



Unbreakable Founders: Navigate Uncertainty and Master Your Startup Journey

Learn the 5 aspects of self mastery & create the experiences you want to have.

Presented By Vin Infante



Who is Vin Infante?

- Overcame victimhood, anxiety, depression, panic attacks.
- Over a decade in mental health.
- Worked with thousands of people.
- Psychotherapist.
- Mindset & Performance Executive Coach.
- Former FDNY Firefighter.
- Entrepreneur.
- Keynote speaker.
- On a mission to impact 1 Billion lives.
- Featured in: Forbes, Entrepreneur, International Business Times, NY Weekly & New York Today



The 3
things you
need to do
to stay
grounded
as a
founder.

Develop a strong sense of
mastery over yourself.

Create conscious awareness.

Cast a powerful and
compelling vision for your
future.

Self Mastery

The 5 Aspects of self mastery are as follows:

- Thoughts – What you focus on expands, your thoughts drive your flow of energy.
- Emotions – Emotions are energy in motion they create ripples and impressions in your body.
- Behaviors – The way you conduct yourself in life.
- Actions – Based on how you respond to situations in life.
- Language – The way you describe and speak about the multiple aspects of life.



Exercise time!

Think back to a time recently where you felt you had no control over the situation.
Write it down quick.

Now after you look at that situation, what's at least one thing you could either directly control, or gain influence over when you look at the 5 aspects of self mastery?

Thoughts, emotions, behaviors, actions, language.

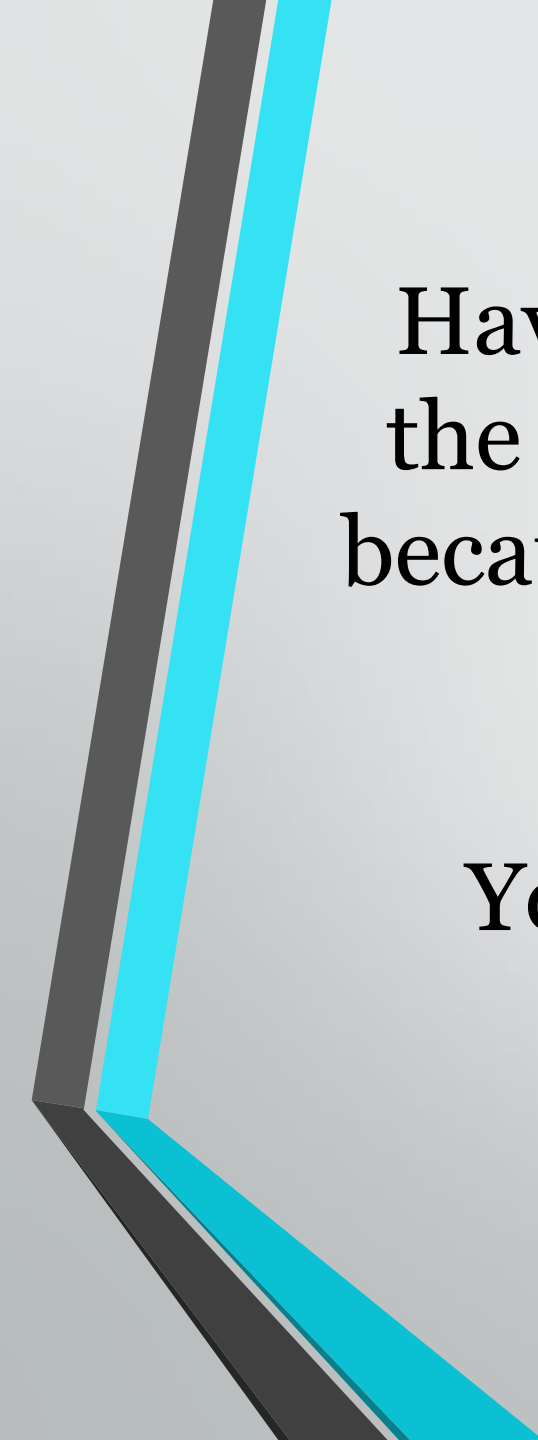
By implementing at least one of these could you change your perspective or gain direct influence to control the outcome of the situation to something favorable for you?

The importance of developing self mastery

By finding at least one of the 5 you allow your influence over situations and circumstances to expand.

This shifts the power dynamic of a seemingly out of control situation back to you creating a sense of certainty.

You can now choose an outcome that would be more favorable to you.



