



Thrive, Survive or Fail?

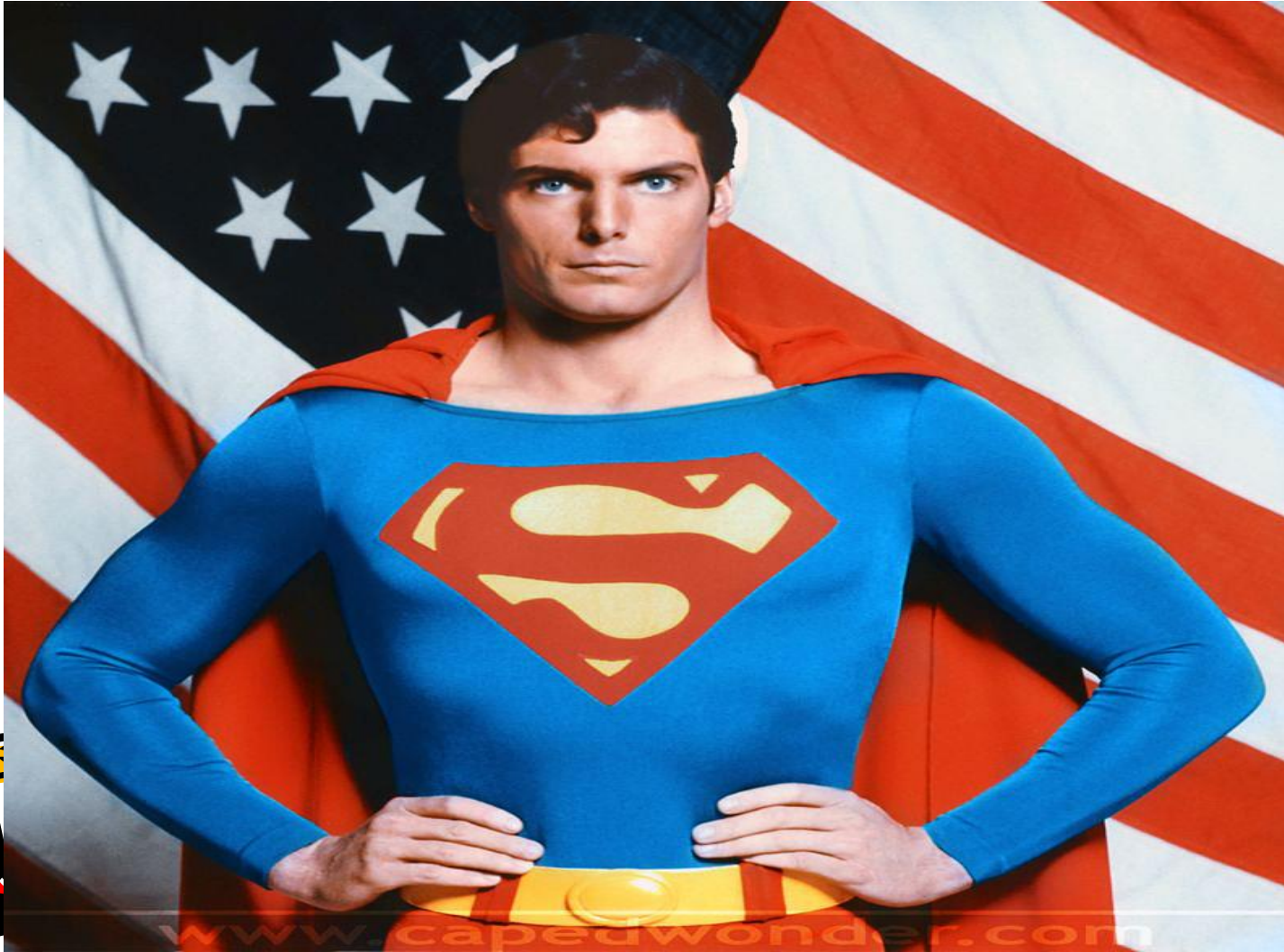
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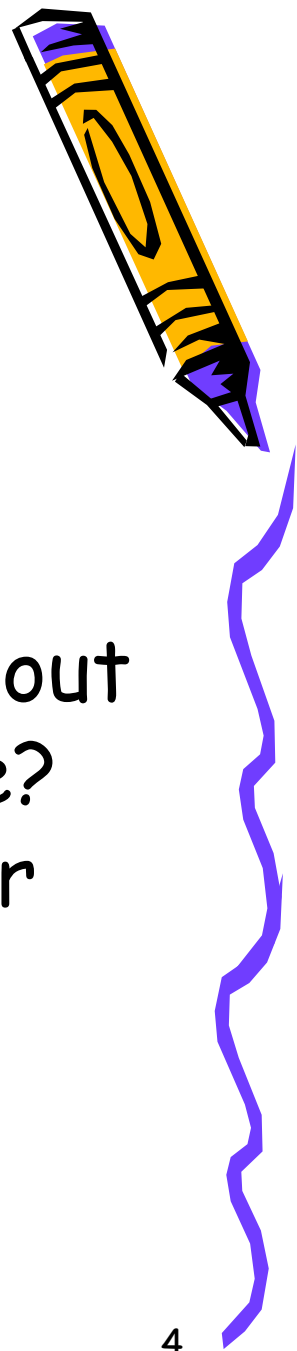


