

HOW DOES  
WELLNESS

# TOGETHER WE

# RISE

FACTOR INTO  
THE MIX?

# SESSION 2



LET'S DISCUSS

# WHAT COMES TO MIND WHEN YOU THINK OF WELLNESS?

Here are some of my ideas?

1. Waking up vibrant and ready for the day
2. Feeling in love with life
3. Physical body is energized
4. Living my purpose
5. Having great relationships
6. Honouring what I feed my body

LET'S ADD A FEW MORE TO THE LIST!  
AND WHY IS THIS RELEVANT FOR  
GOAL ACTUALIZATION?



SOME COMMON THEMES THAT TEND TO POP UP.



WHO WOULD YOU NEED TO BE TO ACHIEVE EVERYTHING ON YOUR LIST?

EVERYTHING HERE HAS  
TO DO WITH ENERGY

I want to have  
more ENERGY

I want OPTIMISM  
for the day ahead

I want to have  
mental clarity and  
FOCUS.

I want to feel  
MOTIVATED to  
keep going.

I want to feel  
DRIVEN to  
achieve my  
dreams.

I want to KNOW  
what it is that I  
want.

# HOW DO WE NEED TO FEEL TO ACHIEVE OUR DREAMS?

EVERYTHING HERE HAS  
TO DO WITH MOTIVATION

# Let's go back to the idea of **WELLNESS**

- 1 Wellness is closely related to the idea of **wellbeing**.
- 2 The root of the word wellbeing is **BEING**.
- 3 Being is how we **show up in the world**.
- 4 **Energy** and **Motivation** are **OUTCOMES** of how well we take care of ourselves and how **intentional** we're **BEING**.



# Let's look at *wellness* through this *lens*.



## CONGRUENCE

Is the way you're "showing up" everyday aligned to who you feel in your soul that you are? Are you living your truth? When we lie, we become weak.

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## CONNECTION

The quality of your relationships determines the quality of your life. How are your closest relationships right now?

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## CONTRIBUTION

We all want meaning in our lives. We get that from serving. When we lose our sense of purpose, our health declines. When we're "surviving" we're self-centred. Connection is being other-centred.





## EXERCISE

# HOW ARE WE ON THE “3 C’S?”

What words describe the best of who I am? How does this compare to how I actually show up daily? Do you ACTIONS align with this aspirational figure you’re becoming?

**CONGRUENCE** - RATE  
YOURSELF FROM 1-10

Who are the top 5 most important people in your life? How often do you text them when you should call? Are you impatient with your child when all they want is connection? How well did you connect t the top 5 people? When relationship slide, all areas of your life are affected.

**CONNECTION** - RATE  
YOURSELF FROM 1-10

Do you feel as though your work has meaning? How are you making the planet just a little bit better for having had you in it? Are you serving anything outside of just yourself?

**CONTRIBUTION** - RATE  
YOURSELF FROM 1-10

# HERE'S HOW IT ALL COMES TOGETHER.

- 1.** IF I'M CONGRUENT  
I feel well.
- 2.** IF I'M CONNECTING  
I feel well
- 3.** IF I'M CONTRIBUTING  
I feel well.

THIS IS ALL WELLNESS! YOU CAN'T HAVE WELLNESS IF THESE 3 ELEMENTS ARE MISSING.

- 4.** IF I FELL WELL, I'M...  
doing things that make me congruent, connecting with those I love, and contributing in a way that feels meaningful
- 5.** ENERGY AND MOTIVATION  
Are required to fulfill the 3 C's.

