

Motivation

- Interest or desire
- Purpose & goals
- **Responsibility & accountability**

Habit 1:

Be proactive

RESPONSE
ABILITY



Circle of Concern

Circle of
Influence

What you CANNOT control

What you CAN
control

What you CANNOT control

What you CAN
control

Beliefs

```
graph TD; Beliefs[Beliefs] --> Thoughts[Thoughts, images & words]; Thoughts --> Feelings[Feelings]; Feelings --> Behaviours[Behaviours]; Behaviours --> Outcomes[Outcomes]; Outcomes --> Beliefs;
```

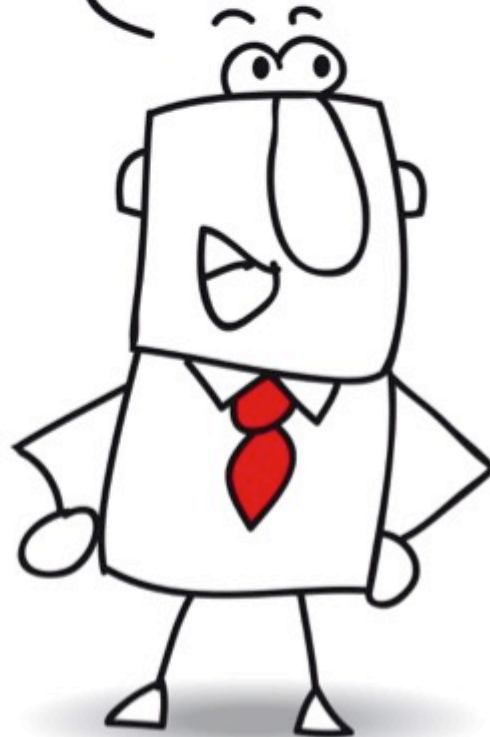
Outcomes

**Thoughts,
images & words**

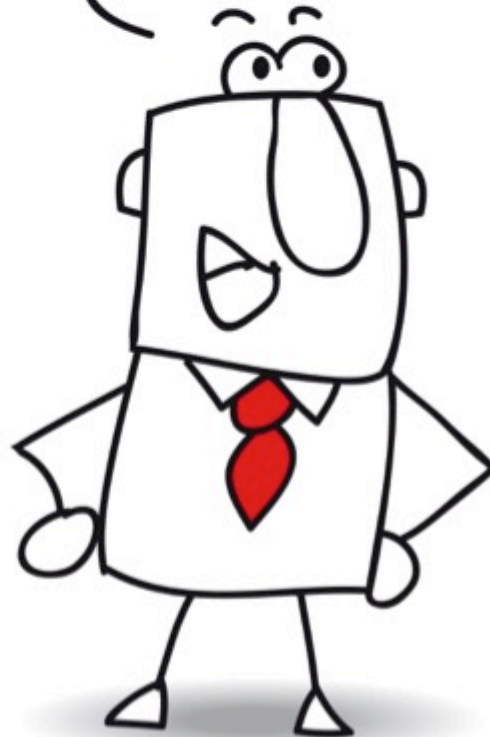
Behaviours

Feelings

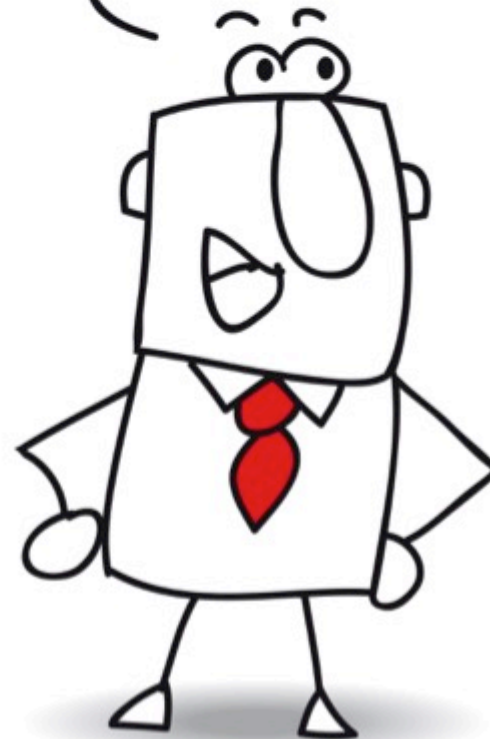
**This is so
overwhelming!**



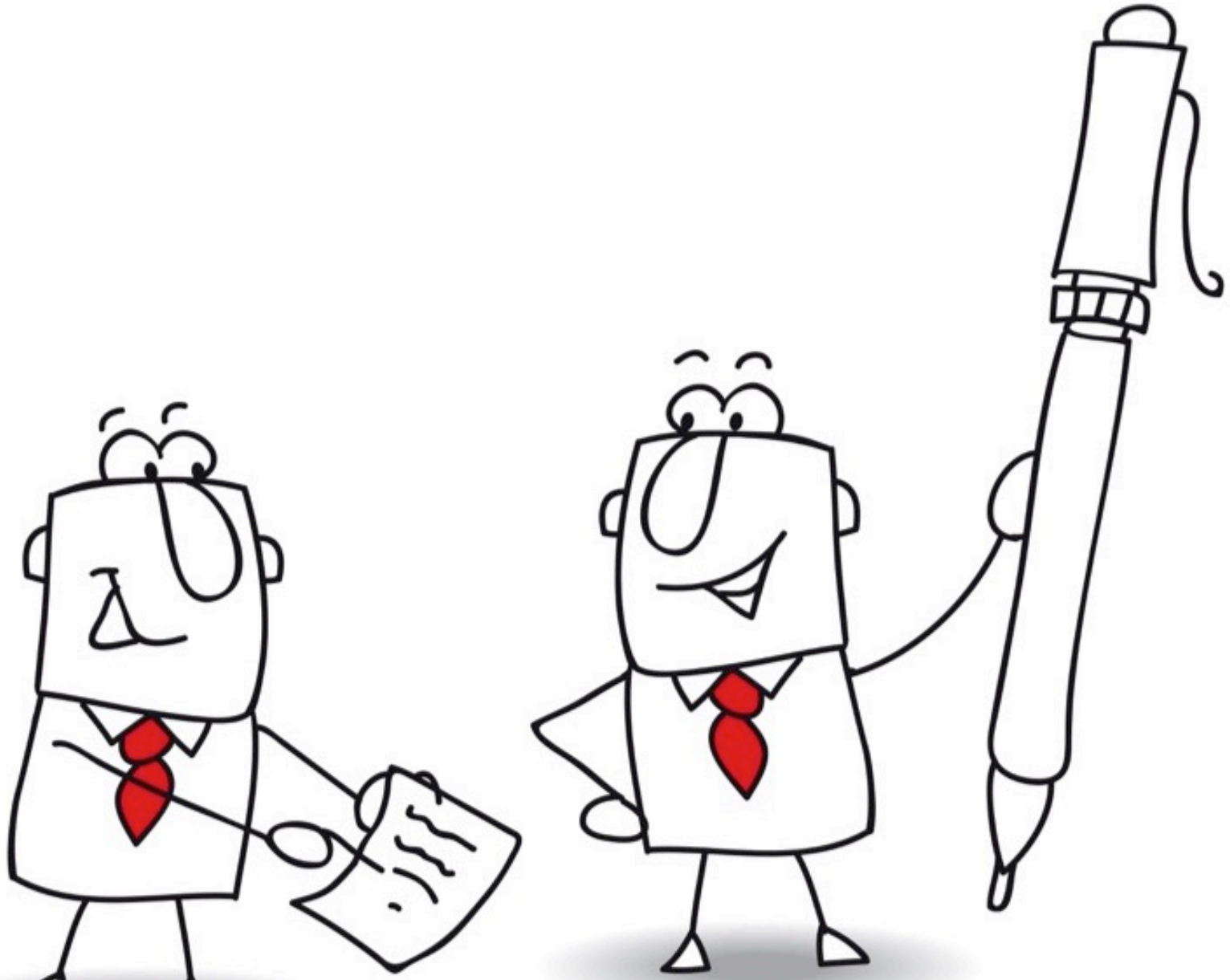
~~This is so
overwhelming!~~



**I have
phenomenal
coping skills!**



It's your turn!



It's your turn!

