

Welcome to



FREE Introduction

Welcome!

Firstly, a thank you!! Thank you for investing your time and supporting my mission to enable people to live their lives through a more positive lens. Secondly, a well done! Well done for demonstrating a proactive approach to your own mindset. That is half of my job already done!

This workbook includes information based on Positive Psychology and the exercises included are all proven techniques that help improve your wellbeing. Use it for reflections & keep it somewhere safe so you can keep coming back to it when necessary. No matter how many times you do an exercise it will continue to be useful – we are never done!!

So... What's the problem?

From an evolutionary point of view our brains are hardwired to focus on the negative instead of the positive; it is more important to notice the sabre toothed tiger hiding in the bushes as opposed to the shiny red apple hanging in the tree – we should be grateful for this as our species may not have survived if this hadn't been the case! However, as the majority of us are no longer living in such perilous times it is no longer necessary or helpful for us to always focus on the negative. Luckily our brains are also fairly malleable which means we can train them to focus more on the positive.... BUT it does take repetition! There are no magic wands despite what some people online might tell you! So let's begin training your brain:

Take 5 minutes to **focus on at least 3 things that have gone well** for you recently – it could be in the last 24 hours, week, month or year. Write about them in the box provided below.

Findings from Positive Psychology research demonstrate a sustained improvement in overall wellbeing when subjects undertook the above exercise every day for a period of 3 weeks. TAKE THE CHALLENGE!

The theory of Well-being

Positive Psychology can be described as “...the scientific study of optimal human functioning...to discover and promote the factors that allow individuals & communities to thrive” Martin Seligman

One of the main theories put forward is based around the acronym PERMA

PERMA

PERMA is the founder of Positive Psychology Martin Seligman’s theory of flourishing. All of the following elements contribute towards your wellbeing & positive mindset. PERMA stands for:

Positive Emotions. This is your experience of enjoyment & pleasure. Also known as happiness!! How often do you feel pleasure, comfort, optimistic, joyful, good about yourself & life?

Engagement. Also known as being in “flow” (fully engaged with an activity – time doesn’t matter & you don’t think about anything). How often do you get to use your strengths? How engaged are you with your life & the people in your life?

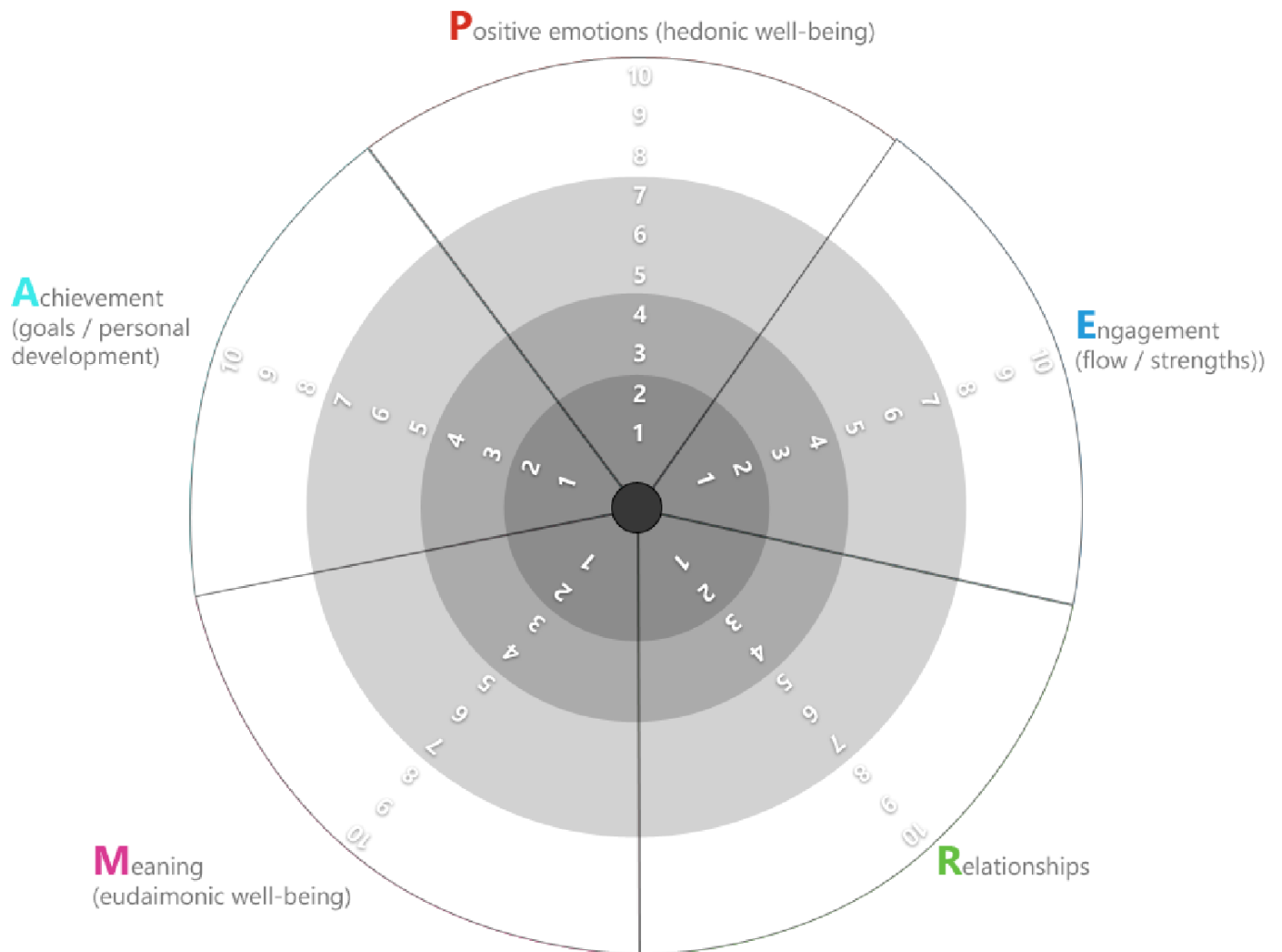
Relationships. Authentic, meaningful relationships.

