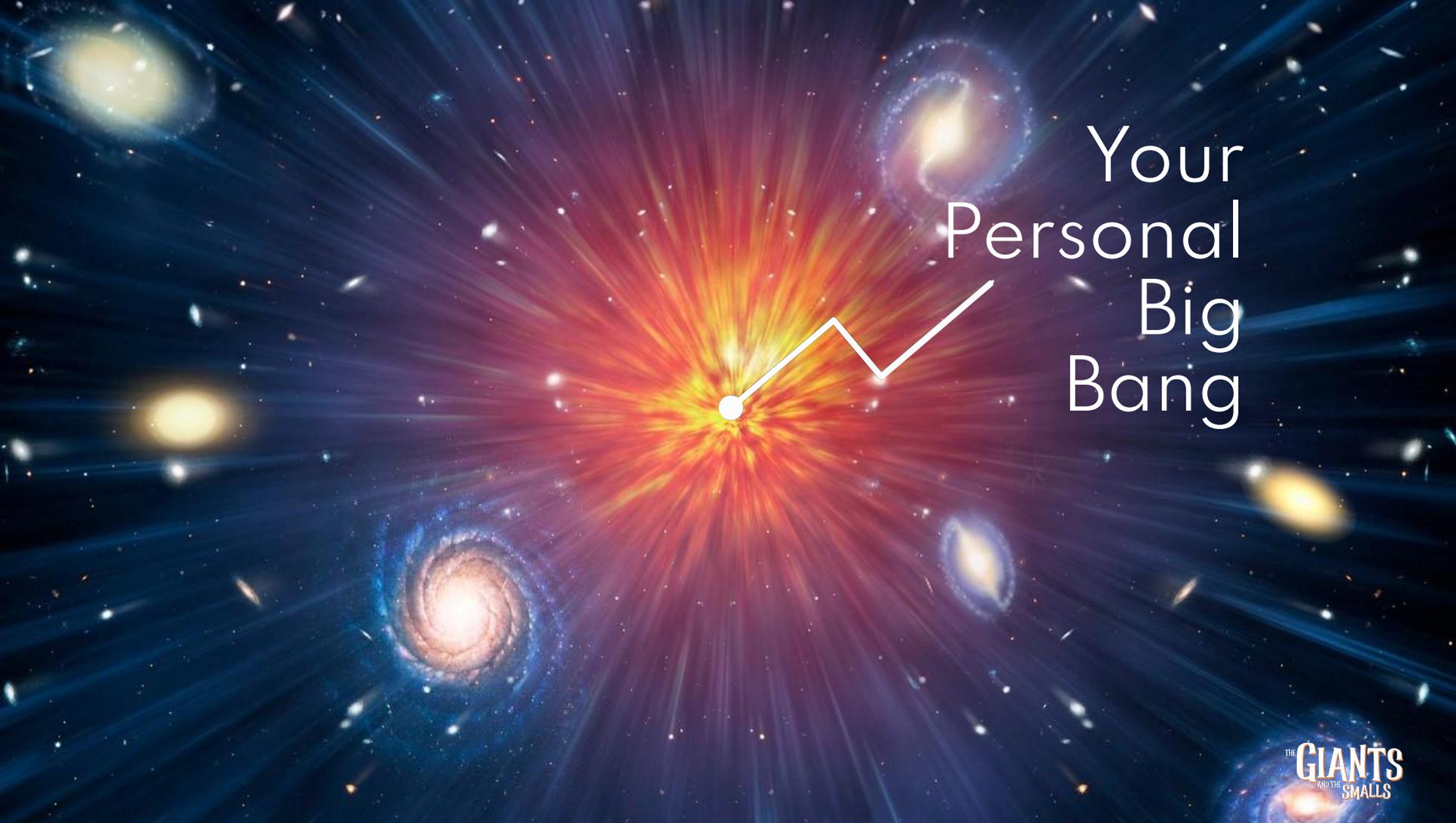
GIANTS  
AND THE  
SMALLS



# The Journey of SURRENDER





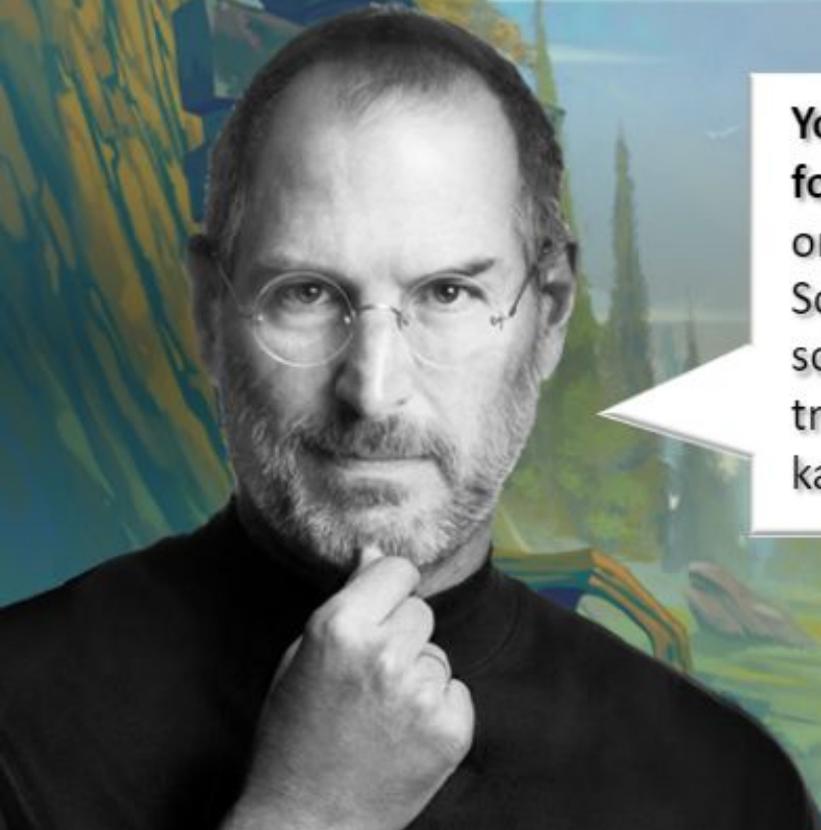


Your  
Personal  
Big  
Bang



THE  
**GIANTS**  
AND THE  
