

Best of Me Workshops

Part II

Beginning and Expanding your Journey to Health and Success

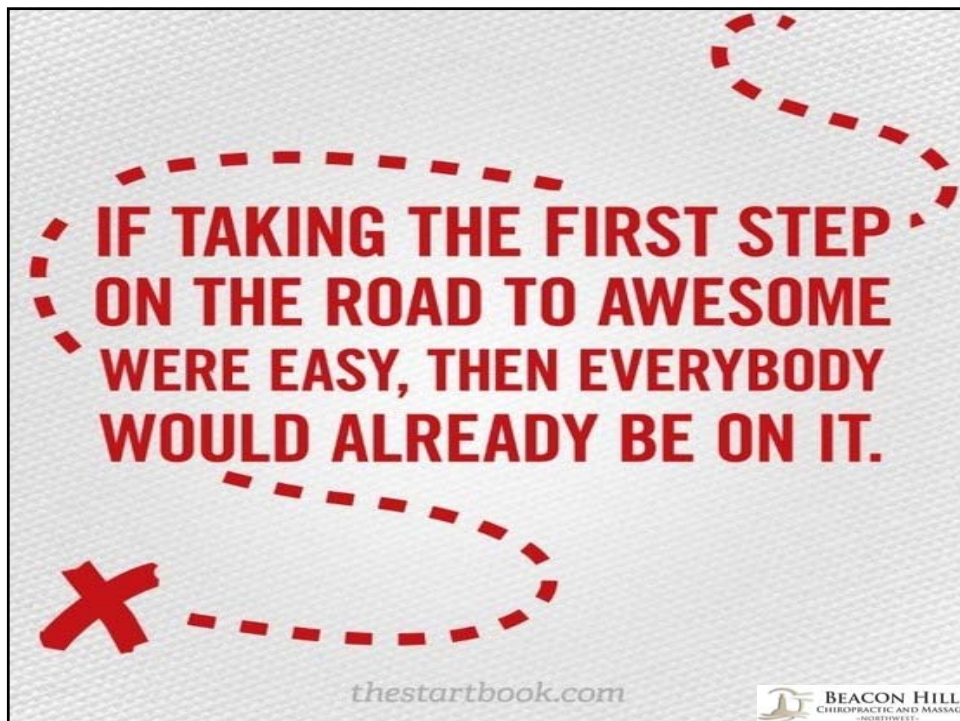


Your presenters

- Lynne Marshall
- Laryssa Balabas
- Dr. Michael Schmolke

- Our goals for our evening tonight includes....






3 RULES TO LIVING THE OOLALIFE:

1. If you do not GO after what you want, you'll never have it.
2. If you do not ASK, the answer will always be NO.
3. If you do not step forward, you'll always be in the same place.

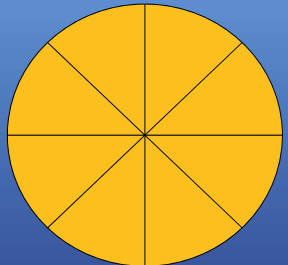
Live the #OolaLife



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The 7 F's of Oola

- Family
- Friends
- Faith
- Fitness
- Finance
- Fun
- Field



3 Steps to a Oola life:

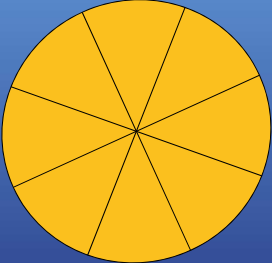
1. Oola Wheel - to assess; where you are today?
2. Oola Plan - (Dream) where do you want to go?
3. Oola Path - how are you going to get there?



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The Wheel of Well-being: Mind-body-spirit

- Mental
- Physical
- Emotional
- Spiritual
- Financial
- Social
- Career/field



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MISTAKES IN SETTING GOALS

- too BIG
- too MANY
- not SPECIFIC
- not WRITTEN

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NEVER QUIT.
IF YOU STUMBLE ^{UP} BACK UP.
WHAT HAPPENED **NO** LONGER
YESTERDAY **MATTERS.**
TODAY'S ANOTHER DAY
SO get back on track
and **MOVE CLOSER**
TO YOUR dreams **AND** goals. **YOU CAN**
DO IT.

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The Mind Prison



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Mind Prisons: Unseen traps in life!

**“Men and women are not prisoners
of fate, but only prisoners of their
own mind”**

Franklin D. Roosevelt

Some interesting facts about the mind & brain

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Basics of the Mind: 3 levels of consciousness

- Conscious Mind - any time you feel worry, fear, anxiety
 - found in Neocortex; Cognitive, deductive, learning, memory, focus, attention, logic and reasoning
- Sub-Conscious Mind - how we react to things based on past
 - found in Amygdala, Hypothalamus, Hippocampus, & Thalamus; manages flight/fight, feelings, emotions, associations, classifications of perceptions, deductive reasoning only
- Super Conscious Mind - intuition, insight, & divine inspiration
 - uncertain of physical location- rather a whole greater than the parts; pure intelligence, wisdom and enlightenment. Operates by knowing verses thinking or feeling. Our source of intuition. Capable of discerning difference between the conditioned you vs real you, conscious vs subconscious minds. Aware of your full potential. The true "Director of your Life" movie
 - Book "Proof of Heaven" - Eben Alexander MD (Neurosurgeon)

The Break-Out Blueprint



Breaking out of the Mind Prison

- To help transcend the mind prison, you have to choose to be the director of your life.
- Be aware of your feelings and emotions (negative or positive)
- Ask yourself questions: what does this feeling mean?
 - Use **the Sway Test** to see if the idea/choice aligns with your subconscious mind
- As often as you can, if you are trying something new or different - do so in the spirit of fun adventure
- Let love, gratitude, compassion, passion, integrity, fun drive you

HOW TO **STAY MOTIVATED**

TAKE IT ONE DAY AT A TIME

SURROUND YOURSELF WITH POSITIVITY

CREATE A VISION BOARD

MAKE S.M.A.R.T. GOALS

REWARD YOURSELF

BELIEVE IN YOURSELF

ACKNOWLEDGE YOUR POSITIVE ATTRIBUTES

RECOGNIZE YOUR PROGRESS

VISUALIZE ACCOMPLISHING YOUR GOALS

BE KIND TO YOURSELF

DON'T COMPARE YOURSELF TO OTHERS

FALL IN LOVE WITH TAKING CARE OF YOURSELF. MIND. BODY. SPIRIT.



Benefits Of MEDITATION



Illustration of a woman with blonde hair in a bun, wearing a white shirt and grey pants, sitting in a meditative pose (lotus position) with her eyes closed and hands resting on her knees in a mudra.

-  Reduces pain and enhances the body's immune system.
-  Reduces feelings of depression, anxiety, anger and confusion.
-  Increases blood flow and slows the heart rate.
-  Provides a sense of calm, peace and balance.
-  Helps reverse heart disease.
-  Helps control thoughts.
-  Increases energy.
-  Reduces stress.

Sources: psychologytoday.com




**CONSISTENCY
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is the



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- “Wherever you go, there you are!” by John Kabat-Zinn
- “Peace is every step-the path of mindfulness in everyday life” by Thich Nhat Hanh
- Deepak Chopra www.chopra.com, You Tube (Deepak Chopra meditation)

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Thank you for joining us!

- Part III of our Best of Me Seminar series - July 2014
- Hand in your goals and areas you want to grow in
- These notes will be on our website,
www.getbetterfaster.ca