How do you define thriving?





What is the difference in his impact?



- What story did Chris Reeves tell himself?
- What story do you tell yourself about what success, or thriving looks like? What if failure is another word for not yet? Clip:
- <https://youtu.be/hiiEeMN7vbQ>





Developing a Growth Mindset

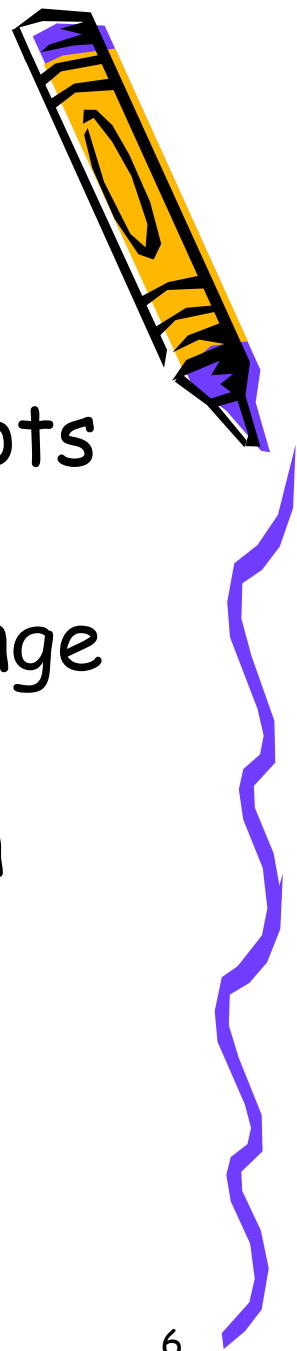
Carol Dweck

Lewis and Virginia Eaton Professor of Psychology and, by courtesy, at the Graduate School of Education



Objectives

- Create awareness of what interrupts your ability to Thrive
- Change this one thing and you change everything
- Take away a tool to support you in thriving
- Feel new possibilities for what you want to create



What does Thriving Look Like for You?



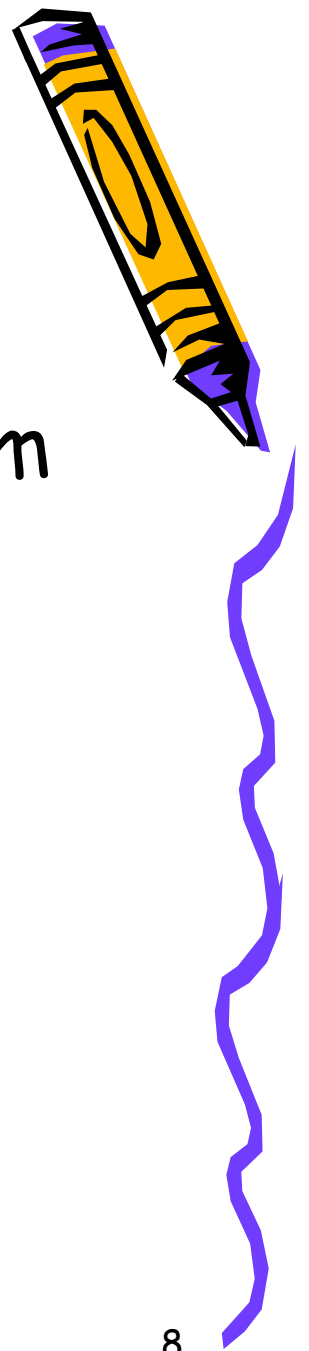
- Example, Life animated
- How are you willing to look at and possibly redefine thriving for you?
- Is it that you are not thriving or is it the way you are defining it?



