

Even going backwards to get where you want to be is progress

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My Expedition to Wellness

FREEDOM OR A PRISON CELL



GOAL SETTING

What do you really want?




When challenges loom and we get overwhelmed, our rational brains can get hijacked by emotion.

"The Zorro Circle", helps you learn how to channel your efforts on small, manageable goals, to gain the leverage to gradually conquer those that are much bigger

The Happiness Advantage by Shawn Achor

ZORRO CIRCLE



ZORRO CIRCLE OF INFLUENCE

- Self Awareness
- What can you control - what is out of your control
- Moderate difficulty
- Make your space and defend it!




AWARENESS

What makes you itch.....



WHAT CAN YOU CONTROL

Let the other stuff go!

WILLPOWER



STRENGTHEN THE WILLPOWER MUSCLE



I will
I won't
I want

SEE IT, FEEL IT, SAY IT, BELIEVE IT

*I am becoming slim and beautiful,
I am becoming strong and healthy,
I am becoming fit, firm and flexible
and I feel fantastic.
It is easy for me reach and
maintain a weight of 138.
I am becoming 138 for life.
It is easy because I eat mindfully,
I exercise regularly,
I meditate daily, and
I treat my body with the
love and respect I deserve.*

MODERATE DIFFICULTY



Set "stretch goals"—which are right in between our "comfort" and "panic" zones—where we stretch enough so that we're out of our comfort zones, but not SO far that we snap!

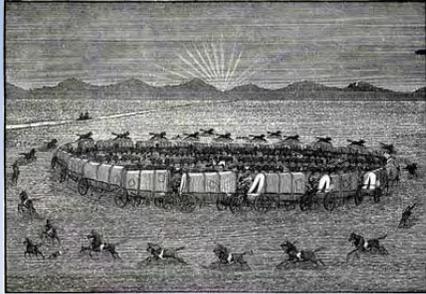
From Happier by Tal Ben-Shahar



BALANCE WHEEL

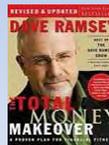


DEFEND YOUR CIRCLE NO EXCUSES



SLOW AND STEADY WINS THE RACE

Gradually began expanding your circle, step by step working outward toward your goal.



THE ONLY THING HOLDING YOU BACK IS THE SIZE OF YOUR BUT...

Get Off Your "But": How to End Self-Sabotage and Stand Up for Yourself
Sean Stephenson

DON'T GET STUCK ON SOMEDAY ISLE....

