



EARN THE DAWN

Effective Strategies to
Enhance Your Life

2025 OPRA Conference

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Meet Your Presenter

TOM SPEAKS

Co-Founder and Partner

Impact Group

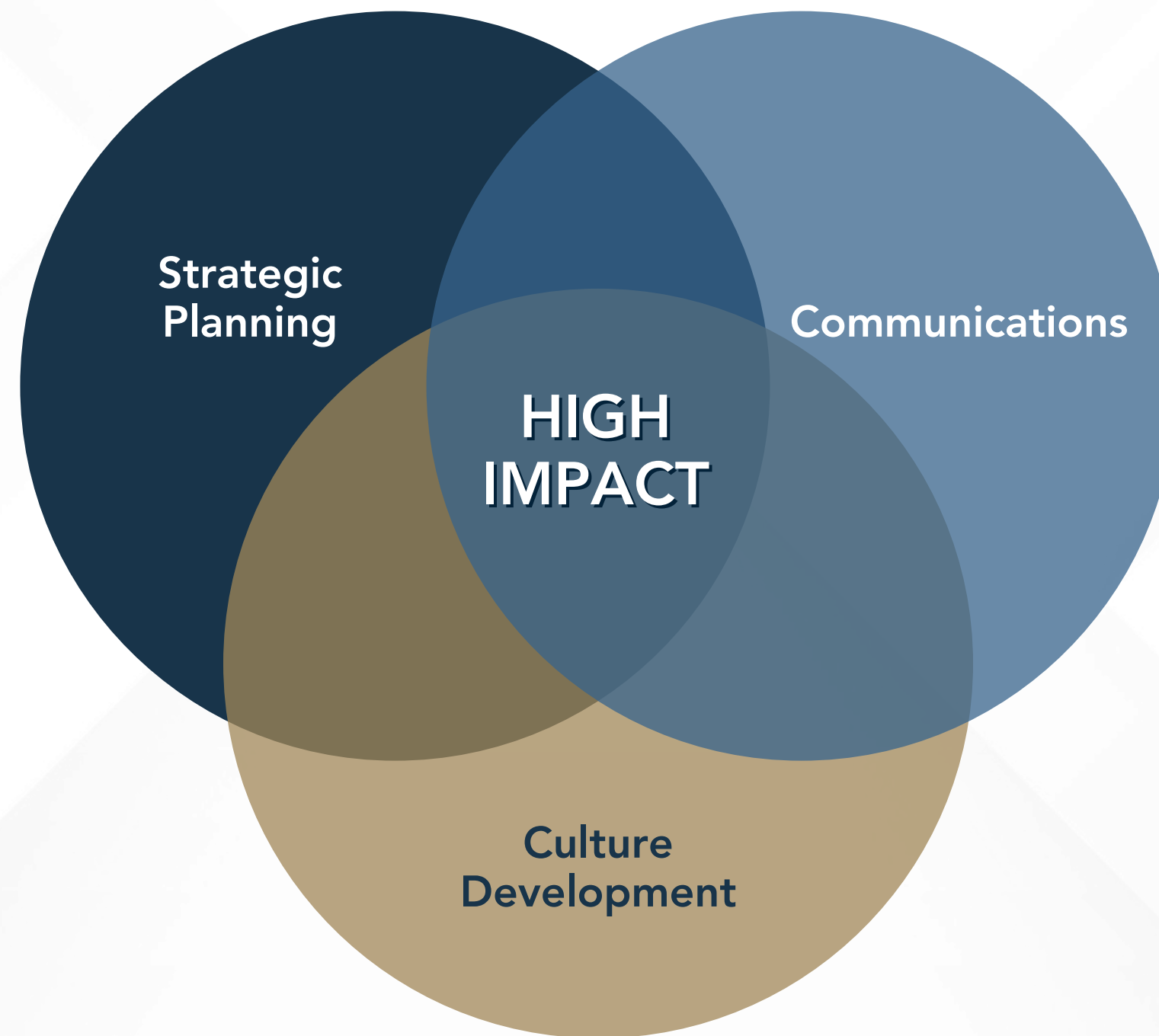
tspeaks@igpr.com

Tom is an appreciation advocate, marketing and communication expert, professional speaker, community engagement guru, statistical polling analyst, and published author (Hannibal – The Forging, Linh – Dying Pride Meets Living Wisdom, and Appreciology – The Art and Science of Appreciation...all available on Amazon). Tom is also a husband, father and fitness nut.