**SMALLS**

# STEVE JOBS SAID...



**You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, life, karma, whatever.**

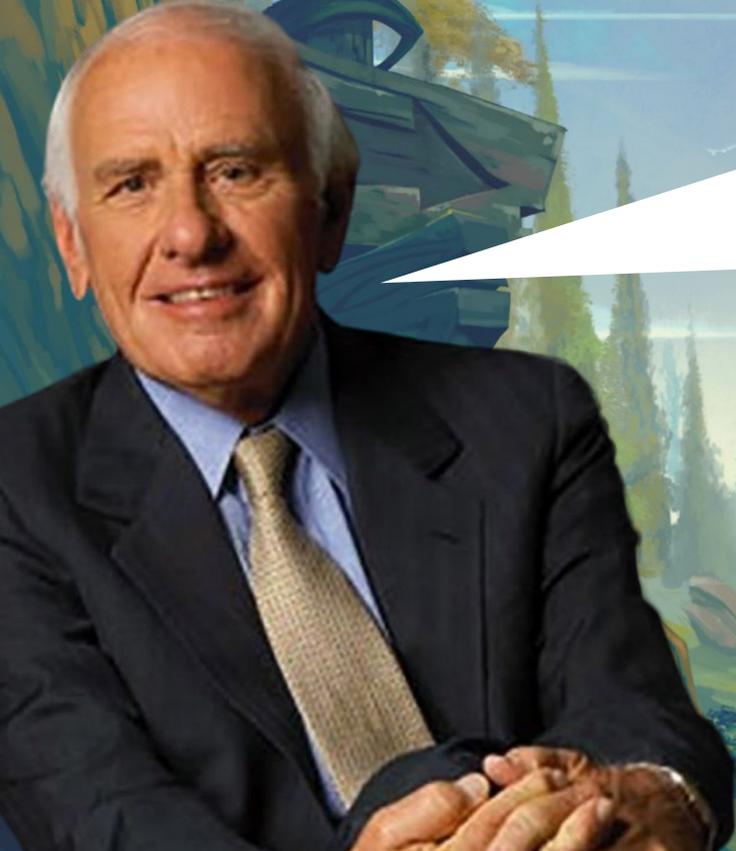


THE GIANTS  
AND THE SMALLS

# The Journey of NURTURING



THE  
**GIANTS**  
AND THE  