Limiting thoughts/beliefs

Examples:

I am not ... enough

This is a nightmare

Life is unfair

This is so overwhelming

Affirming thoughts/beliefs

I am enough!

This is a challenge, and I can handle it

I can choose how I respond

I have phenomenal coping skills

It's your turn!

Victimhood

Examples:

I am not ... enough

This is a nightmare

Life is unfair

This is so overwhelming

Power & Responsibility

I am enough!


This is a challenge, and I can handle it

I can choose how I respond

I have phenomenal coping skills

A photograph of an open window with a view of the ocean. The window has a white frame and is divided into four panes. The ocean is a deep blue color and extends to the horizon. The sky is a lighter blue. The text "Our beliefs frame our view of life" is overlaid on the bottom half of the image.

**Our beliefs
frame our
view of life**

A photograph of an open window with a view of the ocean. The window has a white frame and is divided into four panes. The ocean is a deep blue color, and the sky is a lighter blue. The text "Our beliefs dictate the lives we live" is overlaid on the image in a bold, black, sans-serif font.

**Our beliefs
dictate the
lives we live**

**YOU choose
YOUR beliefs!**

**Choose the
good ones!**

Beliefs

```
graph TD; Beliefs[Beliefs] --> Thoughts[Thoughts, images & words]; Thoughts --> Feelings[Feelings]; Feelings --> Behaviours[Behaviours]; Behaviours --> Outcomes[Outcomes]; Outcomes --> Beliefs;
```

**Thoughts,
images & words**

Feelings

Behaviours

Outcomes

Habits

“We become
what we repeatedly do.”

