

# 2021

## Workbook: Thriving



THE POWER OF  
ATTENDING THIS  
POWERFUL  
LEARNING  
EXPERIENCE WITH  
EB ACADEMY WILL  
BE IN THE  
REFLECTIONS YOU  
MAKE AND THE  
ACTIONS YOU TAKE.

# SET YOUR PURPOSE

Writing your Personal Learning Purpose is important is critical to determine WHAT you hope to accomplish during your Learning Experience.

Make the clear statement of what and how you are planning to accomplish your goals.

Understand why this is important to you to achieve, what impact do you hope to have, what will this increase, develop or change for you?

Commit to how you will achieve this during your Learning Experience.

## Let's set your own Intention

What I hope to achieve from this learning experience....

*Tick all those that apply*

To build new habits, tasks, and changes into my life	
To give life changes new life	
Use my time more wisely	
Take MASSIVE action	
To have a positive influence on others	
Be able to sustain habits and routines	
To understand how I can personally be free of stress and overwhelm	
Understand how what I feel and think make a difference	

Other

Why is your Intention important to you?

How will I achieve this?

*Switch off my phone, schedule time in, be curious etc.*



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## TOPIC: STRESS



Let's make a shift. Note below what symptoms you may have been feeling due to stress. Take a look at truly what stresses you are dealing with and how your focus has had an impact.

Have you been feeling any of the symptoms of stress above?

<sup>1</sup> Yes/No

What stress do you feel that you have been under that may be the cause of one or more of these symptoms?

Do you feel that you have ignored the stress and focused on the symptoms?

Yes/No

What do you think the impact may be if you focused on the stress/your reaction to the stress versus only the symptoms?

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<sup>1</sup> If you are feeling any of these symptoms, please do see your Doctor. Our training course is not an alternative to medical advice.



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## TOPIC: FOCUS

Where and what and who is getting your focus, how is that working for you? What is the impact? Is this an area you want to change? How will you go about making this change(s).

**What is getting your focus right now that might not be providing you value?**

**What are you missing out on as a result of focusing on those areas?**

**What changes can you make to ensure that what is valuable to YOU gets your focus?**



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## TOPIC: MINDFULNESS



S

T

O

P

**S = Stop** Stop what you're doing; put things down for a minute.

**T = Take** Take a few deep breaths. If you'd like to extend this, you can take a minute to breathe normally and naturally and follow your breath coming in and out of your nose. You can even say to yourself "in" as you're breathing in and "out" as you're breathing out if that helps with concentration.

**O = Observe** Look at your experience exactly as it is. What are you thinking about, what are your feelings, what emotions come up for you?

Remember thoughts are NOT facts, they aren't permanent, they are just what they are, a thought.

Why am I asking you to name your emotions? Well when we do it actually turns down the volume on how fearful we are around that situation and has a calming effect. How are you holding your body? Do you have any aches and pains? What is physically happening to you in this moment?

**P = Proceed** Get doing something that will support you in the moment. Is it talking to a friend, taking a break, writing it down?

### Did you take time to practice your STOP Method in between sessions?

If yes, what was the impact - If no, what were the challenges you faced in trying to attempt the STOP method. What can you do about those challenges?



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## TOPIC: RE-CHARGING

We think of burnout being as those who work long hours and juggle too much to do. And yes that can be the case, but it happens more often when someone is not in control of their day. We are so against the clock, how many of you have got to the end of the day and realized there has been no downtime at all? If you own a car, you wouldn't drive it at its full capacity all the time. You would check it in for a regular service, you would refuel it and change the tires and wiper blades. You cannot go full charge for 24 hours a day. Downtime is critical.

Otherwise you will suffer burnout.

**What is your energy level currently? What can you do immediately to re-charge?**

**What would be the impact if you didn't re-charge?**

**What are the advantages to YOU to re-charge?**

Go to your Answer Garden [www.answergarden.ch/1631335](https://www.answergarden.ch/1631335)

