



BOUNDLESS YOU

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# Rewire for Wellness

Workshop Workbook – Week 3

*“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.”*

Goethe



Before we get to our action plan, let's revisit the Fire component of this framework – generating sustained energy.

Consider the following metaphor illustrating the importance of consistency and perseverance.

**Have you heard of the term headwater before?** It refers to “a tributary stream of a river close to or forming part of its source” – essentially the source of a river. When I think about how we show up for others, how we give, how we support, how we love, how we contribute joy – the term headwater brings a poetic metaphor to bind this concept. Consider a river within you as the flow of what you give and what you receive or replenish.

**How amazing would your life be if your source just kept on replenishing your river to form a magical waterfall flowing to everyone around you?**

Essentially having so many resources (time, money, energy, love, joy, compassion) that you can give and give without your river running dry – without getting tired, depleted, depressed, hopeless, frustrated, grasping onto emotional crutches (alcohol, food, drugs).

From this image, it is easy to see that the key to our waterfall overflowing is having **sustainable headwaters – or sources**. Can you think of ways you currently fill your river, if any? How are you showing up for yourself? How do you sustain a constant healthy flow?

When we show up for others and when we give or put our resources out in the world – at work in your team, deadlines, traffic, conflict, at home investing time with your family, cooking, cleaning, being emotionally available, at social events contributing joy, cheer, listening to and supporting friends – we are letting our river flow to others / circumstances.

When your river has no source, or not a sustainable one, your river will run dry. You will become depleted.

Create strong sources for your river – a strong base to ensure you are giving from your overflow and not your life source. Show up for yourself first, love yourself first. You can serve those you love from a point of strength and personal power when you have served yourself first.

Strong sources are maintained and sustained daily – it is not a once off activity and you hope it lasts forever. Being powers your doing – find what powers you. Yoga, meditation, walking, gardening, nature, reading, exercise, learning, music are all examples of sources. We each design our own headwaters by implementing sustainable practices in our daily routines. Whatever works for you – we are all unique.

## Changing our **energy** state

In order for us to achieve goals, bring about change, break through challenges and obstacles, we need energy – your driving force, life force energy, your fire. Can you remember a time you felt drained and depleted? You were most probably not up to do anything, never mind focusing on changing habits or thinking about thriving. You may even have reverted back to old habits like reckless eating patterns, skipping exercise, spiralling thought patterns, reaching for substances (coffee, alcohol, cigarettes) and binging series on Netflix. In this state, actioning your steps to achieve your goals might be the last thing on your mind.

How do we manage our energy and keep ourselves in peak state?



You can change your energy state by building habits that support heightened energy. It may take time, it may take effort, but you will reap the benefits.

Below we will discuss points that have been shown to influence our energy levels and through adapting and implementing it as habits, we are able to be in control of our own fire instead of relying on our external environment to work in our favour.

### Physiology:

Exercise is probably one of the best ways to influence your energy levels immediately. Do you feel good after a run / cycle / walk? The food you choose to consume also influences your physiology – are you offering your body the support it needs to function efficiently with your current eating habits? “Being” time is another energy generator – gardening, meditation, relaxing in nature, reading, painting, pottery – can you think of a few activities that makes you feel in love with life?

### Awareness

*“where you place your awareness, is where you place your energy” – Dr Joe Dispenza*

Where are you placing your awareness? Negative events of the past / future? When you focus on any other moment than the present, you are also placing your energy in those moments, taking it away from the here and now. Have you ever felt drained when worrying about paying the bills at the end of the month? Or reliving a past moment of road rage where someone drove in front of you and almost caused a fatal accident? Generate awareness of when your thoughts drift off to these moments and gently bring it back to the present moment.



## Language:

What word choices do you use when speaking with yourself and others? What thoughts are running through your mind all day? How do you address yourself when something didn't go as planned? You didn't lose the weight you aimed to or you failed at what seemed to be a super easy task? When you look in the mirror, who do you see?