Have you ever wondered why we struggle with the 5 aspects of self mastery? Well typically it's because of your own BS – or more appropriately, Belief Systems.

You're either believing your own Bullshit or building your own Belief Systems.

A Belief system is:

A subconscious process.

Creates definitions/rules about life.

Not always realistic.

Mostly unchallenged.


Helps us run on auto-pilot.

Can become distorted from reality as time passes.

Grows stronger over time.

Formed from perceived value in the moment.

Not always helpful, can cause more harm than good.



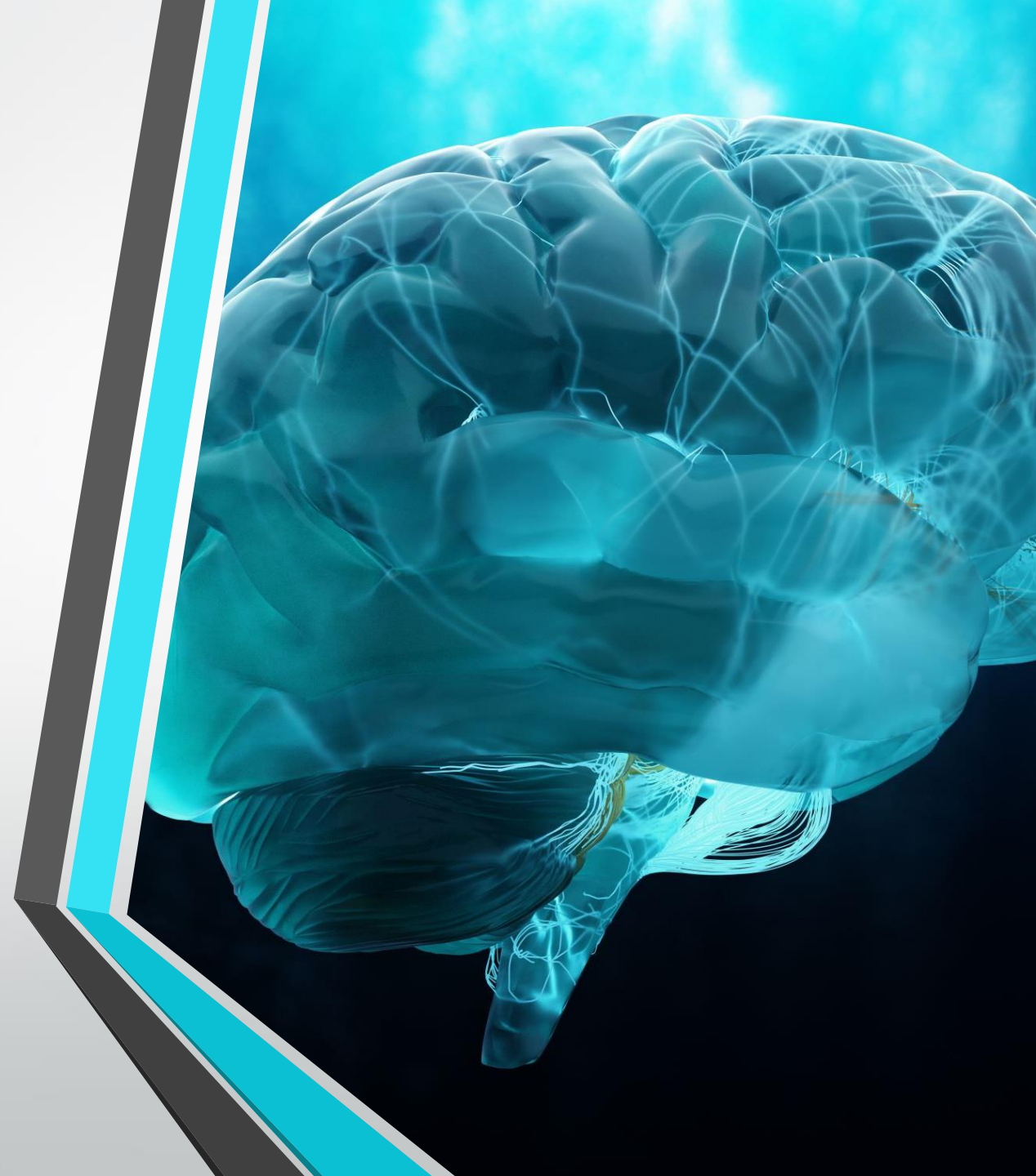
So, how do you challenge, change and rewire your brain to create powerful belief systems?

