

There is a large body of evidence showing habitual thoughts and emotions determine our level of health and quality of our life. While depression, disbelief in one's self, and negative self-talk have a negative impact on health, the opposite is equally true. A positive mental attitude stems from an innate drive in all living things to be the best that they can be – self-actualisation. This journey is a unique personal experience based on our interpretation of our life events and experiences.

Ultimately, self-actualisation begins by taking personal responsibility for your own mental and emotional state, your life, your current situation, and your health. It is the notion that we are entirely responsible for creating our circumstances, health, financial position, relationships, etc., from our own imaginations, beliefs, and thoughts. When we are in alignment with what is the highest and best for us, then life is so much easier. It is like living in another world of possibility. There is a lot less stress, less reactivity, and more responses to life. We get to create what we desire, if it is in our interest. It is really amazing!

Life is full of events that are beyond our control; however, we do have control over our response to these events. Our attitude and self-perception have a big impact on the way we view and respond to all of life's challenges. You will be much happier, healthier, and more successful if you become clear of your filters (perceptions/point of view/beliefs) and release the hold non-supporting filters have over your life. Clearing unhealthy beliefs and vows naturally creates a positive mental attitude. From this we can move more easily towards becoming self-actualised.

Self-actualisation, the desire to be the best we can be, is a concept developed by Dr Abraham Maslow, the founder of humanistic

psychology. His theories of self-actualisation stemmed from research of healthy people over a period of more than thirty years. His theories are well supported, and many researchers who have since investigated the common threads of very successful people support the basic principles of self-actualisation.

Maslow researched the traits of healthy, successful individuals and found they are motivated towards self-actualisation. Ongoing actualisation is

- the reaching of potentials, capacities, and talents as fulfilment of a mission/call/fate/destiny or vocation;
- a fuller knowledge of and acceptance of the person's own intrinsic nature; and
- an increasing trend towards unity, integration, or synergy within the person.

In other words, healthy people are driven to be all that they can be! Maslow is a foundation leader from which many branches of positive psychology, mindfulness, meditations, and health coaching have stemmed from with the premise of helping others to develop their innate resources and talents.

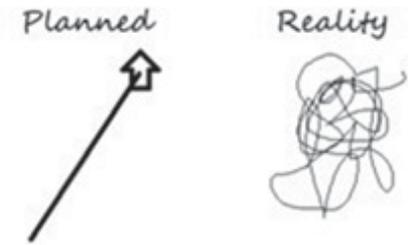
Over the course of time, there have been many theorists who have proposed similar progression from the ego, or simple thoughts, to one that is more secure and caring for the greater good. Maslow is known as the originator of self-actualisation, yet there are several crossover theories through the various religious/spiritual schools of thought that also support the notion of moving from a base level to higher levels of awareness.



Another basic premise of Maslow's theory is the sense of security as the base or foundation of one's life is essential before being able to move to the next level. The movement through the layers is dynamic, and not a linear line. All the best-made plans are still responsive to real life commitments, emotions, other people's needs and expectations, emergencies, personal growth to move into the chosen reality, etc. Life at times seems to get in the way; however, it is only doing what it does best – giving us the opportunity to get clear of what we want and what is important to us, and we get to fine-tune our beliefs or get rid of the ones that don't work for us anymore. This is actualisation working in us and for us at every given moment. Creating the space for clarity and truth, living our lives to the fullest as we desire and choose it to be. For instance, if we feel safe or have a safe haven of home, and for friends to come back

to, we are more inclined to increase our adventures and risks – knowing we can come back to our safe zone, if needed.

More we prove to ourselves and grow along the way by letting go of previous limiting ideas – increasing our confidence, increasing our skills, or gaining recognition from self or others –



we continue to progress up the mountain. During times when things are being challenged, when things or people are not doing 'what they are meant to do', it can be a blessing in disguise. The situation is giving us the opportunity to be clear in our intent, our thoughts, or our self-belief and let go of limiting thoughts, beliefs, and people if need be to keep moving ahead. Focusing on what we are choosing to be, and working towards, we free ourselves to be ourselves, and minimise negative feelings towards others.

