

PAVING YOUR PURPOSEFUL PATH

FROM
SOBRIETY
TO
RECOVERY

Three Powerful Principles that
Lay the Foundation for Lifelong Healing

Jesse Mogle spent 12 years attending college and is not a doctor! However, he is a Fox, CBS, and NBC guest expert. He worked with Disney, LiveNation, Metal International, Universal Studios, the University of Southern California, the University of Florida, and UCLA.

Jesse has been a talk show host, a lead TV news anchor in Los Angeles, and an internationally published business analyst - featured in The New York Times, The Guardian, and USA Today.

He is an avid motorcycle rider, traveling coast to coast, 12,000 miles over a summer, spreading his mother's ashes in over 100 locations in 29 states.

In his free time, Jesse hikes mountains, adds to his over 700 concerts attended, and drives hundreds of miles to animal sanctuaries and aquariums.



Before I met Jesse, I would have considered myself to be a very effective communicator in person, on stage and on camera. When Jesse crossed my path, something told me this guy had special skills that I needed to explore. My coaching partnership with Jesse has exceeded my expectations. With Jesse's help, my relationships are more meaningful, my ability to "read" others in business and my personal life has been taken to new levels and our ongoing partnership continues to unveil areas of my life that Jesse is making a positive difference. I can highly recommend Jesse to guide any person or organization to achieve unimaginable results in the area of effective and meaningful communication.

– Steve Corn
President & CEO
Newhall Escrow Company



Jesse is raw, transparent, and real. His mentality is that if you aren't ready to take accountability and be willing and motivated to do the work, then turn around and don't bother. His coaching is for doers that are ready to do.

– Tim Johovsky
Community Leader



Before I met Jesse I lived in the victim mindset and struggled with being authentic with myself. Jesse taught me how to have courage, speak from the heart, and to embrace my life as the invigorating experience it is.

– Krystal Brookhart
Mom and Entrepreneur

CONNECT WITH JESSE

- 352-942-3818
- speaking@jessemogle.com
- jessemogle.com
- [@jessemogle](https://www.instagram.com/jessemogle)
- [@facebook.com/jessemogle](https://www.facebook.com/jessemogle)
- [@youtube.com/jessemogle](https://www.youtube.com/jessemogle)
- [@jessemogle](https://www.linkedin.com/company/jessemogle)

Keynote Speaker, NLP Trainer, and Podcaster

Jesse Mogle

Jesse Mogle spent 12 years attending college and is not a doctor! He is, however, a guest expert on Fox and NBC and has worked with companies such as Disney, LiveNation, Metal International and Universal Studios as well as the University of Southern California, the University of Florida, and UCLA.

Jesse has been a talk show host, the lead news anchor for a television station in Los Angeles and an internationally published business analyst. Jesse's projections of the economies of Singapore and several western European nations were featured in publications such as The New York Times, The Guardian and USA Today.

He is an avid motorcycle rider, traveling 12,000 miles coast to coast one summer spreading his mother's ashes in over 100 locations in 29 states.

In his free time, Jesse hikes mountains, adds to his over 700 concerts attended, and drives hundreds of miles for animal sanctuaries and aquariums.

Signature Talks

The Secret Disciplines of highly-successful visionaries

Discover how visionaries, trail blazers, and entrepreneurs create their businesses and turn their ideas into reality.

In this talk you will learn how to:

- Uncover your brain's hidden potential.
- The power of simplification for all processes.
- Discover your own unique "fingerprint" strategy.

Why The Entrepreneur Brain Craves Simple Habits

In this talk you will learn how to:

- Uncover your mind's "Flow" state
- Grow business through strategic rest
- Completely eliminate drama and burnout
- Destroy the work/life balance myth enjoy it all
- Create more time, get more done, and make more money

Interview Questions

- What is the single biggest difference between successful visionaries and the rest of the world?
- Why don't templates and proven strategies work for everyone?
- Why is work/life balance so hard to achieve?
- So many people struggle with new habits, what are we missing?
- To be productive, is it better to multitask, or build in rest periods?