- Have more powerful monologues, challenge yourself to choose your focus based on the 5 aspects of self mastery.
- Being clear and intentional about your identity, you wish to embody.
- Ask yourself quality questions which can yield quality answers and provide quality outcomes.

What do quality questions look like?

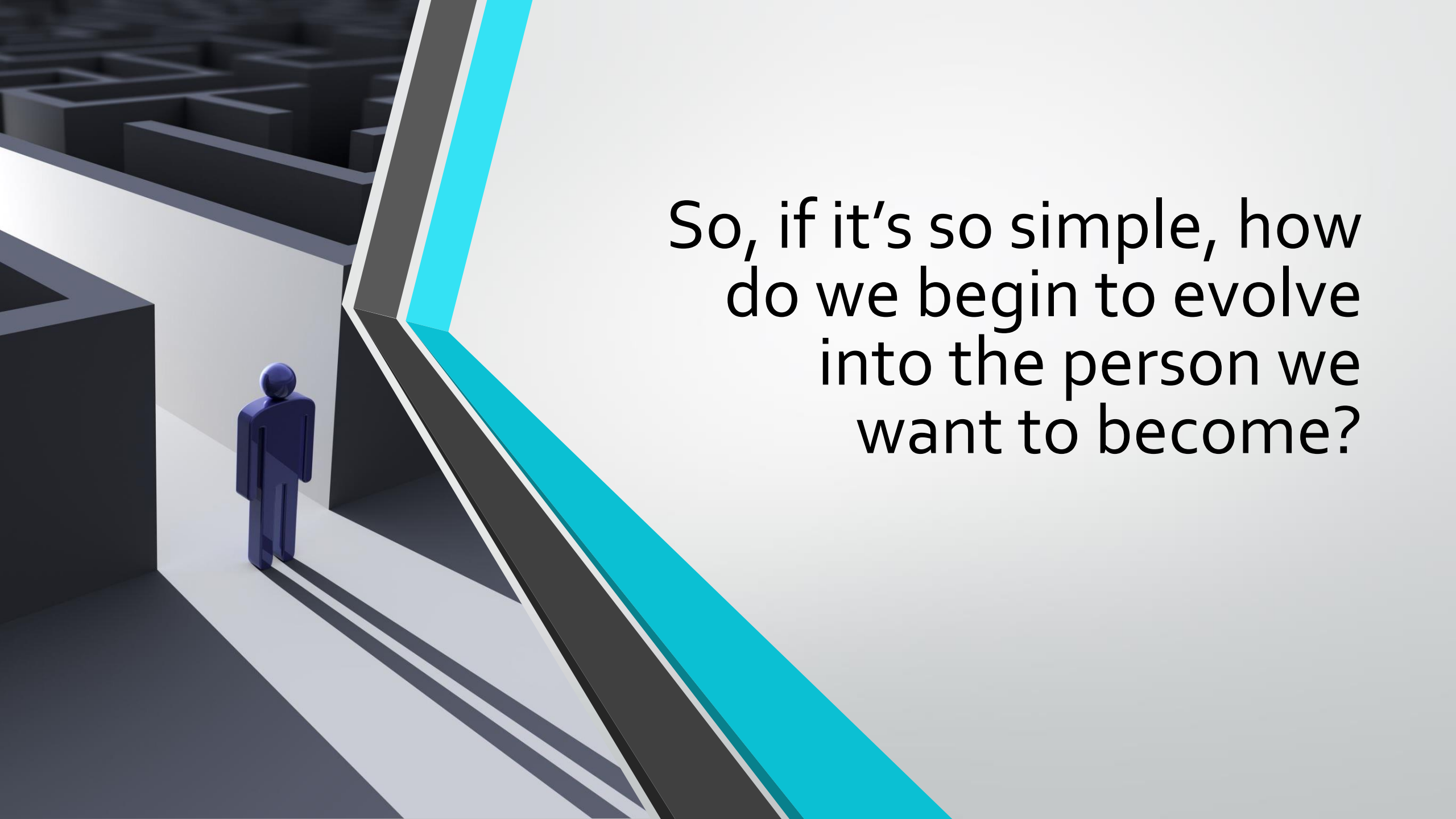
- What should I do right now?
- What can I focus on to shift out of this current thought process?
- What is the best action I can take to advance myself right now?
- Who can I get help from?
- What resources do I need right now?
- What emotion could I embrace that would help me right now?
- Where should I go?