## Reason:

This has the power to light your fire in a way you never knew was possible.

What is your reason for getting up in the morning, your why? Many will answer to go to work, to make money, etc. Dig a bit deeper – you can use this exercise: start with your first why (ie why do I go to work) then repeat the process 7 times and see where you end up on your why. Even if you don't like what is coming up for you, just write it down. Finding your reason and reminding yourself of that reason regularly will keep you on track. I am sure you have all, at some point, felt that energy come from “nowhere” when you are super passionate about something or some task. That is the energy you can expect when you find your true why.

## Identity:

Tony Robbins stated, “the strongest force in the human personality is the need to stay consistent with how we define ourselves”. How do you define yourself – procrastinator, unorganized, an emotional eater, perfectionist, workaholic? Whether that is true or not, your personality will work towards it, just because you made that part of your identity. This is also the space in which we experience self-sabotage – when you are trying to change without expanding your identity. Imagine for a moment you defined yourself as an emotional eater. Now you are trying to lose weight and stick to a healthy eating plan. What happens when you go through a stressful time? Or when you received bad news?



What will your automatic response be – just because you have already defined yourself as an emotional eater your personality will guide you towards the food/snacks that usually satisfies this emotion. Your identity includes your core values, how you react, what you believe about people, habits. Your memories and experiences of the past also contribute to your identity and who you believe you are – whether your recollection of the event is true or not.

The above summarizes energy, or your fire. There are many techniques to light your fire and to keep the fire going. It takes conscious effort and actions to work these habits into our lives so that it becomes such a big part of who you are that you even revert to them during difficult moments. It is always easier to keep up change when things are going well. So during the good times is when we must practice these habits so that it is second nature when the hard times are there. It is like driving a car – when you first started it took a lot of conscious effort to know what to do and when to do it, but after days, months and years, it becomes so automatic that we sometimes don't even remember the drive home on a familiar path.

**Habits can change your life – choose them wisely.**



## FireFrameForward

So often we have a vision that seems impossible to reach and in this process our focus goes to the challenges and obstacles that might come up.

In psychology, ironic process theory or the white bear problem, refers to the process whereby deliberate attempts to suppress certain thoughts make them more likely to surface. When I tell you don't think about a white bear, you are most likely only going to think about a white bear.

Consider this statement in context of aiming for a promotion at work or starting an exercise routine or going on a diet. What thoughts are going through your mind?

Perhaps some of the below sound familiar to you:

“Being promoted is not up to me and out of my control”

“People who get promoted are more charismatic than me”

“I don't know everything I need to in order to be promoted”

“I don't like working out”

“I will never be that strong / fit”

“I am not allowed to eat x, y, and z”

“I have never been able to keep the weight off after I return to my normal routine”

When you utter these lines, it might be all you think of and as **our brains are wired to prove our beliefs, you will start seeing evidence of the above all around you.**



What if instead, you said the following:

“I care about my performance so I will put effort into my work”

“I will show up to work as the best version of myself regardless of the outcome”

“My ability to learn and grow is limitless”

“I choose to show up for myself every day”

“I have already come so far and accomplished many things I never thought possible”

“There are so many healthy options for me to choose from”

“I am choosing a healthy lifestyle and will implement it to the best of my ability and knowledge”

**You are who you believe you are – shift your focus from limiting beliefs toward empowering ones that will serve your goals and vision. Have awareness of your thoughts, challenges and limiting beliefs but focus your energy and attention on solutions and achieving your goals.**

We tend to delay our own growth and joy due to the story we tell ourselves. It usually sounds something like “I can’t do that because...”, “I am never going to...”, “I always...”, “... is who I am”, “... is in my genes”, “...is my personality”. The good news is none of the above is true – whatever you added in the blank spaces. Those are all stories you tell yourself, taking yourself out of the game. You can take back your power by taking accountability for where you are now and rerouting yourself to the journey you really want and deserve.