*“To laugh often and much;
To win the respect of intelligent people and the
affection of children;
To earn the appreciation of honest critics and endure
the betrayal of false friends;
To appreciate beauty, to find the best in others;
To leave the world a bit better, whether by a
healthy child, a garden patch or a redeemed social
condition;
To know even one life has breathed easier because
you have lived. This is to have succeeded.”*

Ralph Waldo Emerson

Preparation for the coming week

What self-care are you committing to this week? _____

How many times and for you long? _____

Describe how it will feel to do this self care activity. _____

What is your commitment for focused change this week? _____

What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

How will you know you are achieving your commitment? _____

How will it feel to complete your committed to activity? _____

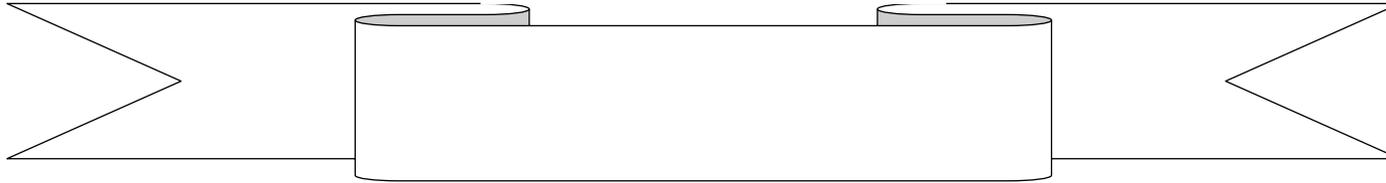
What might it mean in the bigger picture of what you are working towards?

Who do you need to contact to ask for help to action this commitment?

What is the real cost if you don't follow through? _____

What is the cost benefit of following through? _____

Week's Focus



Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

- 1.
- 2.
3. .
4. .
5. .

Self Care, reward activity Ideas

- Talk with your Parents/ Grandparents, Aunts and Uncles about what it was like for them growing up. You may find out why you think the way you do. A long-lost connection could explain a lot of things.
- Start or work on your family tree. Consider the way they had to live. What was the common rules, beliefs and dogma of the time. Do you relate to any of them?
- Consider who else in your family has similar traits, you might be surprised what you can learn about yourself and start to heal and let go from awareness, compassion. A true liberating space to heal from.

Dreams and Wishes

Affirmations.

Weekly Planning

From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything

<u>Day/Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Before 7am							
7am – 9am							
9am – 12noon							
12pm – 3pm							
3pm – 6pm							
6am – 9pm							

*"Freedom is not worth having if it does not include
the freedom to make mistakes.
~ Mahatma Gandhi*

Day 70

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What Am I most happy about in my life right now? _____

How does that make me feel, what other emotions are showing up?

What am I most excited about my life right now?

Why does this excite me? What else does this make me feel?

What dreams or desires are sprouting their roots? What feelings are associated with them?

Write out all the barriers, fears, resistances and the like. Keep going until there feels there aren't any more, for now. Then TAP it out, Forgive and GET HELP to shift the deep hidden things that are trapped and well buried. The treasure is in this work.

Who, course or which professional help do you need to help you move towards these desires?

What is your positive intent and affirmation to focus on?

*"To be sensitive is to feel the thoughts and hearts of
others as only you would want yours felt."
~ Author Unknown ~*

If you had to inhabit the body of someone while keeping your own mind, whose body would you choose and why?

Day 71

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day

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*"Though we travel the world over to find the beautiful, we must carry it with us or we find it not."
~ Ralph Waldo Emerson ~*

If you could realise a dream that you have had while asleep, what dream would you pick.
Describe this dream in detail

Day 72

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

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"Personally, I am the most inspired when surrounded by love, either for myself or for others"

Leah Marmulla

"Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born." ~ Anais Nin ~

Day 73

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

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"The glory of friendship is not the outstretched hand, nor the kindly smile nor the joy of companionship; it is the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him."

Ralph Waldo Emerson ~

Happy are those who dream dreams and are ready to pay the price to make them come true.

Day 74

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

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What is your positive intent and affirmation to focus on?

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.

Carl Jung

"The weak can never forgive. Forgiveness is the attribute of the strong."

Day 75

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

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"The greatest good you can do for another is not just to share your riches but to reveal to him his own."

Benjamin Disraeli.

*"A society grows great when old men plant trees
whose shade they know they shall never sit in."*

Day 76

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

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*"Let us be grateful to people who make us happy; they
are the charming gardeners who make our souls blossom."
~ Marcel Proust ~*

*Compassion is being a visitor in a precious place
and cherishing it. Andrew Car*