Meaning. This is your experience of the deeper dimension to happiness. It involves having a purpose, making a contribution and feeling fulfilled.

Achievement (goals/personal development). Feeling a sense of accomplishment, where you are inspired to take action and make progress towards your goals.

By taking a holistic look at your wellbeing you can see where the gaps are and where you need to focus to help boost your positive mindset. The next exercise will help you do that.

Wheel of well-being



Instructions

Take each section & reflect on your level of satisfaction with this area.

Rank your level of satisfaction with each section as it is now (out of 10 – 10 being VERY satisfied and 0 being not satisfied at all) by drawing a line across the segment.

What thoughts come up when you look at the wheel?

Take some time to reflect on the following questions:

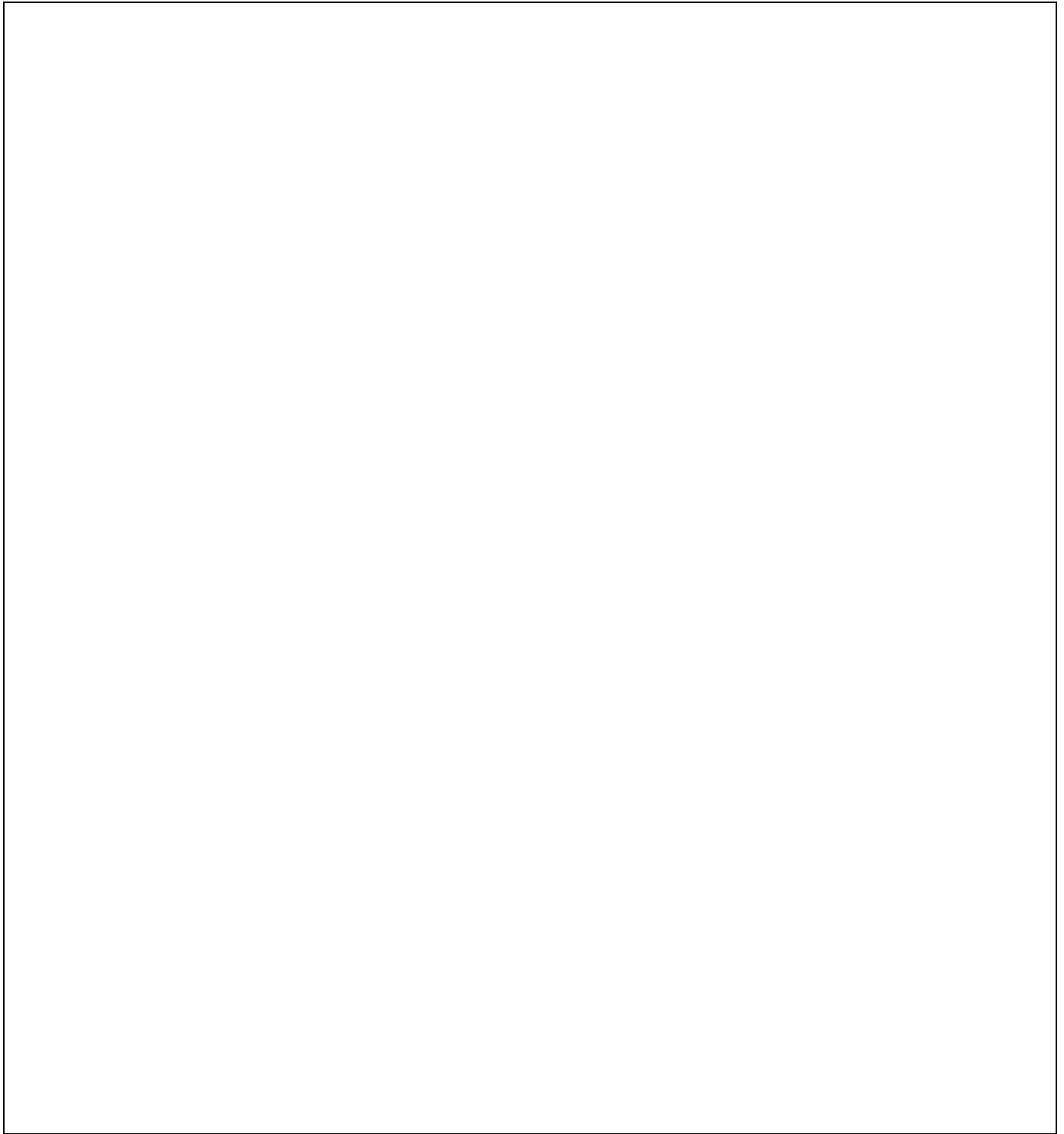
What would a 10 in each area be like?

What would a 10 in each area FEEL like?

Improvements in which area would have the most impact on your overall wellbeing & positive mindset?

Think through some small steps that would increase your satisfaction in these areas &
KEEP REVIEWING REGULARLY!

ACTIONS!

A large, empty rectangular box with a thin black border, intended for the user to write down their actions. It occupies the majority of the page's vertical space below the 'ACTIONS!' heading.

Positive practice

There are lots of practices you can do to build your positive mindset & improve your 'happiness' – keeping a gratitude diary is one of my favourites – you can also keep an anticipation diary (what you are looking forward to) a What went well diary, take time out to positively reminisce, keep a complements diary (particularly good if you suffer from low self confidence) but we are going to focus on:

Your Best Possible Self!

