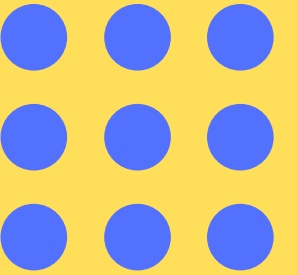


LET'S GET YOUR POTENTIAL OUT THERE



# GAME, SET, GROWTH

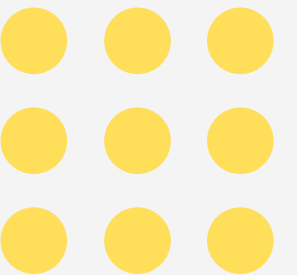
Your Wellbeing is Important

Mindwork Over Matter



# Let's Get Started

1. Honest About Limitations
2. Resistance to Change
3. Opening Up
4. Courage and Grit
5. Emotional Intelligence
6. Self-care is Important



# Honest Limitations

## **YOUR TASK:**

Write down 5 or more of your greatest excuses or annoyances - be uncomfortably honest with yourself

## **CAN THESE IDEAS BE TURNED AROUND TO BENEFIT YOU?**

When things are tough, it all comes back to you.

## **GOAL: SELF-RELIANCE AND RESILIENCE**

Internal motivations win all day long.

# RESISTANCE TO CHANGE



- **Why?**

Make a list of why we might resist wanting to change our mental habits

- **How?**

Get in the habit of checking in with your thoughts.



- **Example:**

Fear of change is common - stepping into the unknown.

**Opening Up**

**Awareness**

**Expectation**

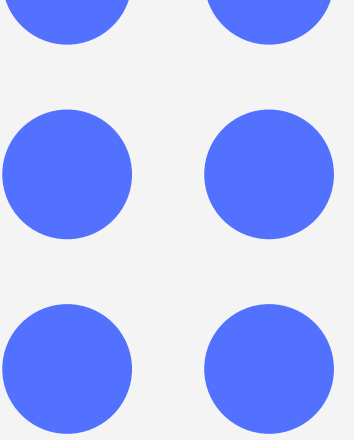
**Experience**

**Investing in Yourself**

Checking in with  
your thoughts

No limits

Playing for love





# Courage & Grit



## FEEL IT IN THE BODY

When you imagine feeling courageous where does it register in your body?

## DITCH THE ANALYSIS

You don't have to analyse everything in the mind, sometimes your body gives you all the information you need to understand where your power is generated from

## FAKE IT TILL YOU MAKE IT

We are all works in progress - there's no final destination. Even if you're wobbly you may have to show strength on the outside until you make some space to connect with the tough stuff - don't neglect any part of you.

# Emotional Intelligence - EQ

## WHAT IS IT?

Somewhat different to how grading in the academic world. EQ is related to how you connect with your internal and external emotional world. It is NOT about controlling your emotions - you aren't a robot.

## MAKE A LIST:

Think about times when your emotional life has got in the way of your wellbeing - when things were overwhelming.

## TIPS AND HACKS:

Instead of judging yourself for feeling bad - give your emotions some space to breathe. Feel the sensation in the body, notice how you are breathing..

## IDEAS:

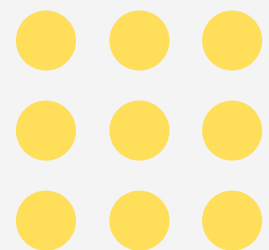
Think of ways you can take care of your emotional wellbeing.

This doesn't mean burying feelings by checking out with distractions.

## REACH OUT

Connect with other like-minded people on and offline..

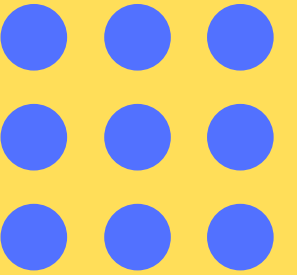
Get curious about your potential, how much you want to flourish in life and work on it



**Self- Care is  
Important**



**CONNECT WITH US ON SOCIAL MEDIA:  
@GAMESETGROWTH**



**WWW.GAMESETGROWTH.CO.UK**

**Your Wellbeing is Important**

**Seek professional support if you feel you need it**

**Let's get your potential out there - it is great**

