



YOUR HOLISTIC ROADMAP IN 66 DAYS

Welcome to week 7 of The FeelGoodX workshop

Let's recap what we focus last week

- Our homes are a reflection of our personality.
- a clean environment is vital to not only to our own healthy living, but survival of all living things
- Building a clean and safe home and environment can lead you to a happier and healthier life.
- Your physical surroundings play a big role in your behaviour and mental health.
- Chemical inside our homes has negative impact/influence in your health.

Let's talk about our mind that has a direct influence to our physical, emotional, and spiritual well-being. Our world we all live has different negative energies, and our mind is our greatest weapon that can transform these negative energies to clean energy, because our mind filters how we learn, eat, behave, and how we see the world. Our mind and body are interconnected and affect each other.

FeelGooX workshop Part C - Soul

Mindset and Practice: Today our mindset determines the way we deal with tough situations and setbacks, as well your willingness to deal with improving ourselves. Once you shift your mindset, you will start to change your behaviour. In which we seek to fulfil our potential, a driving force behind every success story.

Relationships: The final week is creating positive relationship that contribute to our wellness. When in a good relationship with others you soul is singing and sun shines are more brighter. Everything seems more alive and exciting, and you feel hopeful and full of energy. When you value others equally in terms of respect, emotions, trust and loyalty, positive results flow back in a fairly even way.

Let's now cover the seven element: Mindset and Practices

“The mind is the source of all suffering, and it is also the source of all happiness.” – Pema Chodron

Your Mindset determines your development and achievement in life. And the single most important factor that can influence a person's success, whether it's personal or professional is a mindset. What you think has a direct impact on your personality and behavior. So, it's important to have a right mindset. A seemingly small thing that makes a huge difference,

mindset accounts for the primary distinction between those who succeed and those who fails. And, if you are serious about achieving success, you should learn to master your mind.

What Type Of Mindset Do You Have, Fixed Or Growth?

According to Carol Dweck, people have two types of mindset, a fixed and a growth mindset. He argues that people with a growth mindset believe that their abilities can be improved through hard work and commitment. While people with a fixed mindset believe that their abilities are innate and will not be developed.

Growth Versus Fixed Mindset

An individual who adopts fixed mindset can't achieve anything. Because they believe their abilities and intelligence are fixed or they are born with it, they more likely to look smart instead of learning and developing their skills. While individual who adopt the growth mindset can have an upward spiral of continuing learning and reaching higher levels of achievement.

Write down your fixed mindset and change it to a growth mindset

My fixed mindset

E.g. this too hard

My growth mindset

E.g. If I focused nothing is impossible

Our mindset has an effect on our behaviour. People with a fixed mindset seek approval. Those with growth mindset seek development. The fixed mindset sees failures as disasters; the growth mindset sees them as opportunities. People with a fixed mindset avoid difficulties, while those with a growth mindset relish them.

Our mindset is often strongly influenced by the role models we had as children, but anyone can adopt growth mindset and make the impossible possible.

Why Having The Right Mindset Matters?

Your mindset plays a significant role in how you feel and cop-up with different life's challenges. In school, students with the right mindsets can contribute to greater achievement and increase motivation. In addition, people with the right mindsets can also show greater resilience. These people most likely to endure in facing obstacles, while with fixed mindsets can easily give-up without any hesitations. When a person with the right mindset fail, they tend to view this failure as a learning experience and they it can be developed that can lead to change. Having the right mindset, on the other hand, can lead to a desire to learn more, discover new things and grow as a person.

You're Significant

You know yourself.

You happen to life - life doesn't happen to you.

You are a distinction maker.

You get it that you simply have a choice, and the choice is yours.

You accept and live the Ziglar Philosophy: "You can have everything in life you need in case you may fair offer assistance sufficient other individuals get what they want." Zig Ziglar

You understand that it isn't continuously easy.

You get it that life isn't fair. And however, you keep on going. Because you Accept this: The most fulfilling ways to realize your dreams is by making a difference others achieve theirs.

Perseverance, grit, discipline - these words help you define yourself.

You contribute in yourself and you always raise your game.

You are committed to getting to be the finest you'll be able be.