Put aside a good 15-20 minutes to think about you when you are at your best, what you are doing, who is with you, where you are and what you are feeling. Go into detail – what enables you to feel your best self? Think about the activities that energise you, make you feel good about yourself and other - your passions. Now write about them and take some time to think about what steps you could take to BE your best self more often.

A bit more about me!



I am a highly qualified & experienced coach, facilitator & educator accredited with the International Coaching Federation. I have always loved supporting & encouraging people to live their best lives, aim higher, recognise their strengths & push boundaries. I have been incredibly lucky being able to follow my passions in two former careers working with the most extraordinary people – firstly travelling the world & working my way up to senior management level in the International racehorse breeding industry & secondly working within further & higher education. Alongside lecturing & BSc course leading I was also a mentor for new lecturers & career coach for undergraduates & it was here I found my love for coaching. I now work with individuals & organisations helping people understand themselves more fully, work with and make the most of their strengths & ultimately enable them to make positive changes in their lives.

What makes me different to other coaches?

I was going to start with my qualifications, but I know what my clients would say & that is my positive energy!! I love working with people &, I've been told, my positivity is infectious. It is the most common theme in feedback & I particularly love helping people identify & start effectively applying their strengths in their life. Couple my natural positive & motivational style with an academic background in positive psychology & the results are both powerful & sustainable!

Thank you and remember what Andy Cope says:



I would love to hear about your progress so please do keep in touch:

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