Featured On:



FROM

SOBRIETY

TO

RECOVERY

An Addiction Recovery Podcast
with Jesse Mogle



Jesse Mogle



COLLEGE
SUCCESS

H A B I T S

AVAILABLE ON YOUR FAVORITE STREAMING APP



**POWERFUL
PROGRESSION
PRINCIPLES**

- **Harnessing Health Habits**
- **Seeking Standards through Sinister Self-Talk**
- **Maximizing Moments & Mapping Momentum**

HARNESSING HEALTHY HABITS

- **Habits as the Architecture of Daily Life**
- **Define, Format, and Implement**
- **The Power of Compound Habits**
- **The Transformational Potential of Habits**



**It is better to
travel well
than
to arrive.**

Buddha

QUALITY OVER QUANTITY

- **Why Quality Matters**
- **What Constitutes Quality**
- **How to Cultivate Quality Habits**
- **What if We Prioritize Quality?**

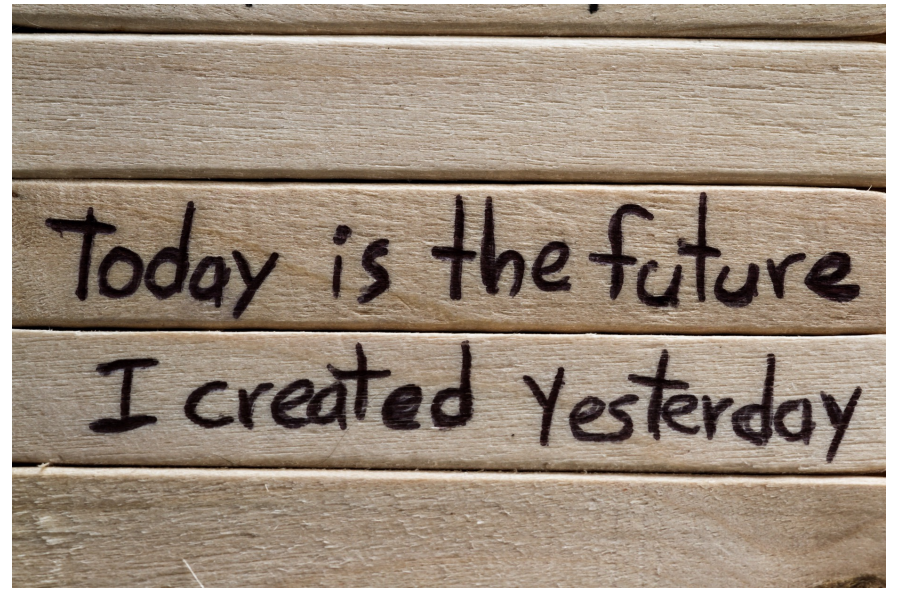
BUILDING POSITIVE HABITS

The Catalyst for Change

Blueprint of a Positive Habit

Nurturing Your Habit Garden

Envisioning the Habit Harvest



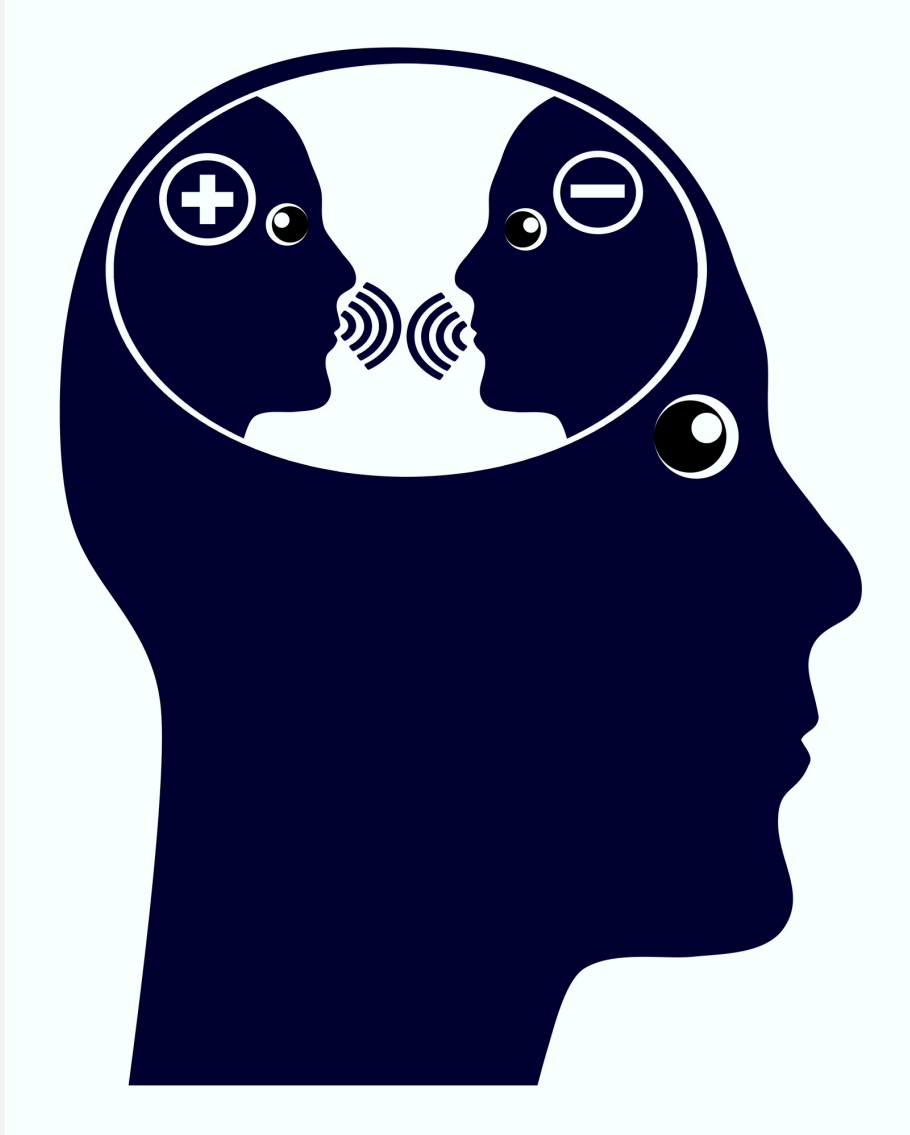
THE METAMORPHOSIS OF HABITS

- **The Stages of Change: Case Study**
- **Initial Struggle – The Call for Change**
- **Turning Point – The Habit Overhaul**
- **Journey of Adaptation – The Strategy in Action**
- **The Culmination of Efforts – The Reward of Resilience**
- **Continued Evolution – Beyond the Success Story**

SEEKING STANDARDS THROUGH SINISTER SELF-TALK

- The Essence of Self-Talk
- The Impact of Negative Narratives
- The Dichotomy of Inner Dialogue