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HIGH-IMPACT MODEL

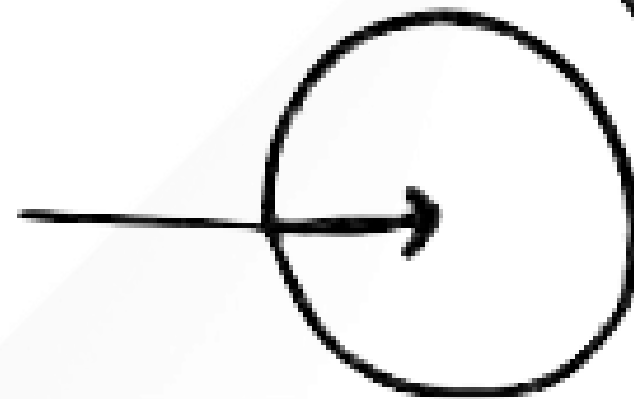


WHAT WE'LL COVER TODAY

- Comfort Zone
- Intentionality
- What do you Want?
- Discipline vs. Motivation
- Principles of Living



Your
Comfort
Zone



INTENTIONALITY



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WHAT DO YOU WANT?

- Family
- Relationships/Friendships
- Education
- Professional Achievement
- Spiritual Fulfillment
- Health/Fitness



Discipline VS. *Motivation*



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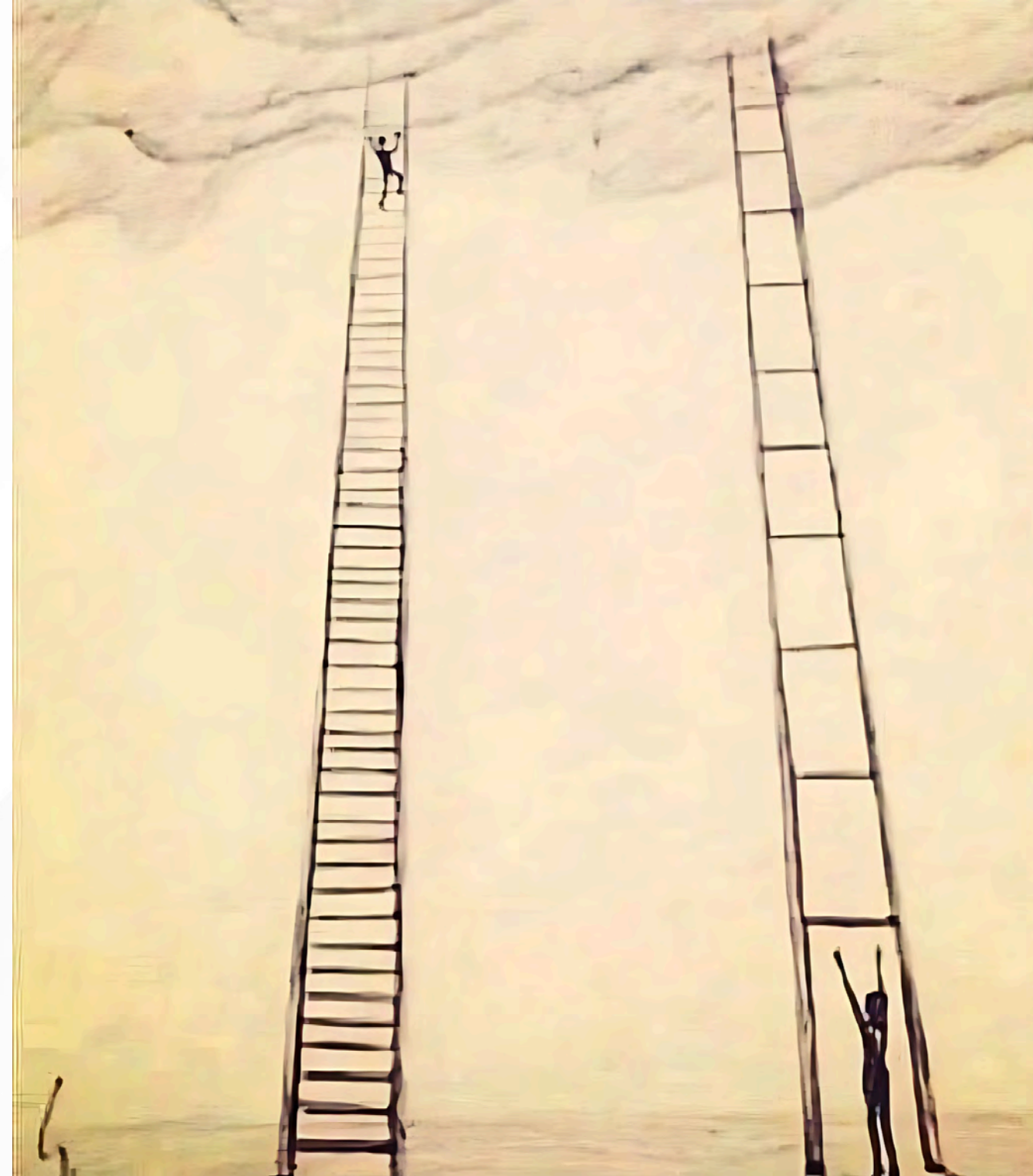
Self-Motivation