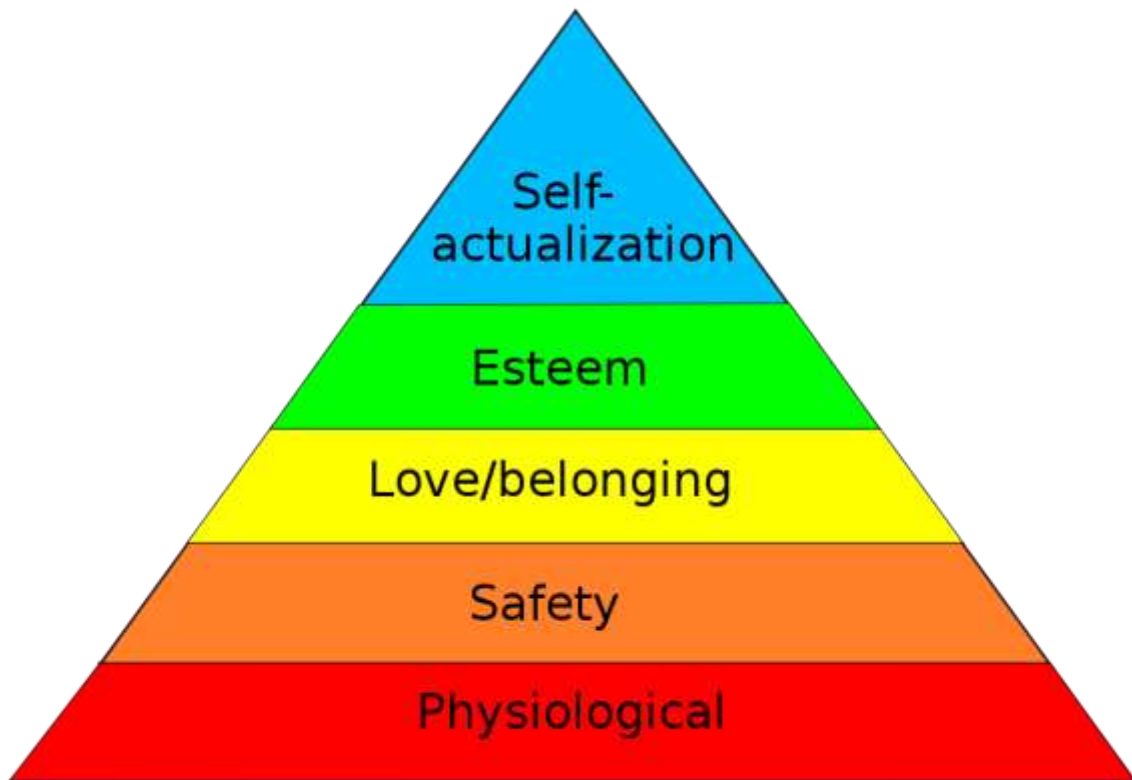
See the answers others have shared as to how they re-charge and share yours to inspire others.



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What ways will you dedicate to using to re-charge? When and how will you schedule this in for yourself as a habit?

## TOPIC: UNDERSTANDING YOUR NEEDS



Mark on the hierarchy/triangle above, where you feel you are in each section of need.



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What can you do today to fill those needs?

What will be the impact to you if you decide not to fulfill those needs?

What will you GAIN if you fulfil those needs?





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## TOPIC: STRENGTHENING YOUR COMMUNITY

How can you support your community within these three areas?

Show Gratitude	Opportunity to Celebrate	Give Support

## TOPIC: THE POWER OF YOUR WORDS

Describe the top 5 emotions that you feel regularly

1.	
2.	
3.	
4.	
5.	

Using the feelings wheel, when you drill down how you actually feel, how is the best way to describe these emotions?