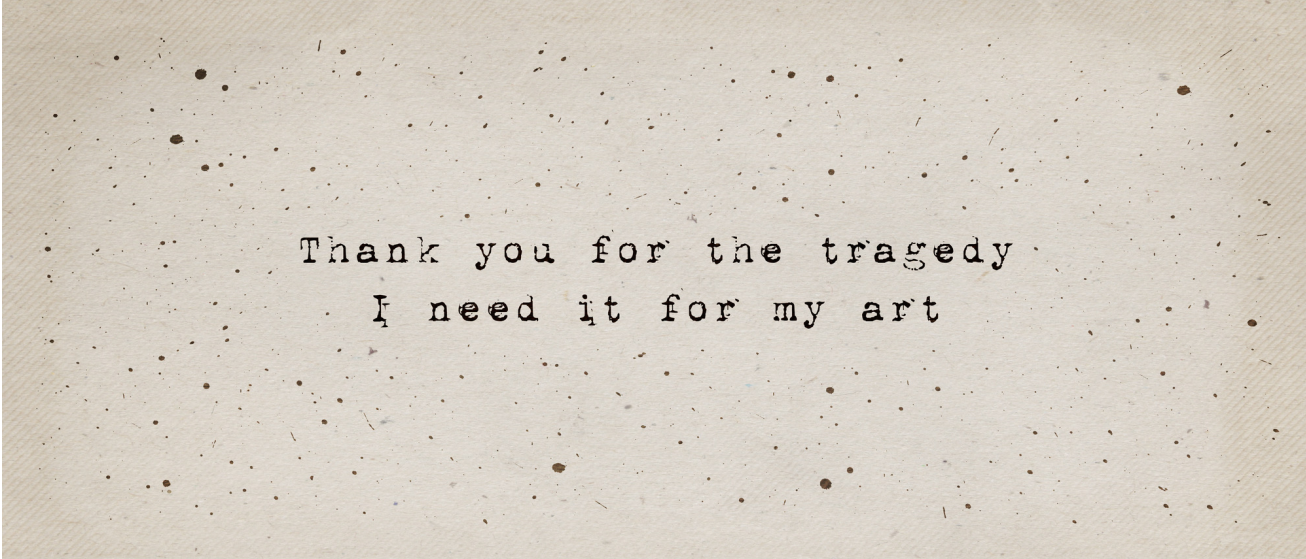


INTERPRETING THE RED LIGHTS OF SELF-TALK

- **Alerts to Actualized Awareness**
- **Messages Masked as Criticism**
- **Catalysts for Constructive Change**
- **Navigating the Crossroads**

STRATEGIES FOR REFRAMING

- **Recognition Before Revision**
- **Challenge and Change**
- **Contextualize and Compassion**
- **Practice, Persistence, and Patience**

A rectangular piece of aged, textured paper with a light beige or tan color. The paper has a visible fibrous texture and several small, dark brown spots scattered across its surface. The text is centered and written in a typewriter-style font.

Thank you for the tragedy
I need it for my art

A person's hands are visible holding a dark blue sign. The sign features the text "YOUR FUTURE BEGINS WITH YOUR NEXT THOUGHT" in white, red, and yellow. The background is a blurred bokeh of red and green lights.

**YOUR
FUTURE
BEGINS
WITH YOUR NEXT
THOUGHT**

EXERCISE YOUR INNER VOICE: PRACTICES FOR POSITIVE SELF-TALK

Practicing Reframing

Mindfulness Meditation

Cognitive Restructuring

Affirmation Anchors

MAXIMIZING MOMENTS & MAPPING MOMENTUM

- **Time Management Myths**
 - **More Hours, More Productivity**
 - **The Myth of Multitasking**
 - **Time Management is Inflexible**





*IMPROVE YOUR
MOTIVATION*

PRINCIPLES OF TIME CREATION

- **Intentionality in Action**
- **Prioritization is the Foundation**
- **Strategic Scheduling**
- **Reflective Adaptability & Flexibility**

ALIGNING PRIORITIES: HARMONIZING ACTIONS WITH AMBITIONS

Defining Core Values

Conduct a Priority and Focuses Audit

Establishing Boundaries



attitude
creativity
conscientiousness
wealth
intent
result
thinking
strategy
outcome
mind
dream
belief
idea
mentality
energy
visualization
success
positive
negative
thought
like attracts like
law of
attraction
manifestation
intention

THE TIME ARCHITECT

- **The Quagmire of Busyness**
- **Blueprinting a New Day**
- **The Strategy of Selective Focus**
- **The Unveiling of New Horizons**
- **Sustained Rhythm, Continued Growth**



**SYNTHESIZING
THE STRATEGY:
YOUR PATHWAY
FORWARD**

- **Harnessing Health Habits**
 - **The Habitual Blueprint**
- **Seeking Standards through Sinister Self-Talk**
 - **The Mirror of Self-Talk**
- **Maximizing Moments & Mapping Momentum**
 - **The Art of Time Crafting**

YOU HAVE QUESTIONS...

- **Defining Core Values**
- **Internal Needs as Motivation**
- **Conducting a Time Audit**
- **Establishing Boundaries**

FROM

SOBRIETY

TO

RECOVERY

An Addiction Recovery Podcast
with Jesse Mogle



Jesse Mogle



COLLEGE
SUCCESS

H A B I T S

AVAILABLE ON YOUR FAVORITE STREAMING APP

JESSE MOGLE



Scan me