

# MINDSET & WELLBEING WORKSHOPS

## WELLBEING

Write out everything that makes you happy

Write out what you are passionate about

Write out everything your grateful for  
(Think outside the box)

Write out a guesstimate of your percentage of things that you wrote out that are currently in your weekly planner

Write out 10 things you have always wanted to do

Would you say you have been **LIVING LIFE ON YOUR TERMS** or **EXISTING/SURVIVING**?

Yes      No

What does your success look like (House, car, family, education, culture, overseas travel etc)

What if you could **LIVE LIFE ON YOUR TERMS** with more **HAPPINESS, SUCCESS, GRATITUDE & A BETTER QUALITY OF LIFE** would you take it?

Yes      No

**“YOUR MENTALITY WILL CREATE A BETTER REALITY”**

# MINDSET

Write out all your trauma in your INVISIBLE BACKPACK

Write out solutions for each of those based around your best available life outcome (Positive affirmations, music, actions, courses, self talk, being productive around what you love doing or exercise as some examples)

Write out all your self-limiting behaviours & beliefs

Do you understand the STAGES OF CHANGE?

Yes      No

Write out how many years you feel you have been carrying this for

If so what stage do you feel you are at? What would your HAPPIEST, MOST SUCCESSFUL FUTURE LOOK LIKE that is filled with GRATITUDE that would improve your QUALITY OF LIFE?

What if I could help you change those beliefs, behaviours & thoughts to bring more positivity, happiness & success into your life, would you take the opportunity?

Yes      No

If not what would your HAPPIEST, MOST SUCCESSFUL FUTURE LOOK LIKE that is filled with GRATITUDE that would improve your QUALITY OF LIFE?

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# MINDSET

Write out the names of the 5 closest people to you

Private life (Are you doing things you have always wanted to do and continuously doing and trying new things?)

1 2 3 4 5 6 7 8 9 10

Write out whether you feel they have a POSITIVE or NEGATIVE influence in your life

Active Lifestyle (Any form of exercise both private, with friends or as a sport)

1 2 3 4 5 6 7 8 9 10

Rate your happiness on a scale of 1-10 for the following with 10 being "Super happy living your best life" and one being "I can't wait to get out of here" and BE BRUTALLY HONEST

Financials

1 2 3 4 5 6 7 8 9 10

Current work

Stress

1 2 3 4 5 6 7 8 9 10

Relationships (Partners, Family, Friends, children, work mates or teammates)

1 2 3 4 5 6 7 8 9 10

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