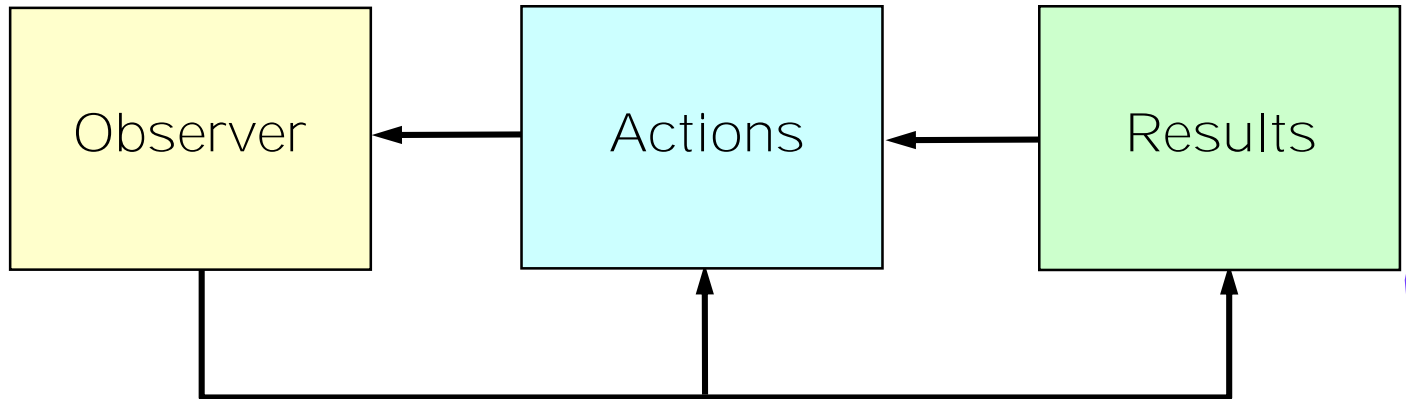
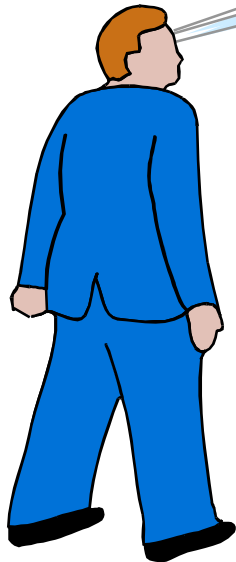
Identify How You React

Think of something keeping you from thriving.

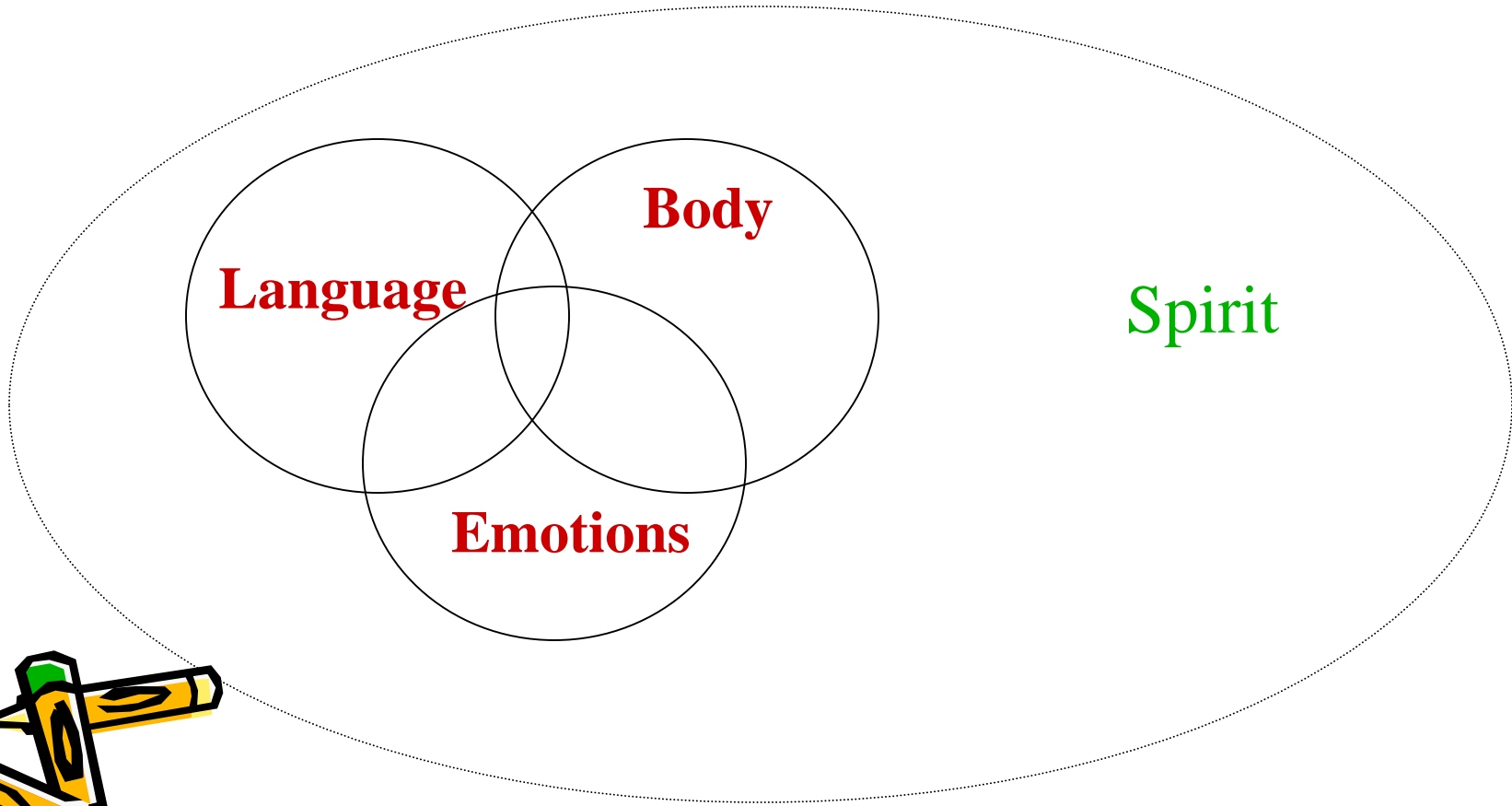
How do you currently deal with it?