You are on a travel, each day getting closer to your destination. You live a life of centrality since you offer assistance others be, do, and have more than they thought imaginable.

The Human Brain Is Capable Of Doing Amazing Things

Our minds are incredibly powerful tool and can quite literally create its own reality. The power our minds can manifest itself in living the life that you want to live. Telling yourself, you are I'm a great and beautiful person" will result in you becoming a more positive person.

You are what you say you are.

Saying "I'm a negative person who can't achieve anything" is a reinforcing trap. Saying those things will result in you being negative who will never achieve anything.

Likewise, telling yourself positive things will lead to different achievements beyond your wildest dreams.

What are affirmations and how you can use this in your life?

Positive affirmation strengthens our minds, we can practice our brains into thinking what we want. An affirmation is as simple as the following, "I can do everything" Typical statements you choose that will help you change your life.

Start Your Day With The Magic Moment

"The early morning has gold in its mouth." – Benjamin Franklin

Do you start your day waking up early? Most famous and successful people do like Tim Cook, Apple's CEO, start working around 4:30 and Jack Dorsey Square CEO, who wakes up at 5:30 to for a 6 mile jog and to meditate.

Waking up early give you a kick start for the day ahead, allowing you more hours to work, it also gives you more energy and take lesser time to do a task taking better decision, planning and achieving goals.

If you are having a difficult time waking up early you can start your day by setting-up your alarm and adjusting it to an hour earlier than your usual time. Let's call this the Magic Moment.

When you rise early it can reduce stress, it eliminates the pressure of rushing in the morning. In addition, when you start your day with an optimistic approach and such positive often stays with you thought out the day. In short keeps you mentally fit.

Magic moments improves your spiritual and religious life. Significantly, starting your day to by sharing you should purpose with the world.

With the Magic Moment, you can transform into a 'new' your by follow the 3 E: enlightenment, exercise, and education.

Enlightenment (Personal)

For me, every day, adopt the and practice FeelGoodX 8 phase meditation with is with 3 R: Regard, Reflect, Reveal. You can choose whatever method that will help you to be the best version of yourself and let go of any stress or tension. It will help you to reset and clear your mind, preparing you to be your best and most powerful of the day.

Exercise (body)

Use for 20 minutes a day is not only helping you to stay fit and healthy, but it also helps your brain in term of mood memory and learning. In WebMd.com, it is mentioned that exercise boosts brain power and adds that it can 'melt away stress' give you more energy, ward off disease, and strengthen your heart. The Mayo Clinic says that exercise leads even to better sleep.

Educate (Mind)

You start your day by feeding your mind by reading or listening Audiobooks or Podcast. Choose what you want to study or your passion.

Whatever way, it suits you, go for it. It helps get new ideas quickly and without any effort.

The Power Of Positive Affirmation

An affirmation is something spoken that you want to believe or want to achieve. Repeating positive affirmations to yourself in daily basis can help your negative thoughts shift into positive thoughts. Create your own affirmations. Repeat these affirmations when you wake up, or before you present at work, or need to do things that needs some self-encouragements. Pick which affirmation you need daily.

1. _____

2. _____

3. _____

4. _____

- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Monday's affirmations

Tuesday's affirmations

Wednesday's affirmations

Thursday's affirmations

Friday's affirmations

Saturday's affirmations

Sunday's affirmations

Notes:

Daily Routines That Will Make You A Happier Person According To Science

Happiness is not something that comes naturally; it's something you have to work on. It can be a skill that can be developed and with proper practice, we can increase our level of happiness.

1. **Upgrade your environment and change your routine** - Very frequently, our environment and our schedules are connected to the past. Changing that connect

requires changing the schedule. But it doesn't need to be a major alter within the routine.

2. **Meditate** - Meditating doesn't make you more joyful. It progresses, your capacity to focus. Focusing will not, as it were assisting you get way better at overseeing your time, but will permit you to do more profound work, and create more important comes about in your life.
3. **Watch something funny** - Whereas sitting around idly on YouTube can become a time-consuming diversion, able to raise our happiness levels in the event that we're preoccupied about it. "A brief amusing and funny video clip, a speedy discussion with a companion or indeed a little blessing, can deliver noteworthy and quick boosts in cognitive control.
4. **Gratitude** - What you focus on is what you tend to take note in your life. In case you'll continuously focus on the things that you feel not worthy of your life, that will recognize the reality for you. One of the only ways to move that judgement is appreciating things.

