



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 make ✚ I am born to shine ✚ I can choose how I show up in my one life ✚ I am special ✚ I am unique ✚ I am worthy ✚ I am enough ✚ I am not my thoughts or feelings ✚ I have an inner critic and an inner cheerleader and I can choose which one I pay attention to ✚ I am responsible for what I consume – physically, mentally and spiritually ✚ I know that oxytocin, endorphins and serotonin are important feel good hormones 	<ul style="list-style-type: none"> ✚ All emotions are just energy in motion ✚ All emotions are okay ✚ Thoughts, feelings, sensations, urges and actions are all connected. ✚ I can resist urges if they are not good for me ✚ I must respond and not react ✚ My brain wants to keep me safe ✚ My responses when threatened are fight, flight or freeze ✚ I am what I believe ✚ Feelings can fool us ✚ If I am self-aware, I can choose how I respond to life's challenges ✚ Change your thoughts, change your life ✚ Boundaries keep me safe ✚ Consent is important for my safety 	<ul style="list-style-type: none"> ✚ Nobody is perfect ✚ All mistakes are lessons in life ✚ I must forgive myself and others ✚ I must choose to let things go ✚ I can bounce back from anything, if I am self-aware ✚ Life 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 too ✚ Your body keeps the score of any stress and hurt, so be careful of what you hold onto ✚ Learn 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 life ✚ I can use the SENSES approach to show compassion to others ✚ I can show Sympathy by saying I am sorry ✚ I can show Empathy by thinking about how the other person might be feeling ✚ I can be Non-judgemental so the other person doesn't feel shame ✚ I can be Sensitive by asking if there is anything I can do to help ✚ I can be Extra-careful around them to help them bounce back ✚ I can be Supportive ✚ I can be an upstander and challenge stereotypes 	<ul style="list-style-type: none"> ✚ The present moment is the best place to be ✚ When I am in thinking mode, it is hard to show up as my best self ✚ My mind wants to take me to the past with thoughts of regret, sadness and shame ✚ My mind wants to take me to the future with thoughts anxiety, fear and stress ✚ The best place to be is in the present moment ✚ We can learn best when we are fully present ✚ Breath work can help me to be present ✚ I 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 time ✚ I know that my brain needs some pain too like boredom, delayed gratification and normal everyday emotions ✚ We live in a dopamine drowning world, but I can be aware and choose wisely ✚ I can keep an eye on my hormones so that I release dopamine in healthy ways ✚ I can use exercise to help me to stay balanced physically and mentally. ✚ I am responsible for my own self-care and habits

