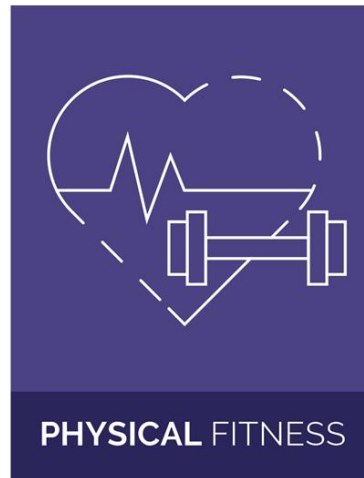




CONSULTANCY
Inspire, Innovate, Improve

ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS



We only get one life, so let's learn how to live it well!
Shared Language – being counter cultural in action...

I am responsible for how I show up in my one life

My choices reflect my inner beliefs

I can choose what is good and right

I have free will which means I can choose how I show up physically, mentally and socially

When you know better, you absolutely do better

My brain doesn't fully develop until I am 25 years old, so I need to be kind and self-aware if I want to live a happy and healthy life

HT1	HT2	HT3	HT4	HT5	HT6
<ul style="list-style-type: none">I have free will which means that I am responsible for the choices I makeI am born to shineI can choose how I show up in my one lifeI am specialI am uniqueI am worthyI am enoughI am not my thoughts or feelingsI have an inner critic and an inner cheerleaderI can choose which one I pay attention toI am responsible for what I consume – physically, mentally and spirituallyI know that oxytocin, endorphin and serotonin are important feel good hormones	<ul style="list-style-type: none">All emotions are just energy in motionAll emotions are okayThoughts, feelings, sensations, urges and actions are all connected.I must respond and not reactMy brain wants to keep me safeMy responses when threatened are fight, flight or freezeIf I am self-aware, I can choose how I respond to life's challengesChange your thoughts, change your lifeBoundaries keep me safeConsent is important for my safetyI am what I believeFeelings can fool us.	<ul style="list-style-type: none">Nobody is perfectAll mistakes are lessons in lifeI must forgive myself and othersI must choose to let things goI can bounce back from anything if I am self-awareLife is amazing, but it is also very challenging. We need to build tools to handle what life throws at us.I can choose to forgive my friends and bounce back socially tooYour body keeps the score of any stress and hurt so be careful of what you hold ontoLearn to 'put the glass down!'Self-care helps me to show up as my best self in all areas of my life	<ul style="list-style-type: none">Self-compassion is the key to living a peaceful and happy lifeI can use the SENSES approach to show compassion to othersI can show Sympathy by saying I am sorryI can show Empathy by thinking about how the other person might be feelingI can be Non-judgemental so the other person doesn't feel shameI can be Sensitive by asking if there is anything I can do to helpI can Extra-careful around them to help them bounce backI can be Supportive	<ul style="list-style-type: none">The present moment is the best place to beWhen I am in thinking mode, it is hard to show up as my best selfMy mind wants to take me to the past with thoughts of regret, sadness and shameMy mind wants to take me to the future with thoughts anxiety, fear and stressThe best place to be is in the present momentWe can learn best when we are fully presentBreathe work can help me to be presentI must be aware of where I am getting my dopamine hits from.	<ul style="list-style-type: none">I must balance time <i>doing</i> with time just <i>being</i>I know that I cannot just seek pleasure all of the timeI know that my brain needs some pain too like boredom, delayed gratification and normal everyday emotionsWe live in a dopamine drowning world, but I can be aware and choose wiselyI can keep an eye on my hormones so that I release dopamine in healthy waysI can use exercise to help me to stay balanced physically and mentally.