SMALLS

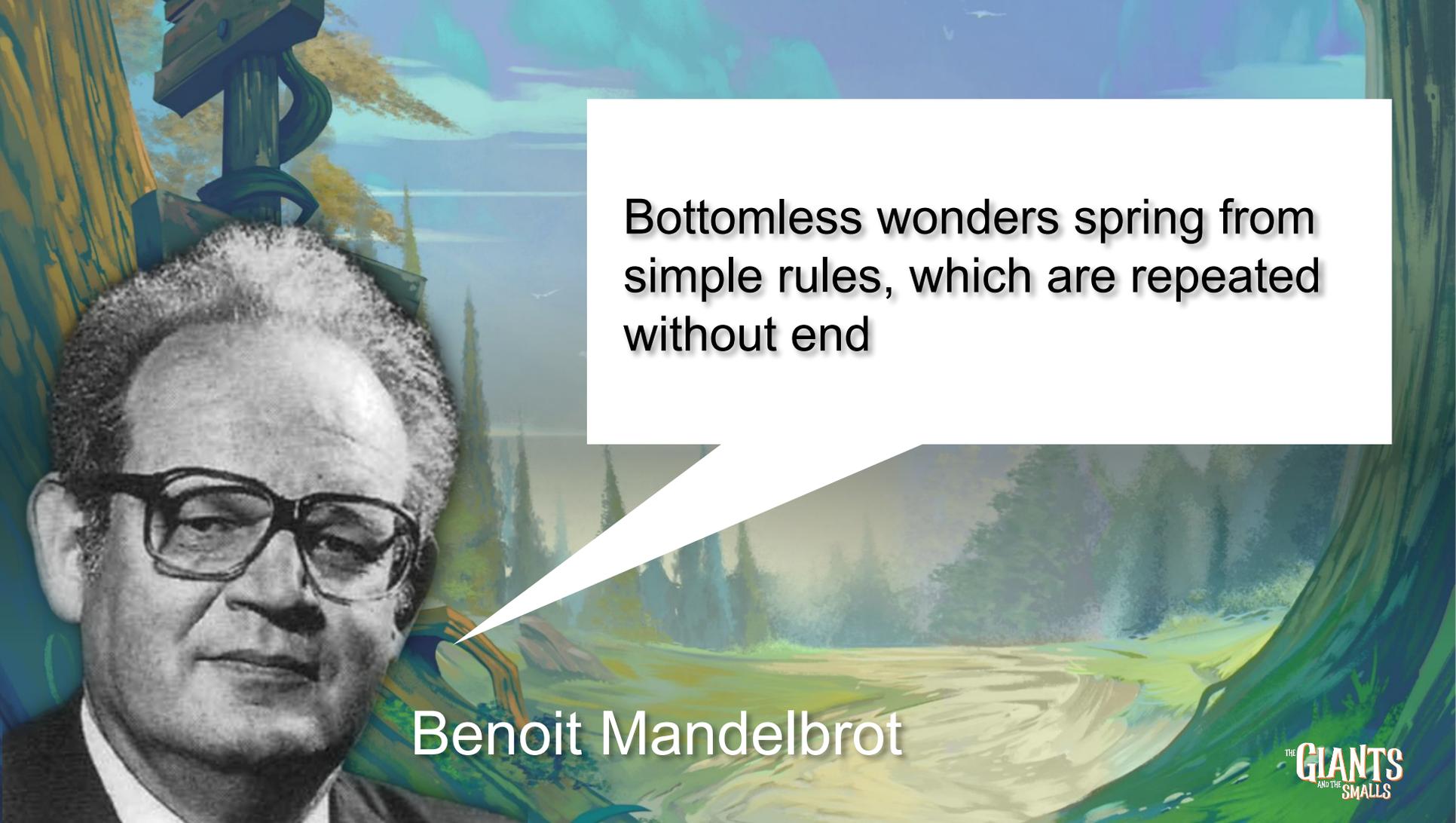


You must nourish your garden like a mother. But you must protect it like a father. Your garden is opportunities or business or dreams or simply the season of spring.