"Never depend on the admiration of others.
There is no strength in it.
Personal merit cannot be derived
from an external source."

– Epictetus



THE IMPORTANCE OF SMALLER STEPS



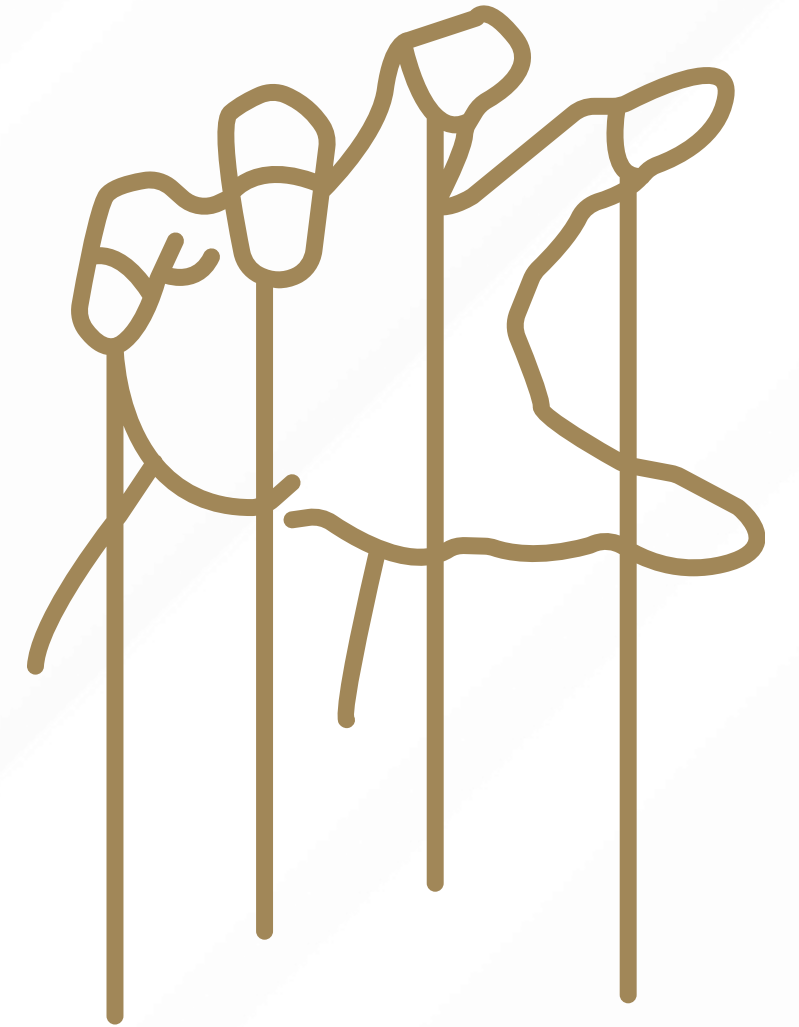
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Dichotomy of Control

