



Cory Strolla



**"MAN UP, ALREADY!"
GROWTH CONFERENCE**

THE FOUR PILLARS:

- INTEGRITY
- HUMILITY
- AUTHENTICITY
- MORALITY



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THE SEVEN F'S

- FAITH
- FAMILY
- FINANCES
- FITNESS
- FIRM (Career)
- FRIENDSHIPS
- FUN



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Realistic Behavior based on Emotions

"The 3 Brains"



DELIBERATE (High-Human)

- The first actual weighted decision
- Highly Trainable
- Slow - Smart
- Stress Deactivated



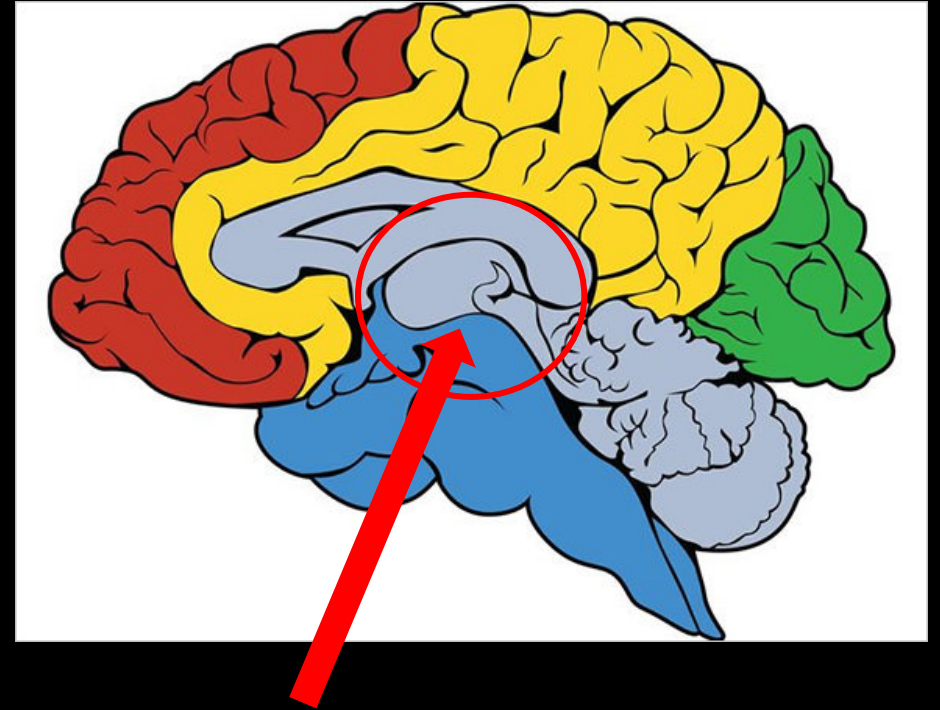
Intuitive (Mid-Monkey)

- Seeks simplest solution
- Recognition and condition primed
- Fast - simple
- Stress resilient



Instinctive (Low-Lizard)

- Reflexive reactions to stimulus
- Genetically programmed
- Fast - Dumb
- Stress activated



The **amygdala** plays a key role in the processing of emotions.