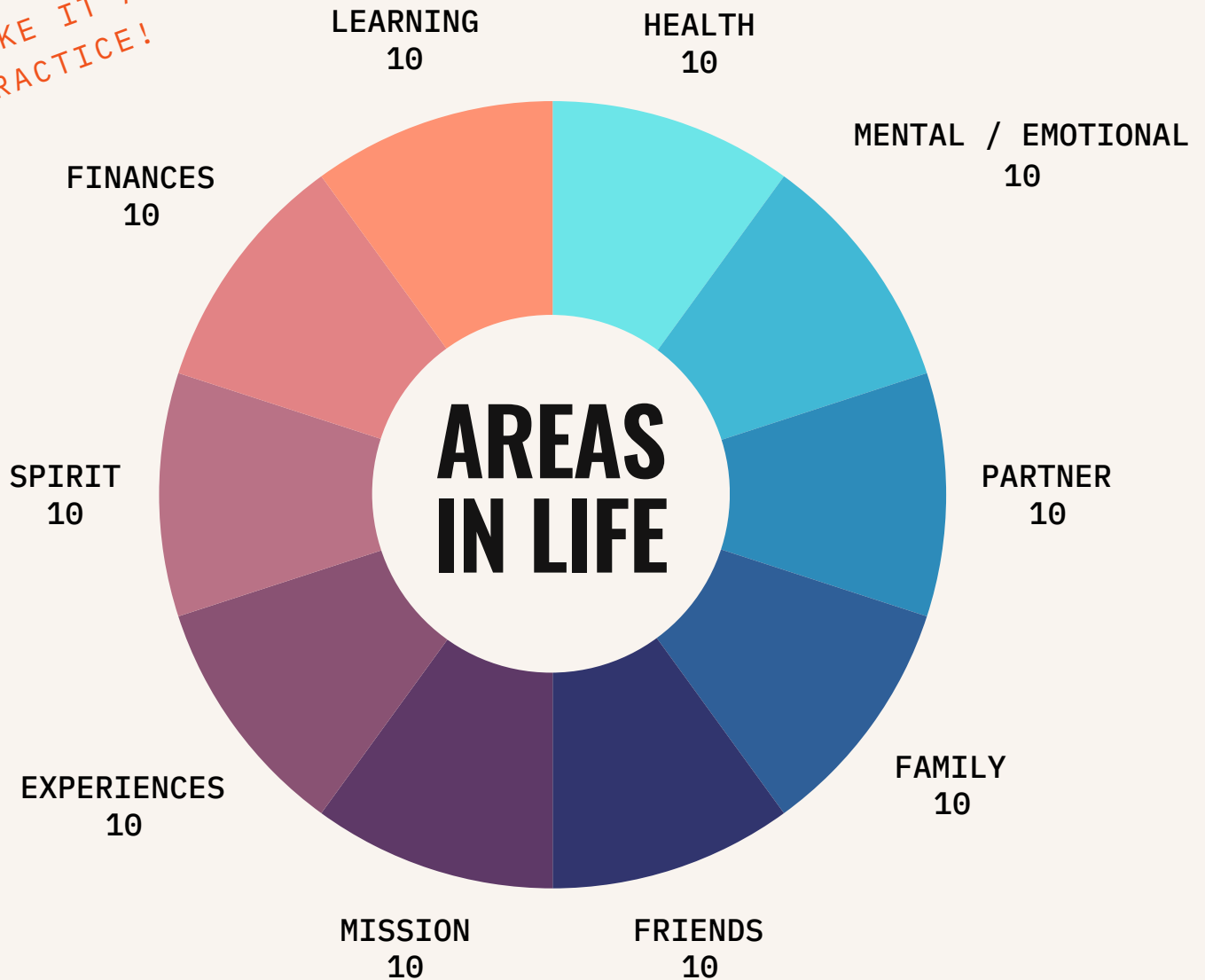


# LET'S TAKE A QUICK LOOK AT THESE 10 AREAS OF OUR LIVES.

GIVE ALL OF THESE AREAS A QUICK SCORE FROM 1-10.

Identify your top 3 and your bottom 3.

*MAKE IT A SUNDAY PRACTICE!*



# *Consider* THE BOTTOM 3 AREAS

AND ASK YOURSELF IF ANY OF THESE APPLY.