Want To Change Your Health Start With Your Mind

Transforming yourself lifestyle habits to be healthy is not an easy task. We are always searching on dieting and exercising and it's sometimes overwhelming. Sugar is the enemy; don't eat rice it will make you fat and so on.

Why change your mindset first before engaging in diets and exercising? Not is everything in your mind, but behavior and habits usually how to think.

All our actions start with a thought. Normally how we think sets the stage for what follows. When it comes to your improving your health, challenging your mindset can lead to significant results and benefits if we can commit to the challenge.

Here are manageable changes in mindset that can lead to health benefits

Recognize your cravings

Cravings will be always comes unexpected, instead of avoiding it, why not recognize it for what it is. By recognizing your cravings you will be able to distinguish what would be the impact of it your body, how much do you need to be satisfied and learn to embrace your craving.

Formulate an exercise that is suitable wherever you go

In exercising, small efforts do come in vibrant outcomes, picking a small exercise during the day and connect them with your daily life activities. This will create a positive habit and your mind will be a condition of doing it again.

Here are some tips to start

- If you are stressed at work and needs some outlet do some push-ups every night before going to sleep, make it simple (beginners push-ups)
- While waiting for your boiled water for coffee or egg do some squats
- While working and sitting do toe raises and arm or neck stretching
- Instead of using the elevator or escalator take the stairs if you just need to go two-three levels only.

Get a shame buddy with the same goal

Sometimes, two is better than one. When it comes to working out, having a friend along for the ride – or lift – can be beneficial. Exercising with another person pushes you to do your workout and do it to the best of your ability. Another bonus – if you work out with a friend who is stronger or faster than you, you'll be more likely to test your own limits. While working out with others seem energized and fulfilling, you can also make it fun and enjoying like printing a T-shirt that say "I'm with my workout buddy for life."

How to stopped chasing happiness and started enjoying your Imperfect Life

Have you ever set an objective and after that gotten to be fixated with it, making it the center of your life and organizing everything else around it? Did you think that as it were after you accomplished your objective would you be completely loose and cheerful?

The issue with measuring your happiness by your achievements

Stop thinking how to achieve your goals and paid full attention to how you are feeling, take breaks for yourself, just think about your life.

Learn to be happy with your imperfect life

We all have the tendency to compare our life to others. Stop believing your life is a race and try to compete with other. Social media, where we see others successful in their own fields and we can't deny we crave these achievements.

Our happiness isn't the result of our exertion. It cannot be measured by our accomplishments.

Our Happiness is the course we select and the way we live our lives. For a few, joy is to hear your mom's or father's voice on the phone each day. It may moreover be hearing all the clever things that happened to your one-year-old cousin.

Spiritually Bankrupt

If your spirit is broken and if your connection to yourself and your values has been shaken, you can become ill.

Our connection to truth and values keeps us grounded in integrity. It helps us to stay aware of who you are at the core level, understanding my individual purpose and how to be present amidst the distractions of life.

The point is that having a positive belief system about who we are, our place in the world, and our interactions with others means faring better against the hardest parts of life. It makes me resilient, mentally and physically.

Identifying what makes up my spirit—my attitude, values, personality, passion—helps truly embrace my sense of self and feel greater awareness of my purpose in this life.

Mindful Breathing

Breathe in!

Breath out!

Pretty simple, right? We have been doing this since the moment we came into the world, all day and every day.

Believe it or not, mindful breathing can be the solid foundation of a happier and more meaningful life. It can grant the courage to accept failures. It is a way to treat others with the kindness, empathy, and compassion that everyone truly needs, and it helps to look outward and embrace the world. Spiritually speaking, breathing is where consciousness and subconscious meet. This resonated with scientific findings. Examining how breathing alleviates the fear state, and also the concept that breath is the one physiological system we can control.

Breathing is the number one nutrient and keeps your brain healthy and young, as it allows oxygen to enter our body. Our bodies need it every second of the day, throughout our entire

lives. There are different types of diets and nutrition, but oxygen is the most important nutrient we consume.