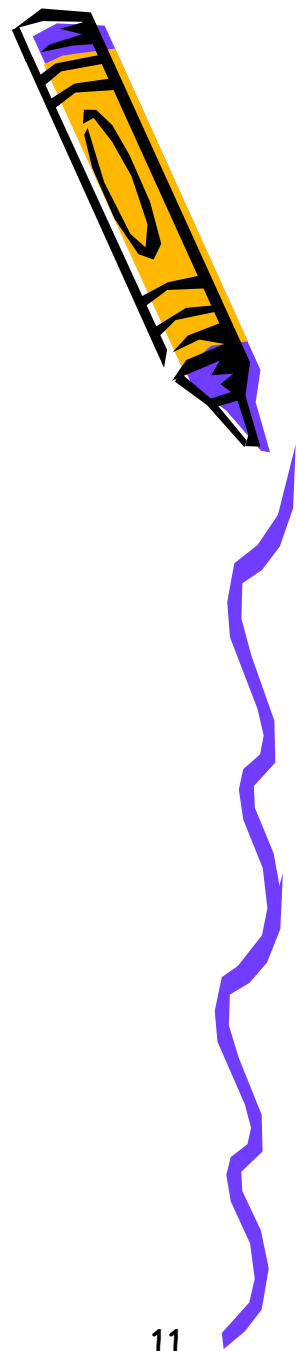
The Observer that I am



Language, Body and Emotions

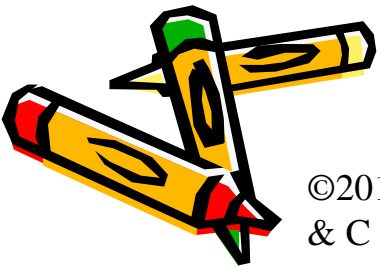
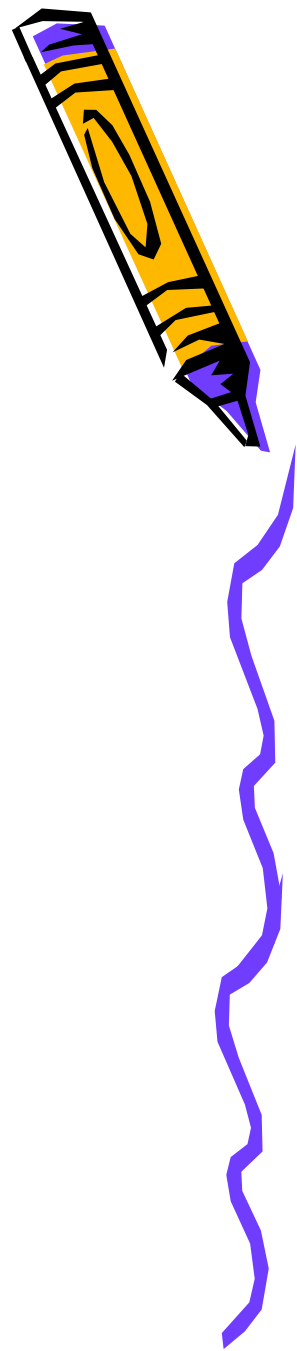