Jim Rohn

**NUR\*TURE:** noun  
The care and attention  
given to someone or  
something that is  
growing or developing





Bottomless wonders spring from simple rules, which are repeated without end

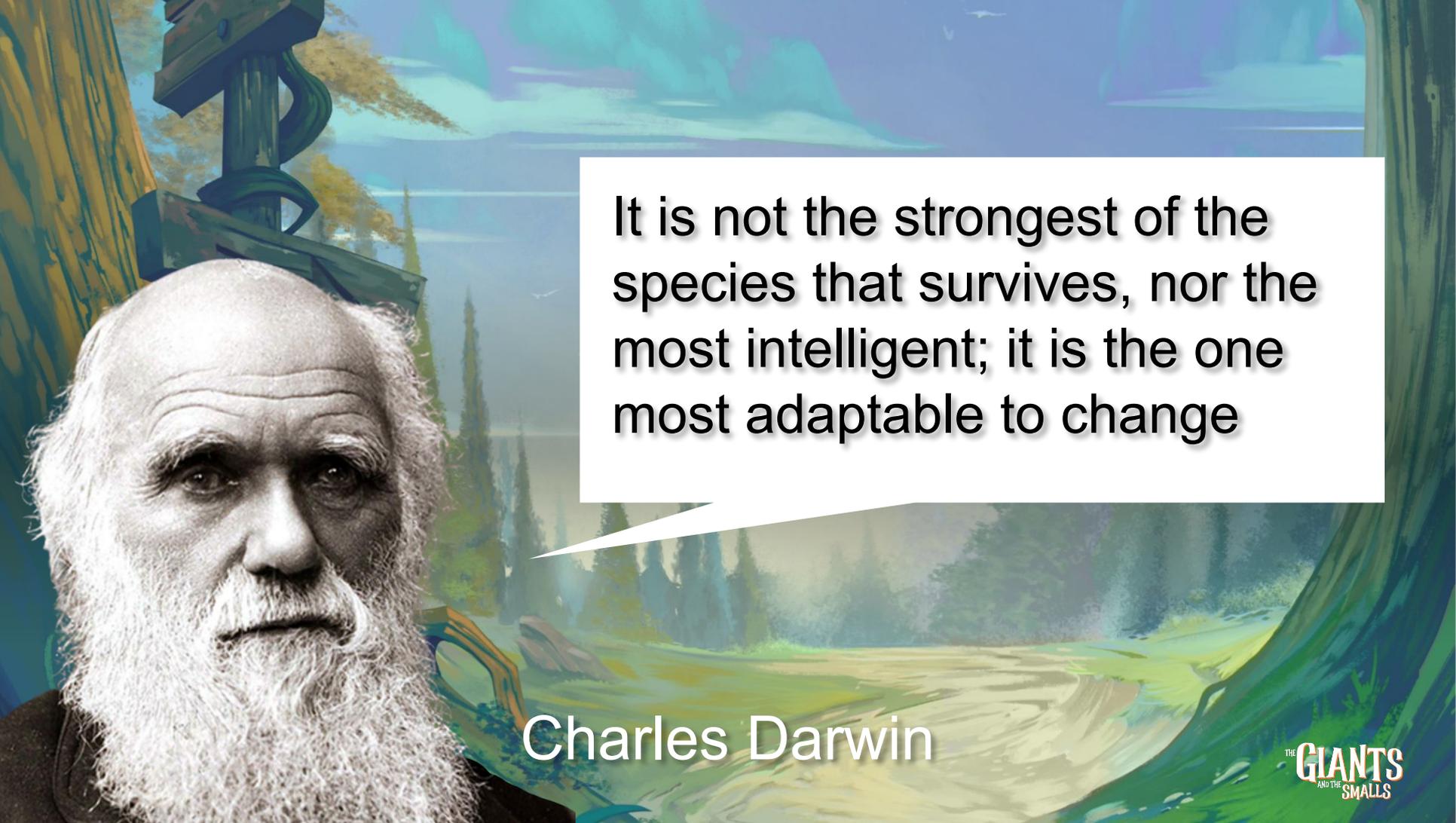
Benoit Mandelbrot



THE GIANTS  
AND THE SMALLS



Grow in integrity with your current capacity. Fill the container then get a bigger container. Grow in the capacity to the person that can create what you are talking about. Your current reality does have a say, but you can lift the anchor.



It is not the strongest of the species that survives, nor the most intelligent; it is the one most adaptable to change

Charles Darwin