~ Sean Covey

Habit

Stimulus

Conflict
Difficulty
Circumstance



Response

Attitude
Action

Habit

Stimulus

Conflict
Difficulty
Circumstance

Choice

Response

Attitude
Action

Awareness, beliefs, willpower

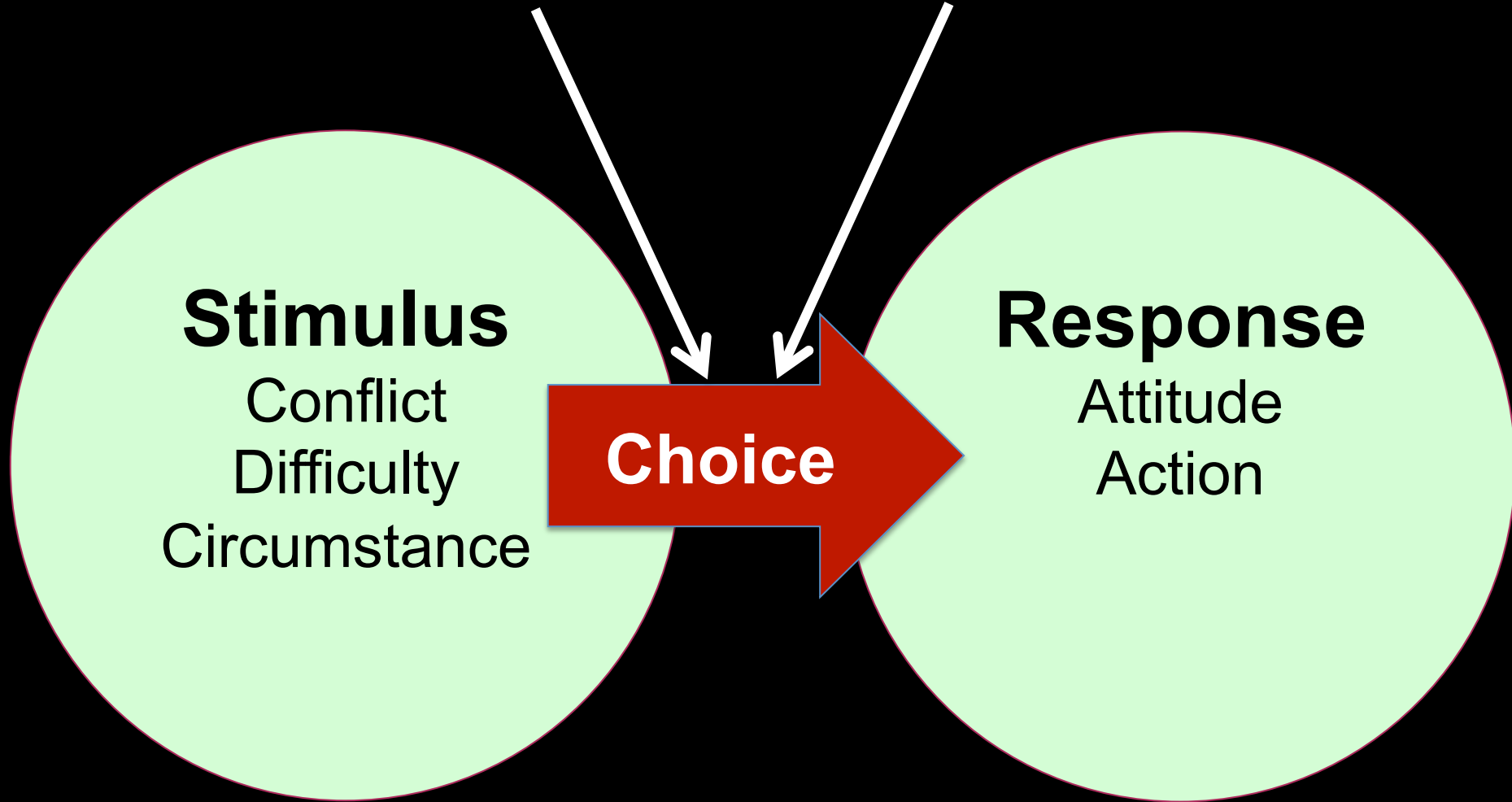
Stimulus

Conflict
Difficulty
Circumstance

Choice