Failure is Necessary



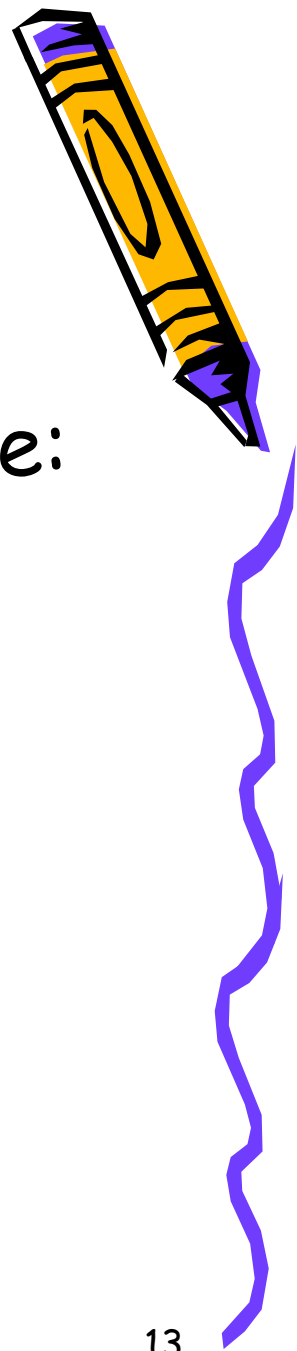
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Will is Directed by Why

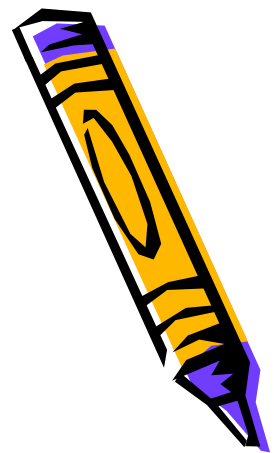


What to Do Now:

- Let go of how you think it has to be:
- LIGM: Let it Go Moment



Internal Process



- Accepting "What is"
- Letting Go of "What it should be"
- Asking "What can I do?"
- Example: Soul Surfer "What is possible?"

<https://youtu.be/DVmJiXvh3f4>





Declarations Design the Future

We invent the future by declaring something:

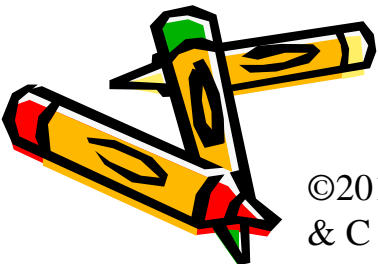
Example: “ I am a non-smoker”

“I am doing...”

“I haven’t done it yet and it’s ok”

“Where I am is perfect for me now. Here’s what I’m creating next...”

What declaration can you make when it comes to thriving?



With these new tools:



Internal:

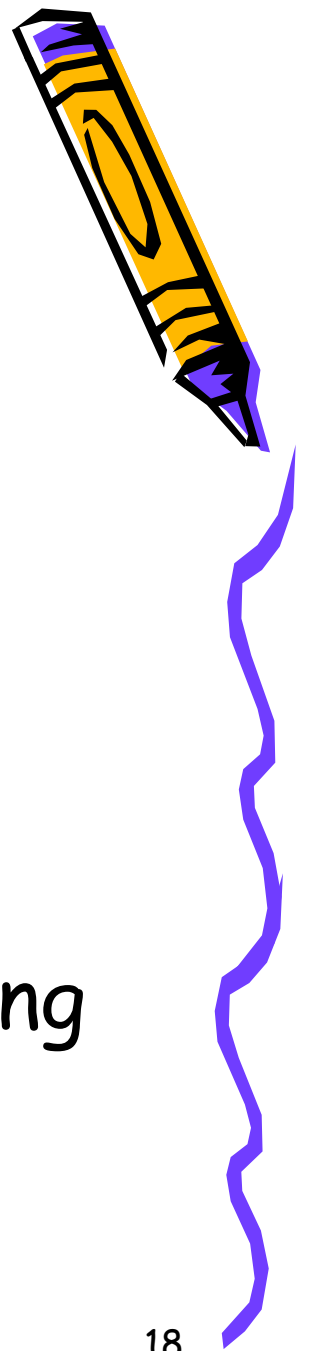
- * Your mindset
- * Letting go

External:

- * Make a declaration
- * Have a conversation



Questions



How do you see failure and thriving now?

- What declarations can you make about how you will see yourself thriving?
- What is your next step in supporting your intentions?



How Will You Design Your Thrive?