THE GIANTS  
AND THE SMALLS



# The Journey of FEELING GOOD

THE  
**GIANTS**  
AND THE  
SMALLS

# Lisa Feldman Barrett Said...

Emotions are not reactions to the world; they are your constructions of the world...An emotion is your brain's creation of what your bodily sensations mean, in relation to what is going on around you in the world...Numerous experiments showed that people feel depressed when they fail to live up to their own ideals, but when they fall short of a standard set by others, they feel anxious.





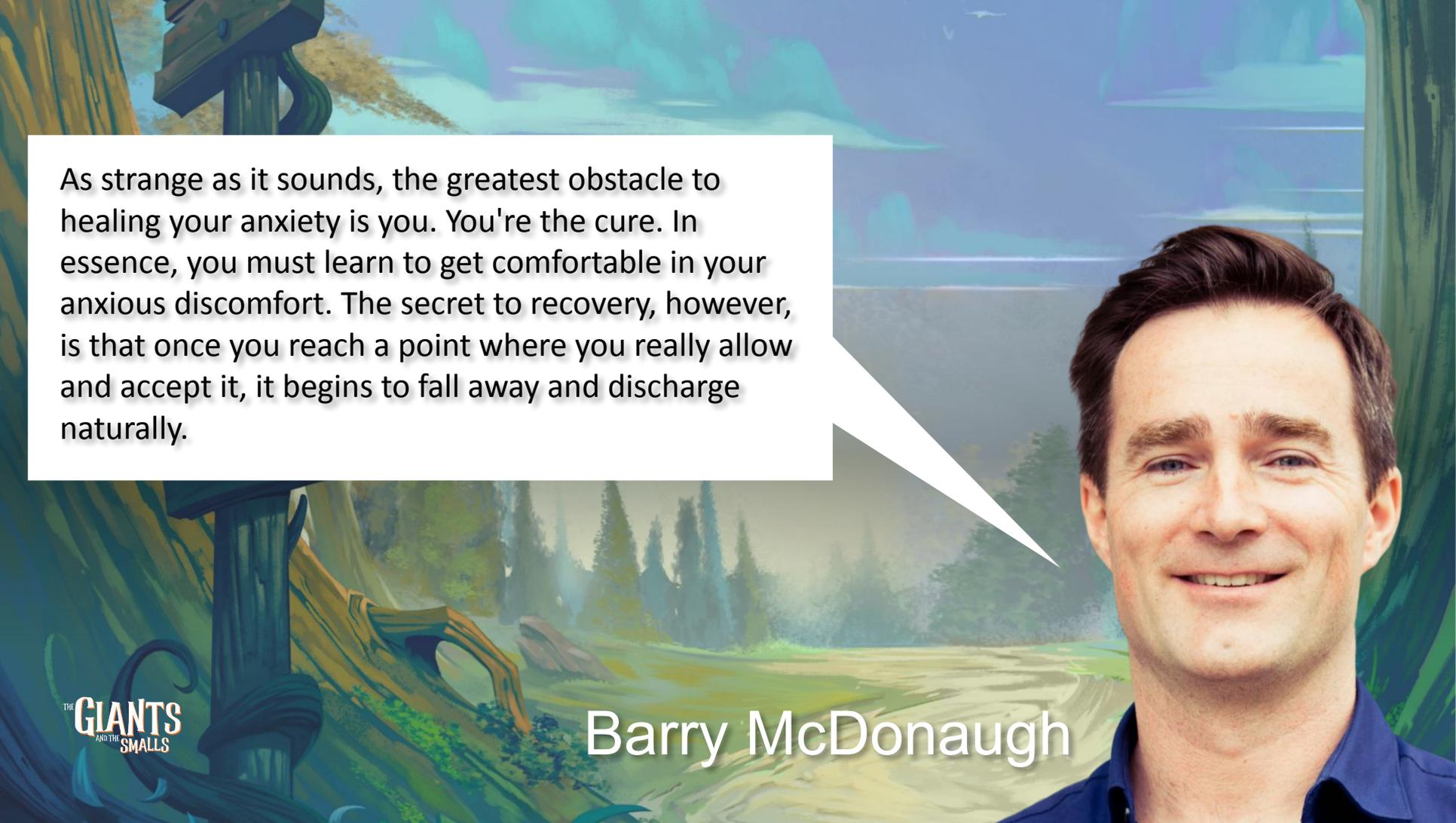
Fear is a story  
that is  
supported by  
your emotions  
and realized in  
your actions