"You have power over your mind,
not outside events, realize this and
you will find strength."

– *Marcus Aurelius*



The Flow



“Don’t seek to have events happen as you wish,
but wish them to happen as they do happen,
and all will be well with you.”

– *Epictetus*

“Loss is nothing else than change.
And change is nature’s delight.”

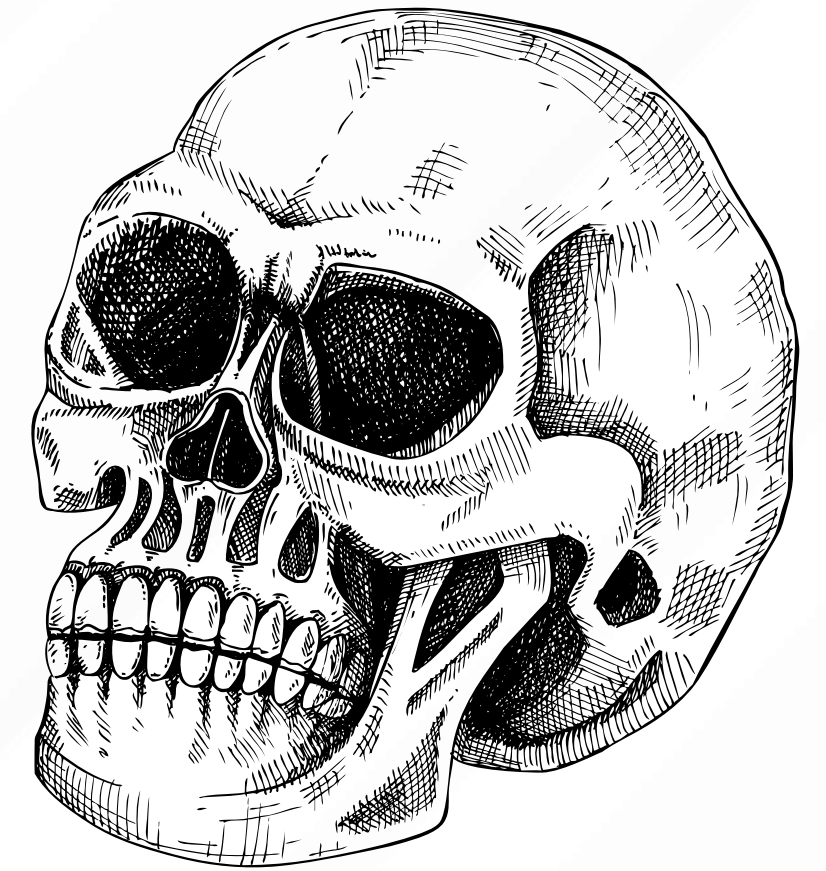
– *Marcus Aurelius*



Memento Mori

“Think of yourself as dead, you have lived your life, now take what is left and live it properly.”

– *Marcus Aurelius*



“Remember that you must die.”