## 01

### NEGLECT OR AVOIDANCE

How are you showing up in this area? You need to contribute **time, energy and effort**. Are you giving health/finances/love the **energy required?**

## 02

### DISSATISFACTION

Are you happy? You can't be if you're dissatisfied. Are you **not appreciating** these areas? Are you moody? Are you **poisoning the well with negativity?** Do you talk about money in terms of your **frustration or lack?** What are the chances of levelling up if you're already starting from here?

## 03

### SUPERIORITY

Do you think **you know better** than others? Are you poisoning your relationships? ("I can't do it... you don't know my life... or what I've been through... my ex was a narcissist... my family hates me...")

TO MAKE OUR AMBITIONS A  
REALITY, WE NEED TO

# SET OUR INTENTIONS WITH CLARITY

If you talk to people who are struggling with life, it's usually because they aren't clear about where they're going.

WHEN WE'RE CONFUSED ABOUT WHERE WE WANT TO GO, IT FEELS LIKE AN INTERNAL CHAOS, AND THIS DEFINITELY ISN'T SERVING US.



**PSYCHOLOGICAL  
CLARITY IS TIED TO  
OUR WELLNESS**

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**WHO DO I NEED TO BE?**

**WHAT DO I NEED TO KNOW?**

**WHAT DO I NEED TO DO?**

**WHO DO I NEED TO KNOW?**

**HOW DO I NEED TO SHOW UP?**



REMEMBER OUR TALK ON DESIGNING YOUR WORK LIFE PART 2?  
WE DISCUSSED THE IDEA OF TRANSITIONS AND THE WAITING  
ROOM. NOTHING GETS DONE IN THE WAITING ROOM.

**WE ALWAYS START WITH WHERE WE ARE**

The natural human place to start is the waiting room. That's where HERE feels like, first.



01 WE'RE IN A DISRUPTION

02 IT TOSSED US INTO THE WAITING ROOM

03 WE DON'T NEED TO BE STUCK HERE

THE FIRST STEP TO GETTING OUT OF  
THE WAITING ROOM IS

*Reframing it  
INTO THE  
Acceptance zone*



*we want this!*



**GENERATIVE ACCEPTANCE**

What a big change! I wonder how this is going to affect us? I don't know what's happening, but it's time to observe and adapt. This mindset moves towards curiosity.



REMEMBER...

When life feels like you're waiting around, you're doing the opposite of seeking clarity. You're just reacting to your circumstances as they are.

*Accept where you are  
and start asking  
questions.*

WHAT KIND OF QUESTIONS SHOULD I  
ASK WHEN SEEKING CLARITY?





# HOW TO SEEK CLARITY ON YOUR GOALS FOR THE FUTURE?

01

WHO DO I WANT  
TO BE?

02

HOW SHOULD I BE  
WITH OTHER  
PEOPLE?

03

WHAT SKILLS AM  
I CURRENTLY  
BUILDING?

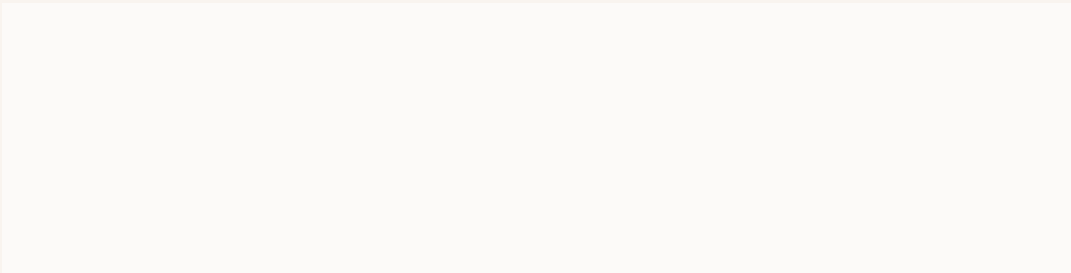
04

HOW CAN I DO  
THIS IN A WAY  
THAT'S FUN AND  
MEANINGFUL?

## EXERCISE

# Let's dig into "*who* do I want to be?"

**Remember the section on congruence. This is what we want to think about.** Who do I want to be for this meeting? As a parent? As a partner? As a person? Define this in a list of words, and then choose your top 3.