*****The quality of your life is based on the quality of the questions you ask yourself daily.**



A Belief system is built from your identity, it reflects how you interact with this world.


- We **don't** see the world as it is, we see it as we are. So, are things **truly** as they seem?
- We are either **consciously creating** our life or **passively experiencing** it. Which do you do? How would you even know?
- Why do we do what we do? **It's simple...**
- Identity – Behaviors – Actions – Habits – Results.
- **Simple processes** are creating the **complex issues** in your life and start-up.

A 3D illustration of a person standing at the edge of a maze, looking out at a bright, glowing path that leads away from the maze. The person is a small, dark blue figure. The maze is made of dark grey blocks. The path is a bright cyan color, glowing and leading away from the maze. The background is a light grey gradient.

So, if it's so simple, how
do we begin to evolve
into the person we
want to become?



Get clear on the identity
you want to develop and
challenge yourself to live it
out **DAILY.**




Now that we've worked on self mastery and rewiring your subconscious why do we need to cast a powerful and compelling vision of the future as a founder?

The Subconscious mind cannot tell the difference between visualization and reality.

When you visualize you are essentially training the subconscious into believing it is experiencing the present moment.

When you truly sit in a meditative state and visualize something you are inviting the sensation and experience of having that visualization into your present moment.

This allows you to act out of an abundance mindset and allows you to take action based on the results you wish to experience rather than the moment you are currently living in.



One of the best ways to cast a powerful vision for your future is get very clear on your goals and create a compelling mission for your future.

- A mission board is like a vision board; however, it incorporates many elements that your typical vision board is lacking.
- A vision is nice to think about, but a mission is powerful to get behind. Vision boards can lack direction; however, a mission board challenges you to take daily action while you live in alignment with your goals.
- So, what are the core components of a mission board?

Core components of a mission board:

- No more than 6-8 photos.
- A present tense affirmative statement for each photo.
- A Personal Mission, Vision & Value statement.
- (Optional) If you have big career/business aspirations create a mission, vision, and value statement for that as well.
- 4-6 Quotes you admire from great people.
- Make sure each photo has a deep intention and connection to the life you wish to create for your future.

Check out the entire FREE template here: <https://go.vincentinfante.life/visionboard>

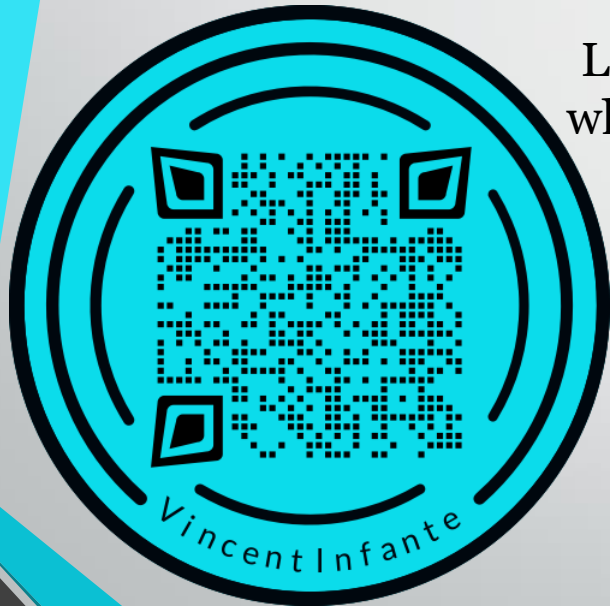
How do you
utilize your
mission board,
so it isn't a
useless wall
decoration and
becomes a
powerful tool in
transformation?

- Pair it with a journaling practice.
- Spend time with visualization of the images.
- Practice incantations.
- Challenge yourself to live out the quotes.
- Match your actions to your mission.
- Put it where you see it daily.
- Reevaluate it often.






Thank you for joining me today! I hope you got immense value out of this workshop!



Scan here to go to my website!



Lastly, I welcome you to join me on my social media outlets where I drop content surrounding self improvement, which I hope you'll check out!

-  Instagram: @Vin.infante
-  LinkedIn: Vincent Infante
-  TikTok: @Vin.infante
-  Twitter: @Vin_Infante
-  Website: www.vincentinfante.life

You can download the Free Mission Board template which is under the resources tab. (Scan the QR Code!!) If you would like additional support, you can also reach out to me directly!