Response

Attitude
Action



Awareness, beliefs, willpower

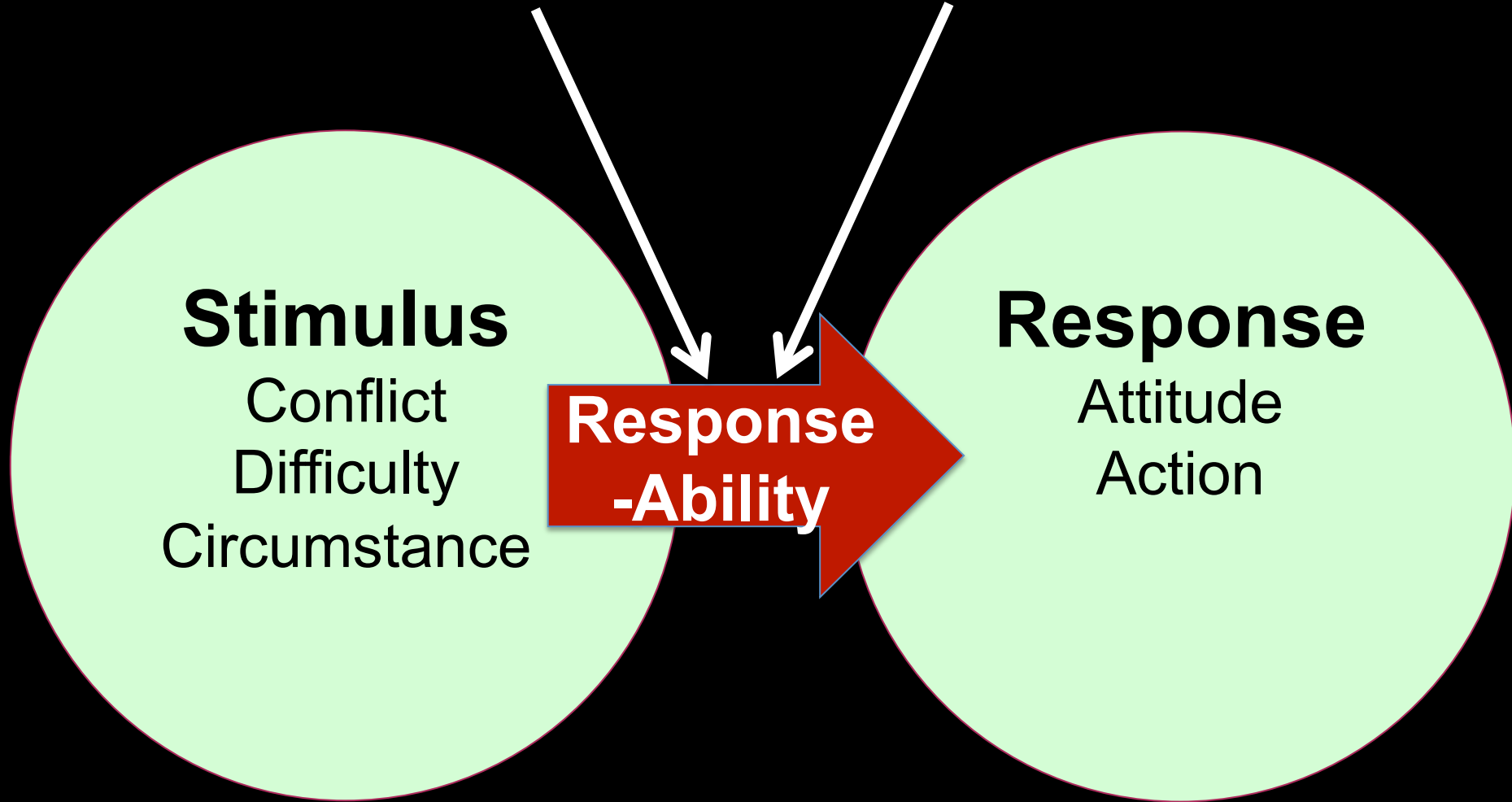
Stimulus

Conflict
Difficulty
Circumstance

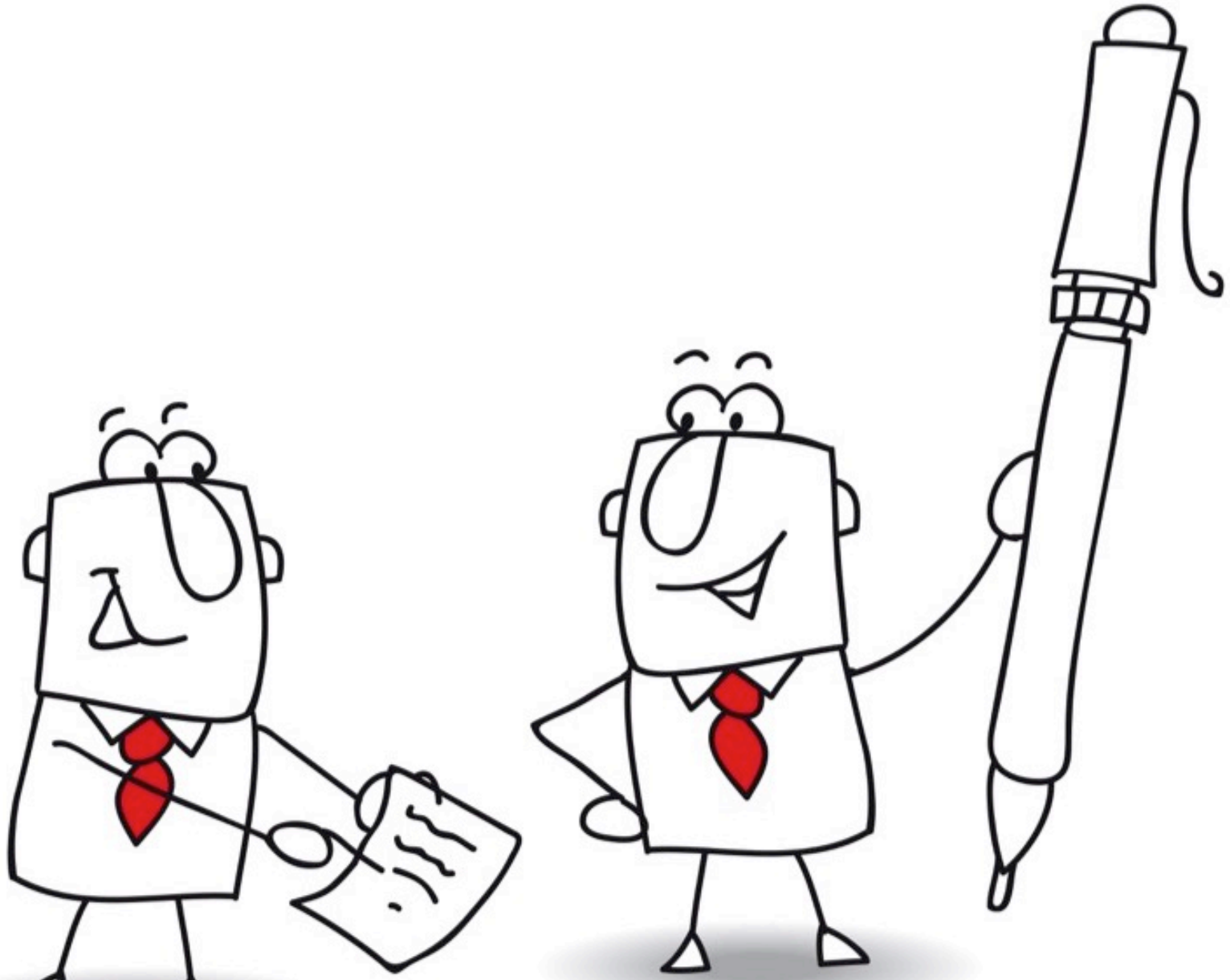
Response
-Ability

Response

Attitude
Action



It's your turn!



It's your turn!

Familiar = old habit

Examples:

I eat junk food for my snacks

I always race out of the house to get to my appointments

I exercise occasionally after work

I call myself a loser

Unfamiliar = new habit

I eat fruit or other healthy snacks

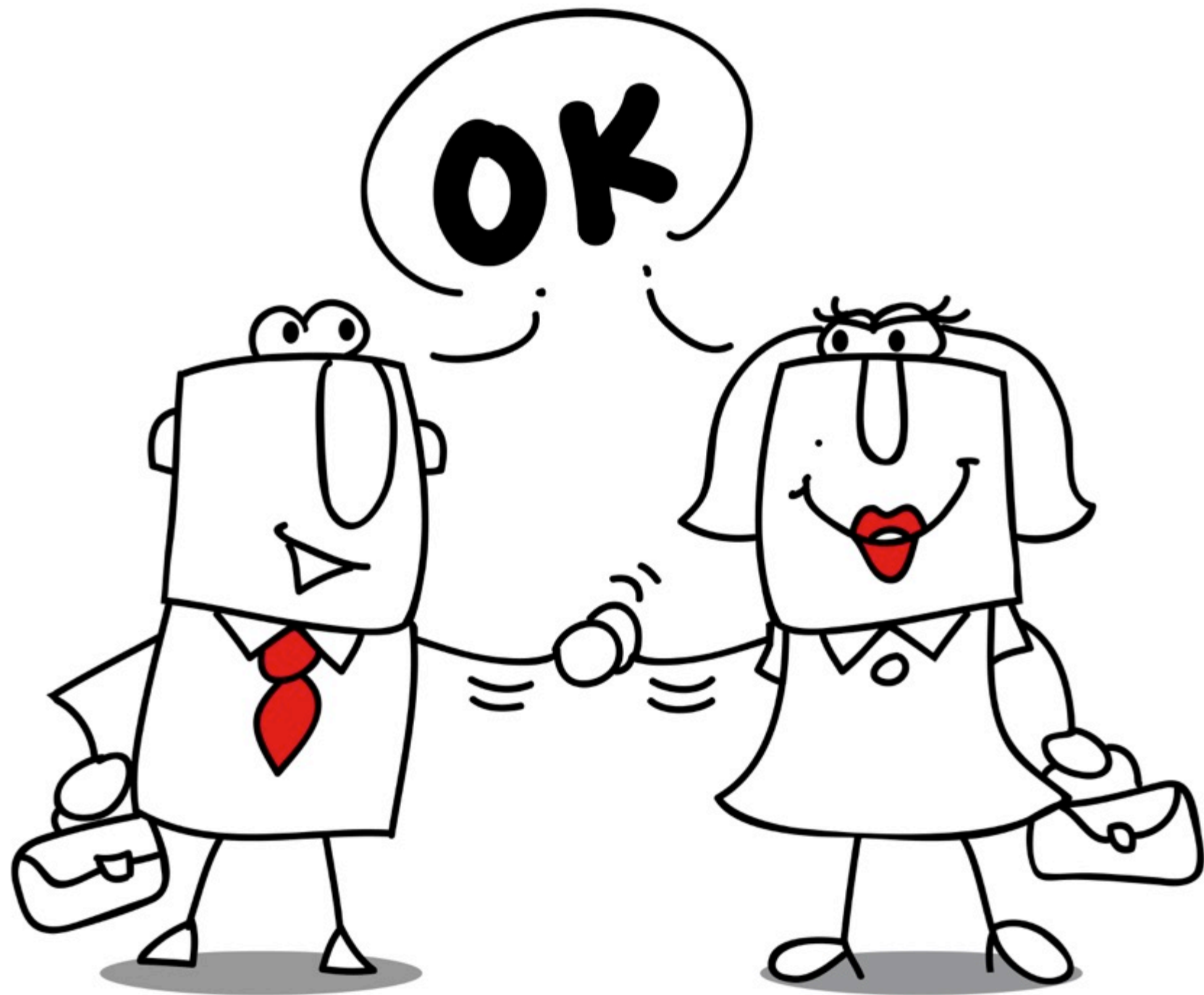
I get up early enough to leave home with lots of time to spare