**Once you've found your top 3 words** set reminders of those words in as many places as you can. Have them pop up as reminders on your phone, place sticky notes around the walls, have a bracelet made.

**Set environmental cues.** For example... what's something you can say to yourself every time you walk into a new room? Do you just walk in with no intention? What if you said something like "I enter this space happy and ready to serve."



EXERCISE

# How should I be with other people?

**This one is different from the first question.** It is specific to relationships and how we treat others. Are you just asking people “hey how are you?” without really caring about their response? They’re likely doing the same thing when they say “fine.”



EXERCISE

# SKILL BUILDING!

You should be able to answer the question “ **tell me the 5 skills you’re working on right now**”. Have a look at your calendar. How can you set aside more time for building skills?

If you care about your life, you care about learning, about growing about levelling up. You want to upgrade your skills so that you can serve more people and have a greater impact.





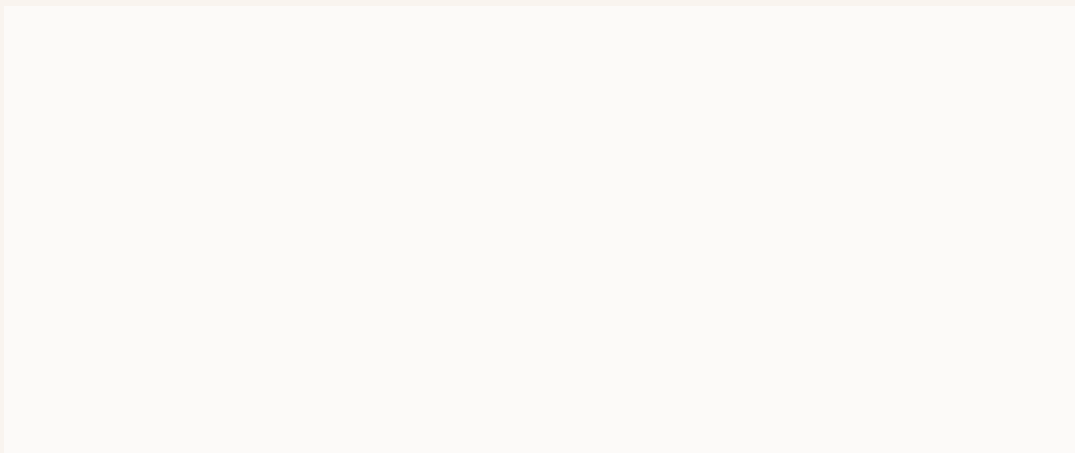
EXERCISE

# How can I do this in a way that is *fun* and *meaningful*?

Ask how you can make any situation more meaningful.