Breathing is the way we deliver oxygen to all cells in our body. If we are breathing poor quality air, we starve our muscles of oxygen. Breathing heavily through our mouth is not the best way, as it keeps the breath in the chest, which is not effective at oxygenating and removing carbon dioxide from the body. Slow, nasal, diaphragmatic breathing works well.

Once you got the hang of this, Start using this form of breathing to bring mindfulness into yourself, and slowly master it to improve various missing links in your life.

15 minutes mindful breathing is a great way to build resilience and reduce stress.

How to do it?

- 1.) Find a relaxed and comfortable position. You could sit on the floor or on a chair and place matting or cushion. Keep your back upright, but not too tight and Hand resting.
- 2.) Practice nasal breathing deep into your belly (abdominal area), put your hand on your belly, and breathe so your belly can rise and fall.
- 3.) Visualise your breathing not going into your chest but into your diaphragm. I
- 4.) Keep your mouth closed and your tongue at the roof of your mouth. This opens airways and conditions the muscles to hold your airways open.

As this breathing practice comes to an end, slow allow your attention to expand and notice your entire body and then beyond your body. When you're ready, open your eye and come back slowly, alert and awake. Set your intention to use this breathing exercise throughout the day to help cultivate and strengthen attention.

What did you felt after doing mindfulness breathing?

Meditation

When you're a city person, living in the fast lane and loving the exciting life, it also becomes so incredibly stressful that you'll not able to shake off the stress.

Meditating can help to avoid spiritual bankrupt, it greatly helps clear all the chaos of a busy mind, step back from my commitments, and regain balance between our mind and body. This

has been an essential step in rekindling spirit and regaining spiritual vitality. Meditation has changed our life.

Meditation on a daily basis not only helps improve our mental and spiritual health, but has also can help us to focus and present so that we can fully show up for the people and causes that matter to us.



 **FEELGOODX**
8-PHASE MEDITATION

Daily meditation is a life-changing experience.

Choose a calming environment, sit in a comfortable position, close your eyes, and take deep breath. With gentle relaxation of your physical body, move your focus to your body, part by part, and relax each section as you go.

-  **01 NAVY SEAL BOX BREATHING TECHNIQUE**
Inhale for a count of five, hold for a count of five, exhale for five, and hold for five. I count to about 60 before moving to the next step.
-  **02 REFLECT ON WHO I AM, MY PERSONAL ETHOS**
A key element is authenticity. Knowing who I am, where I stand on morality, and why I stand there is an essential step toward making better choices.
-  **03 CONSCIOUSNESS**
See myself for what I am, a piece of consciousness directly connected to every other life.
-  **04 WHAT AND FOR WHOM AM I GRATEFUL?**
Bring to mind big or small things or people I am truly grateful for. Express gratitude for those things and feel this gratitude vibrate all throughout my body.
-  **05 FORGIVENESS**
Who have I had conflict with? Imagine that person in front of me and apologise for any wrong that I brought to them. Ask for forgiveness. Forgive any wrong that they brought to me. Feel the feeling of forgiveness all throughout my body.
-  **06 DAILY INTENTIONS**
Who can I reach out to and serve or think about today? I visualise myself living the best version of today. I make it as vivid as possible in emotions of joy, excitement, and gratitude. This prepares my mind with purpose and a winning mentality.
-  **07 MY PERFECT FUTURE**
What is my purpose? I mentally tell myself all the different aspects of my life as I want them to unfold for a better life.
-  **08 BLESSINGS**
I call on my inner strength and higher power that I believe in and ask for energy, support, and blessings to make my dreams/purposes come through. Feel this support and energy all around me with positive/protective energy embracing me.

Bring myself slowly out of meditation within 2-3 minutes.

Principles Of Meditation

Slip into the gap

Most of the time, our mind is caught up in thoughts, emotions, and memories. Beyond this noisy internal dialogue is a state of pure awareness that is sometimes referred to as *the gap*.

Release our intentions and desire

Once established in a state of restful awareness, release intentions and desires. The best time to plant our intentions is during the period after meditation, while our awareness remains centered in the quiet field of all possibilities.