# Gravity



THE GIANTS  
AND THE  
SMALLS



As strange as it sounds, the greatest obstacle to healing your anxiety is you. You're the cure. In essence, you must learn to get comfortable in your anxious discomfort. The secret to recovery, however, is that once you reach a point where you really allow and accept it, it begins to fall away and discharge naturally.

Barry McDonough

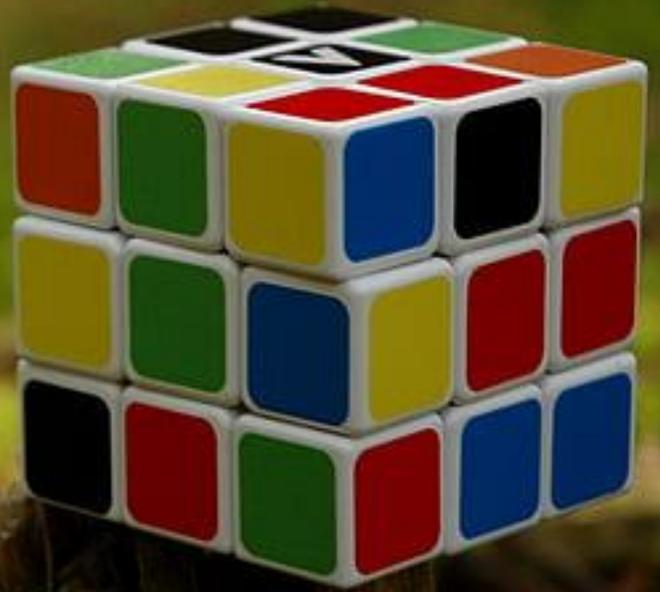
THE GIANTS  
AND THE SMALLS

# Empower

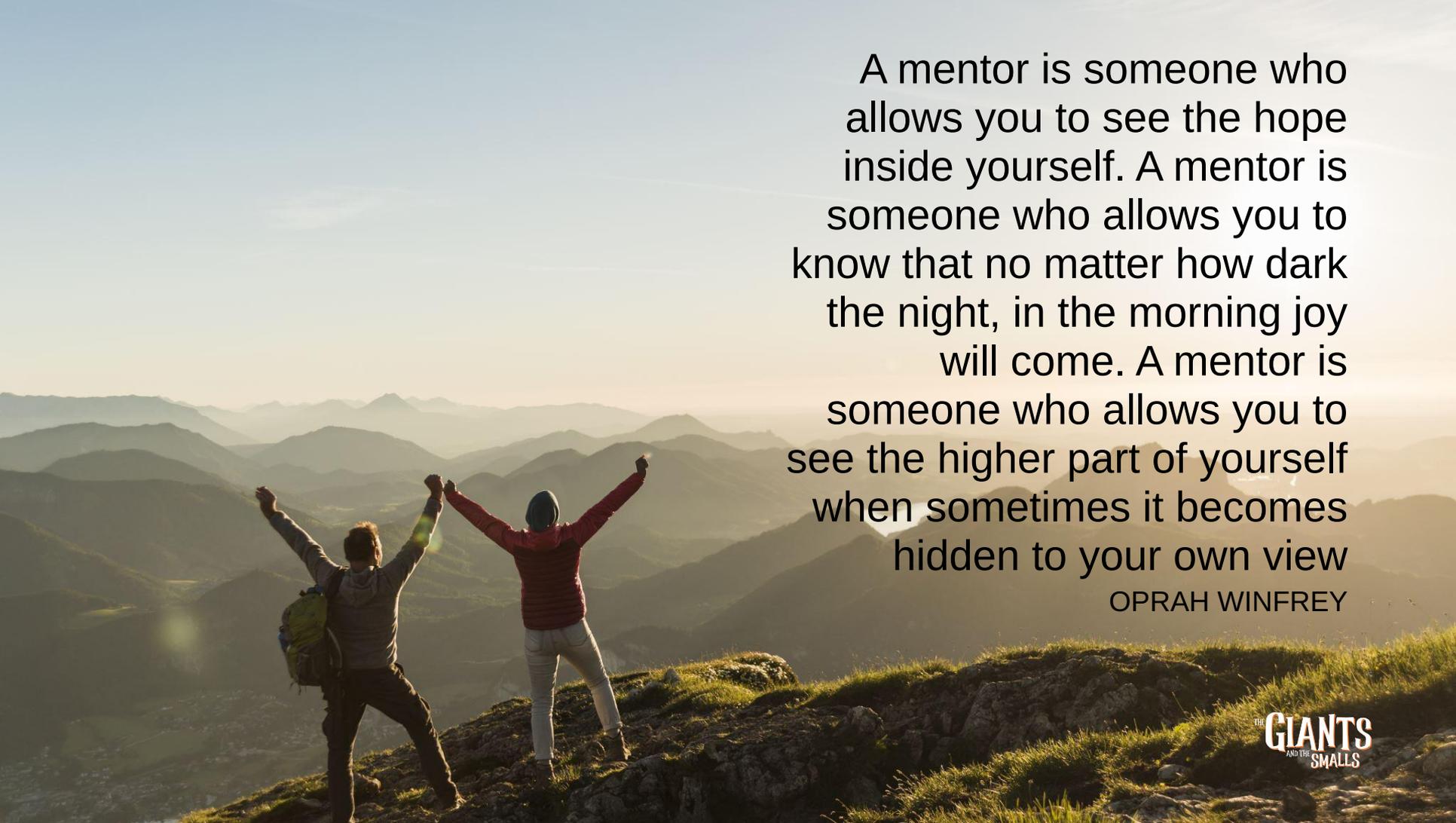


The Journey  
of  
GIVING BACK