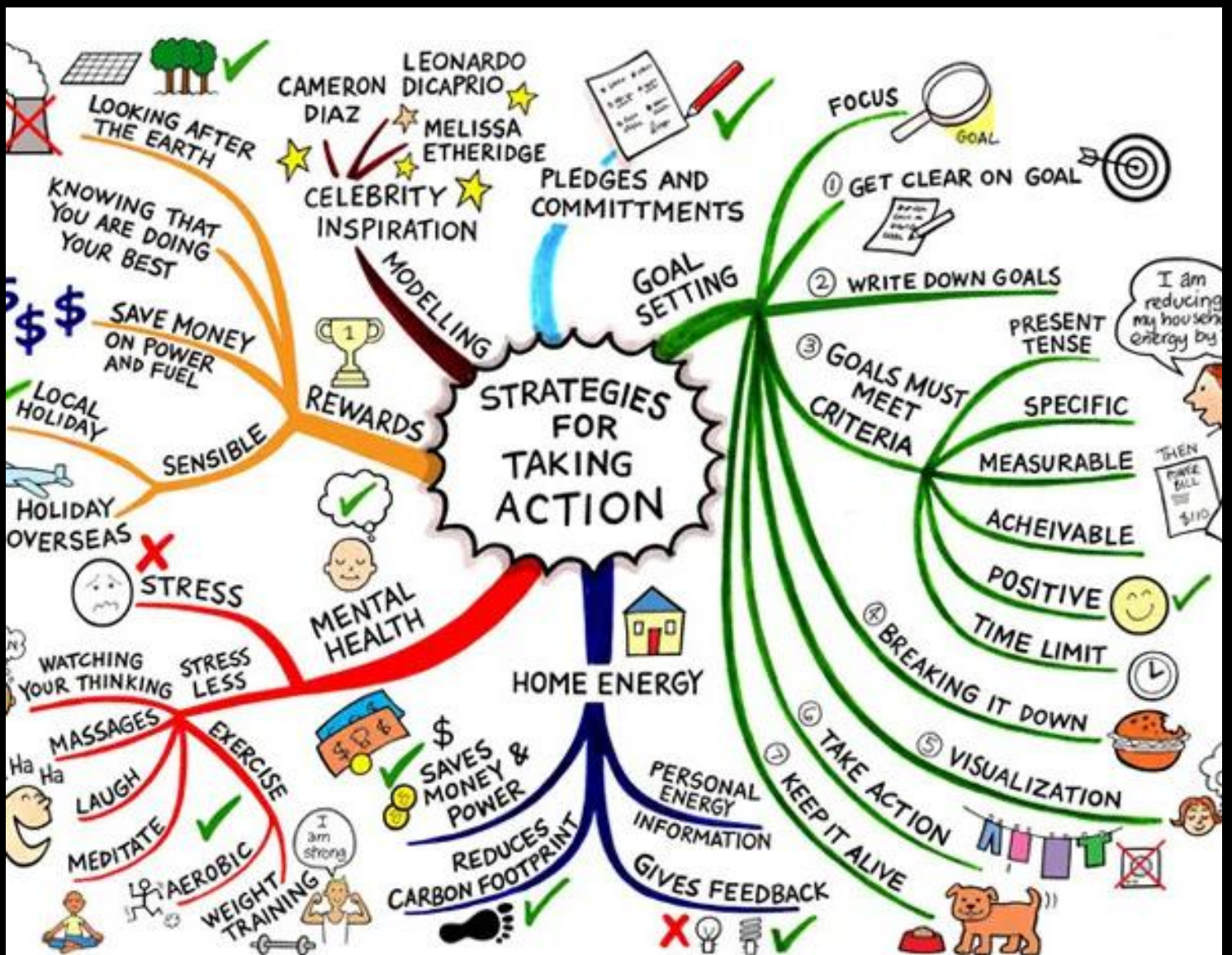
## *The Tale of the Three Bricklayers*

*When asked what they were doing, the first bricklayer replied, "I'm **laying bricks**, just as I have been told." The second one said, "I'm **raising a wall to make a living and feed my family**." But the third one declared, "I'm **building a cathedral!**"*



# NOW JUST A LITTLE BIT ABOUT MINDMAPPING.

Mindmapping is visual brainstorming; a way to organize your thoughts so that you can see connections more clearly.





# HOW TO MINDMAP

**01** Start with a Central Idea. Think of your main goal or topic and write it in the centre of a blank page. Draw a circle or box around it to make it stand out.



**02** Add Main Branches. Identify the big categories related to your central idea. These are your main branches. Draw lines outward from the centre and label them.



**03** Expand with Sub-Branches. For each main branch, add subtopics or related ideas. Draw smaller lines branching out from the main branches.



**04** Keep It Simple. Use short phrases or single words for each idea.



**05** Add Visual Elements. Use colours, symbols, or icons to make it more engaging.



**06** Expand with Sub-Branches. For each main branch, add subtopics or related ideas. Draw smaller lines branching out from the main branches.



**07** Review and Refine. Step back and look at the map as a whole.. Add or adjust ideas as you brainstorm further. Use the map to identify patterns or next steps.



*thank you!*

# WHAT'S NEXT?

We're going to continue this conversation about wellness and how it applies to our goals at our next together we rise session!

Now let's get back to those goals!