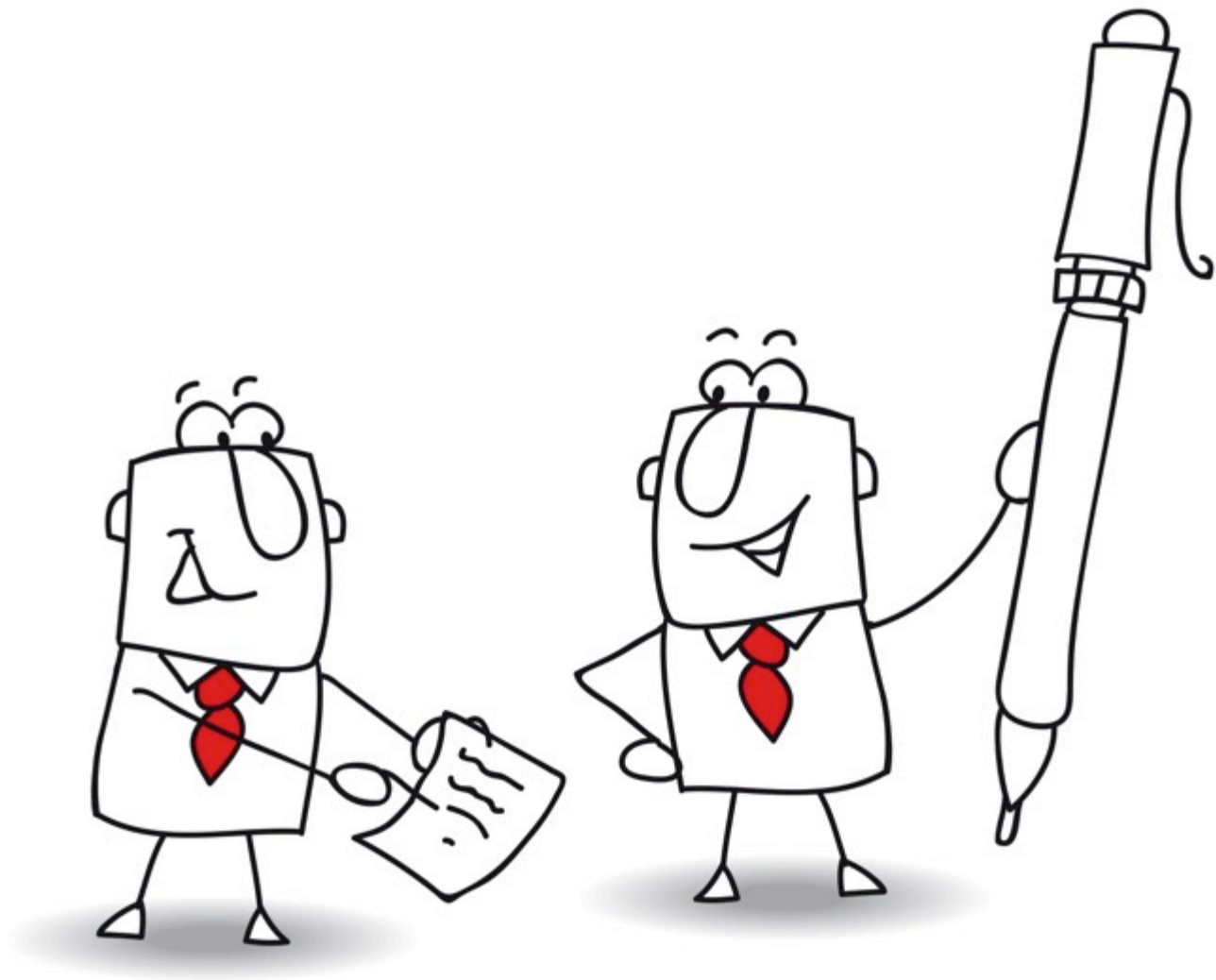
I make time to exercise three times a week