It will take work, effort, and time – but ask yourself this: **will it be worth the effort if it means the realisation of the vision you have for yourself?** Are you worth your own time and energy? Answering yes to these questions puts you on the path of greatness – becoming and being the person you are worthy of experiencing. It all starts with one decision, one moment, one step.

Think, respond, and act beyond your environment and your present moment. Think about a time where you achieved something awesome. How did you do that? Why did you do it? Did it take practice, time, effort, passion? How can you recreate that experience toward a goal you currently have?



# FireFrameForward

Once we have established the vision we have for ourselves, it is time to create our action plan and build our strategy to implement the changes we want to make sustainably in order to achieve our goals.

Traditionally, methods like the **SMART model** are used to assist us in setting and navigating our goals. In this model, all goals are validated against the following criteria:

S: Specific

M: Measurable

A: Agreed

R: Realistic

T: Timelined

While this model serves us well in certain aspects, another goal setting approach reaches a much more profound depth in us and contributes to the generation of our “fire” – Courageous Goal Setting (term as used by John Blakey & Ian Day).

**This approach offers the opportunity to set goals and visions that generate excitement, fear, adventure, inspiration and imagination.**

Your first reaction to a courageous goal should be “That is impossible!” perhaps followed by “Even if possible, it would scare me to commit”, finally landing on “If I do this, then my whole life will change in ways that I can’t even comprehend right now”.

Moving from outrageous to being frightened to being in a transformative space.



# Vision

Your vision is a clear image of the person you want to be combined with the emotions / feelings that future self version is experiencing. How is this version of you presenting himself / herself to you? What are they wearing?

How are they walking? What facial expression is prominent? What emotional vibe is expressed? What are they doing? Try and build a clear image and emotional charge to fire up the vision.

A compelling vision for the future has been associated with increased levels of happiness – so put some effort into this step and really dig deep!



# Courageous Goals



Write down your courageous goals. Use these questions to support you in this step:

What would be possible for you, if you had all the support you needed?

If there were no constraints or limitations, what would you want to achieve?

If you believed in yourself 110%, what would you be capable of achieving?

If you knew you couldn't fail, what would you attempt to do immediately?

**My COURAGEOUS GOALS ARE:**

What emotions are triggered when you think about achieving this goal?

What is your excitement level? Fear level?

Why will this be a life changing goal once achieved?

What inspires you about this goal?

Who do you trust with who you can share this goal?

Who can help you achieve it?

What is the smallest tangible step you can take toward this goal in the next week?

What is an exciting next step you could take?

What can you do next to prove to yourself you are serious about achieving this goal?

Who can support you with your next step?



# 1. Emotional Wellness



1. List your courageous goals for this dimension (ie Being in love with life):

2. List SMART goals that will support your courageous goals (ie I will sit & appreciate nature every second day for 15 minutes)

3. List 3 action steps to support your SMART goals (ie create comfortable space outside):

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

## 2. Financial Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

### 3. Social Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?



## 4. Spiritual Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

## 5. Occupational Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

## 6. Physical Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

## 7. Intellectual Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

## 8. Environmental Wellness



1. List your courageous goals for this dimension:

2. List SMART goals that will support your courageous goals:

3. List 3 action steps to support your SMART goals:

4. What resources do you need to execute these action steps?

5. List potential challenges and consider ways to overcome them:

6. How will this dimension contribute to your overall vision and future self image?

# *Dream, Share, Start*

Wellness is a state of being. Create your future self vision and then make every decision towards this vision – essentially being that version of you in the present.

How would you define success?

List your big rocks (refer to Stephen Covey presentation):

## CHALLENGE WEEK 3:

Implement 2 daily wellness habits into your routine. It does not have to be big ones. Any 2 habits that will contribute towards filling your river.



Notes:

A large empty rectangular box intended for taking notes.