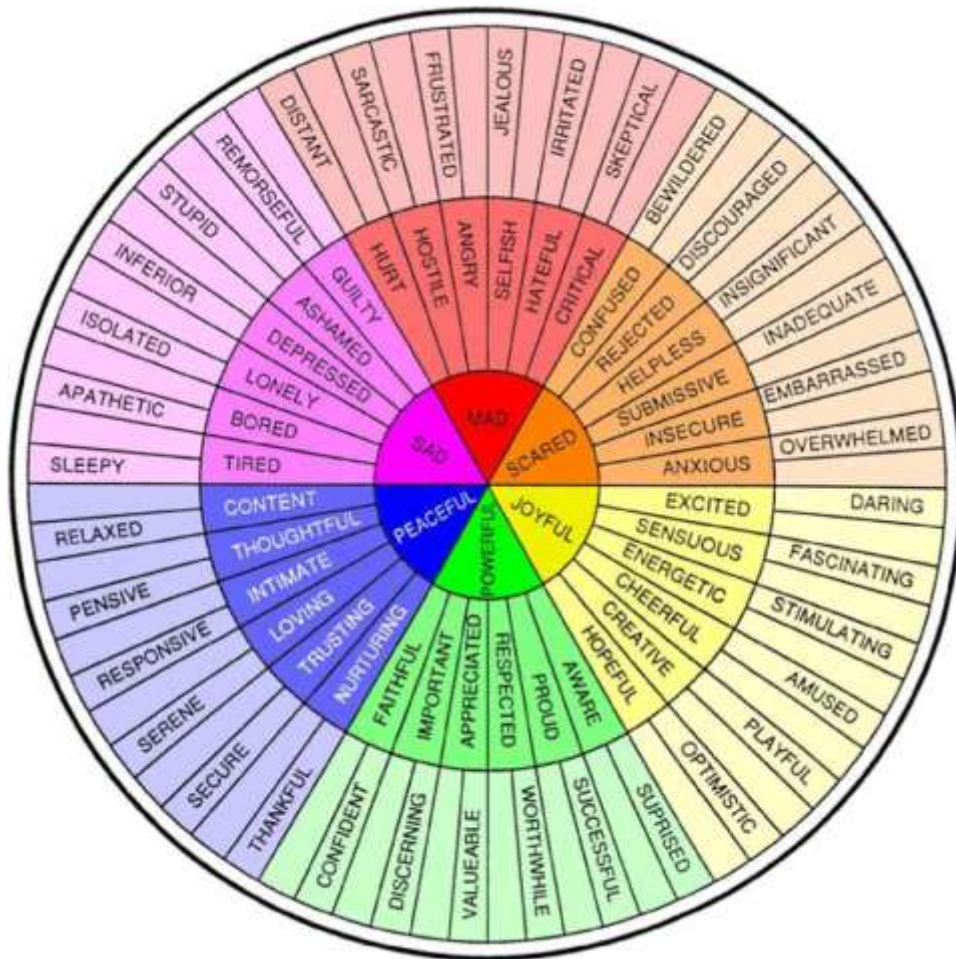
	Emotion	NEW description of Emotion
1.		
2.		
3.		
4.		
5.		



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### How will you resolve those emotions?

	Emotion	Resolutions
1.		
2.		
3.		
4.		
5.		





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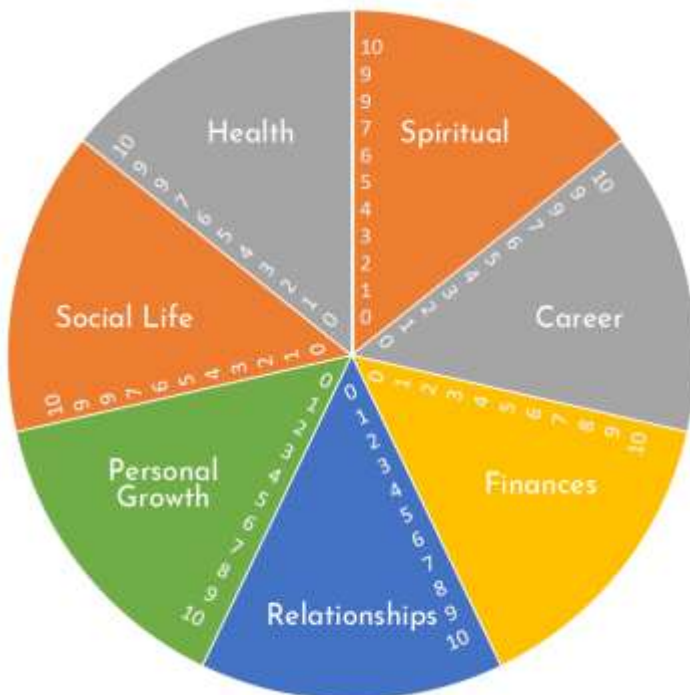
## TOPIC: ATTITUDE OF GRATITUDE

What 3 things are you most grateful for right now. What would life be like without these things?

	I am grateful for...	Life without these would be...
1.		
2.		
3.		

## TOPIC: PERSONAL GROWTH

1. Shade in the areas of fulfilment. 1 being the least and 10 being the most fulfilled.
2. Complete the reflections.





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What were the top 3 scoring areas?

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What were the lowest 3 scoring areas?

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What are 2 steps you can take TODAY to move you forward in the areas most important to you?

1		
2		
3		

Check out our Reading recommendations at <http://www.ebacademyonline.com/books>

**DID YOU LOVE THIS MASTERCLASS?**

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