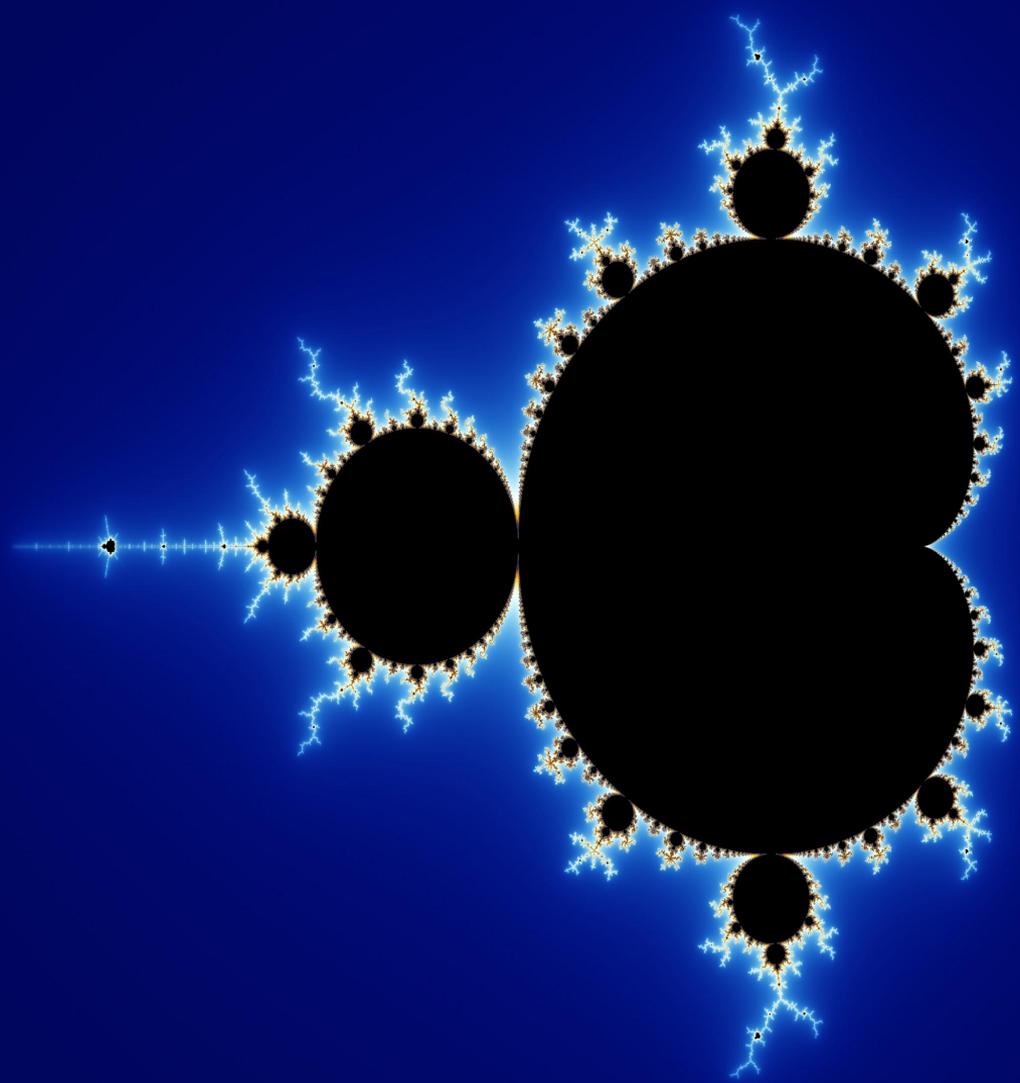
THE GIANTS  
AND THE SMALLS

A photograph of two hikers standing on a rocky mountain peak. They are both facing away from the camera, with their arms raised in a celebratory gesture. The hiker on the left is wearing a grey jacket and dark pants, and has a green backpack. The hiker on the right is wearing a red jacket and light-colored pants. The background shows a vast, hazy mountain range under a clear sky with a warm, golden light, suggesting a sunrise or sunset.

A mentor is someone who allows you to see the hope inside yourself. A mentor is someone who allows you to know that no matter how dark the night, in the morning joy will come. A mentor is someone who allows you to see the higher part of yourself when sometimes it becomes hidden to your own view

OPRAH WINFREY

We all have  
unlimited  
potential  
regardless of  
our challenges.  
YOU were  
made for  
greatness!



You can do  
anything you  
decide to do

Amelia Earhart



The End...  
Or is it just the  
beginning?

ARE YOU READY  
TO TAKE YOUR  
TRANSFORMATION  
TO THE NEXT  
LEVEL?