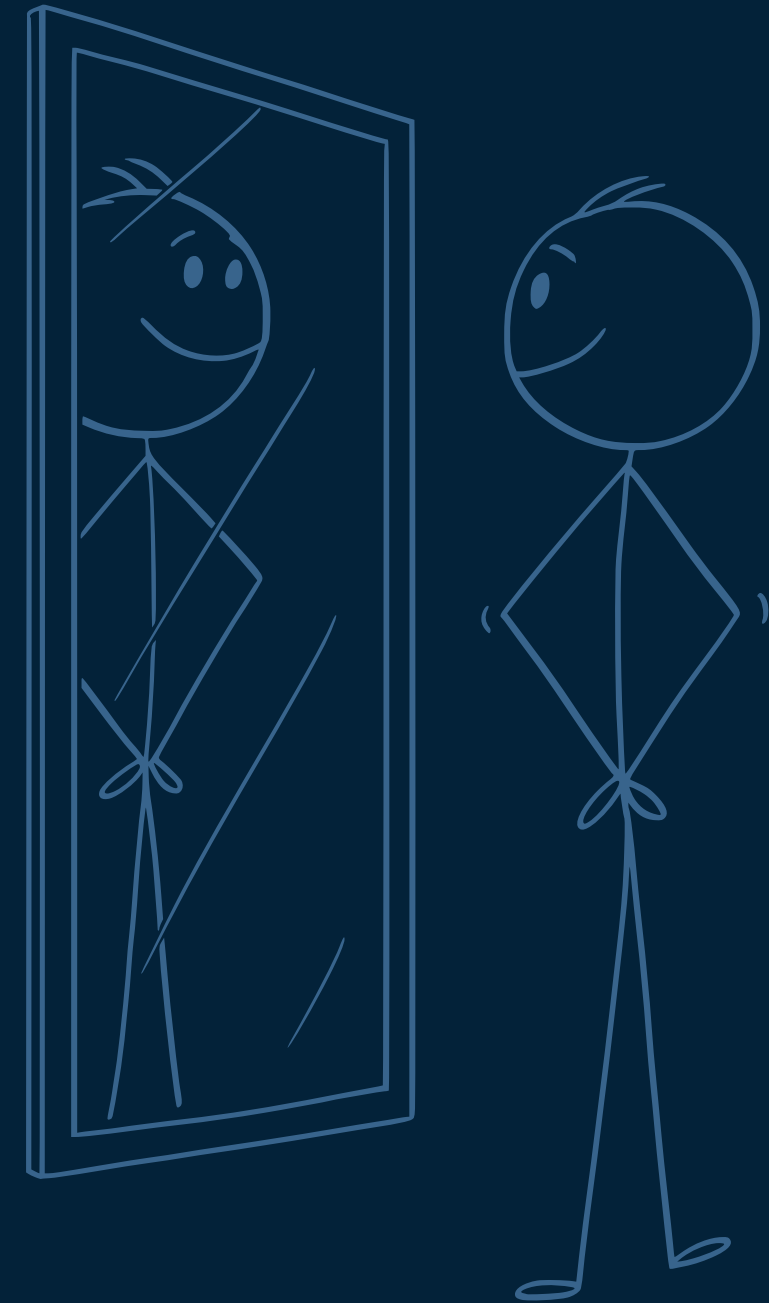
– *Memento Mori*



Power of Reflection

"Every night before going to sleep
we must ask ourselves what
weakness did I overcome today?
What virtue did I acquire?"

– Seneca



Appreciology Survey

DEVELOPMENT PHASE

Be a part of Appreciology!

Your anonymous responses will help us refine this tool to better understand how people feel about giving and receiving appreciation at work.

Results won't be shared now, but you'll have the chance to take the revised survey and see your results once the final version is complete.

The survey will take about 15 minutes to complete.





Tom Speaks
Co-Founder & Partner
Impact Group

 tspeaks@igpr.com

 330.655.5041

THANK YOU!



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Please reach out to continue the conversation!