

# Inertia and Personal Growth



# Introduction

- Thank you
- Scientific Theory
- Disclaimer

## First Law of Motion

*According to Newton's first law "an object at rest will remain at rest unless acted on by an unbalanced force. An object in motion continues in motion with the same speed in the same direction unless acted upon by an unbalanced force".*

# Application to the First Law

- **Self Doubt**
  - Experience
  - Education
  - Time.
- **Sacrifice**
  - The Sacrifice Wheel

# Sacrifice Wheel



## Second Law of Motion

*According to Newton's second law "Acceleration is produced when a force acts on a mass. The Greater the mass (of the object being accelerated) the greater the amount of force need to accelerate the object"*

# Application of the Second Law

- Judgements
  - Understanding
  - Feeling
- The Five Main Emotions
  - Fear
  - Guilt
  - Sadness
  - Anger
  - Love

# The Five Main Emotions

Emotion	Masks	Way though
Fear (False evidence appearing real)		
Guilt (should, would, try too)		
Anger		
Sadness		
Love		



## The Third Law

Newton's third law, *"For every action there is an equal and opposite re-action"*.

# Application of the Third Law

- You get out what you put in.
- More of the same equals more of the same,
- A big change equals big change.
- What do you want?

# Thought is Creative

**T** – Thought

**E** – Emotion

**A** – Action

**R** – Result

# Thought is Creative

**R** – Result

**A** – Action

**E** – Emotion

**T** – Thought

## Conclusion

*"You don't know what you don't know"....*  
So get out here and get curious.