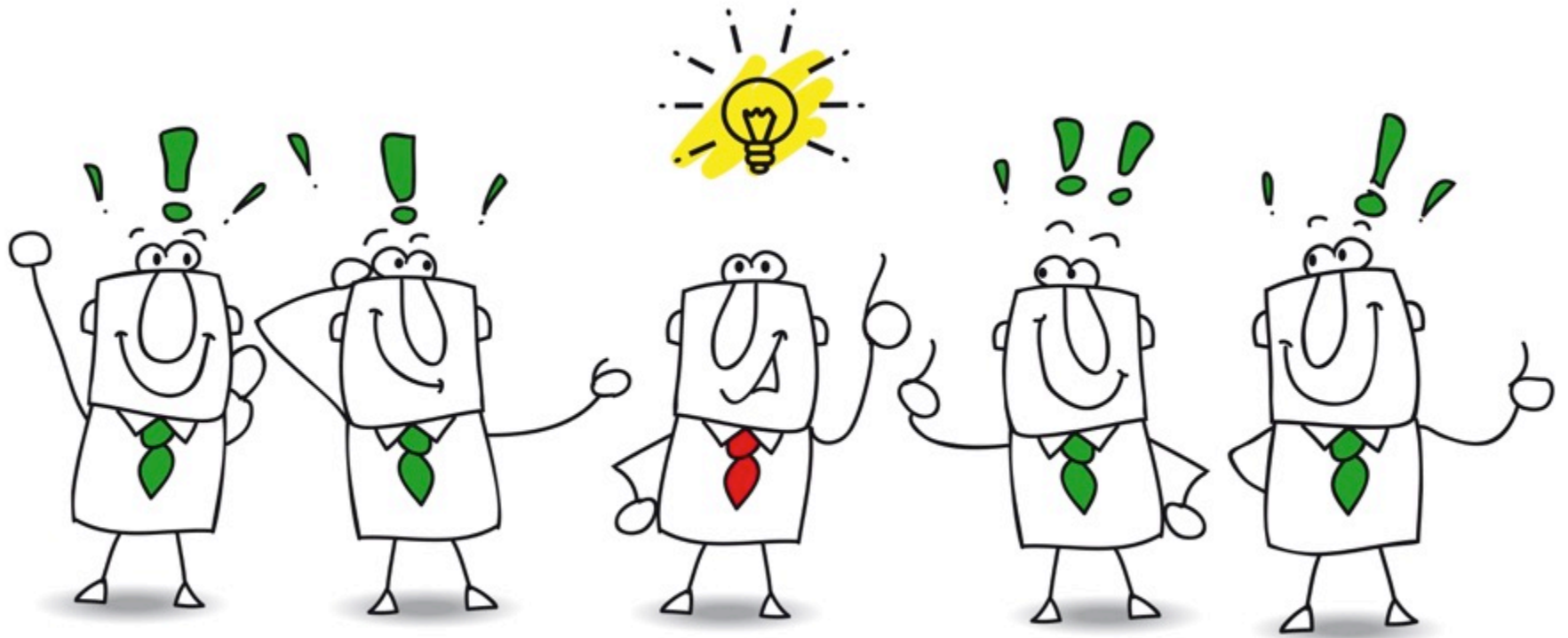
I tell myself I'm enough & I praise myself for the progress I make

Accountability

The fact or condition
of being accountable



















Motivation

- Interest or desire
- Values, purpose, vision & goals
- Responsibility & accountability