Remain centered in a state of restful awareness

Interaction is much more powerful when it comes from a place of contentment than if it arises from a sense of lack or need.

Detach from the outcome

Relinquish any rigid attachment to a specific result, and live in the wisdom of uncertainty.

Let the universe handle the details

Our focused intentions set the infinite organizing power of the universe in motion. Trust the infinite organizing power to orchestrate the complete fulfillment of your desires.

Abundance mindset

Imagine you're scuba diving with you and his/her oxygen malfunctions.

Then you need to help and share your oxygen.

The oxygen may not enough for both of you.

Think of people who look to the world this way.

Stuck and have limited mentality

If we interpret this to the different areas of your friend

Your friend has a less of everything in his/her world

Do you know people like this?

It is very stressful or should we say its toxic for several reasons

- You blame others and things you can't control
- You're a victim to circumstance
- You focus on what's not working for you
- You're often overwhelmed by your surroundings

Let's imagine the opposite side

Now imagine you're walking with your friend. There's plenty oxygen that you and your friend can take. With an abundance mindset life has enough resources for everyone. People with an abundance mindset always think and act in a positive way and have a win-win mindset.

Advantages

- You create your reality
- You connect with others
- You feel fulfilled and inspired
- You celebrate other's achievements
- You're confident in your own strengths and abilities to create success.

Do Have Adaptability?

Versatility is your capacity to adjust. It's your aptitude. Individuals with adaptability are both versatile and flexible. Of course, our level of versatility can be more grounded in a few circumstances than others. For an instant, we tend to be more versatile at work with individuals we know less, and less versatile at home with individuals we know way better. Additionally, studies appear that individuals see themselves as more adaptable and flexible than they really are. That's since we all yearn to those behaviors, and we judge ourselves on how we proposed to act as well as to how we do act. But shockingly, our activities don't continuously coordinate our excitedly. Another reason for the crevice between our perfect versus our real level of versatility is that it's not simple. That's why it's too vital to know your characteristics that weaken your capacity to adapt—the negative characteristics that weaken your versatility.

Gratitude

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with gratitude of those who have lighted the flame us.” – Albert Schweitzer

Gratitude is a powerful force that we can use to expand our happiness, create loving relationships, and even improve our health.

Many scientific studies, including research by renowned psychologists Robert Emmons and Michael E. McCullough, have found that people who consciously focus on gratitude experience greater emotional wellbeing and physical health than those who won't.

Gratitude is a powerful force that we can use to expand our happiness, create loving relationships, and even improve our health.

Saying thank you and showing your gratitude with a handwritten message can make all the difference.

Being grateful is also creating a sense of thankfulness towards the world. People who are grateful are thankful and have the gift of enjoying and valuing what they have, and does not constantly seek more.

Write down eight simple things that you're grateful

I'm grateful for	Why?
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____

Be Grateful Everday

“Gratitude is a powerful catalyst of happiness. It’s the spark that lights a fire of joy in your soul.”
– Amy Collette

We all experience different challenges in a day and it is easy to not always recognize the things we must appreciate around us. Take a minute to write something that positive happened to your day that you were able to be thankful. Whether it is receiving positive words from your boss, a beautiful sunrise or sunset, or drinking a coffee. Take a minute to recall and describe the events and why it is special for you.

“I always start the day with a refreshing cup of hot coffee feel grateful for the hard working coffee farmers who dedicated their time making these coffees”

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

I Challenge You

Think of a friend, loved one, coworker, love one, family member

Now write down 5 things that you're grateful for about that person

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

Noe sends it to them by text, call, email, social media.

For example

Dear John here are 5 reasons I am grateful for YOU

1. YOU send me encouraging messages that motivate me every day
2. YOU share inspiring quotes to others
3. YOU care for me all the time
4. YOU always call me to check if I'm okay
5. YOU give laughter and to everyone

The Kaizen

The Japanese word Kaizen interprets to "good change." It is a Japanese productivity philosophy that can help you organize everything you do. And it means "constant, continuous improvement," and is a mindset or behavior you can apply it in every area of your life, at your job or in your personal life.

Whereas Kaizen is ordinarily connected to mechanical forms like supply chain and coordinations, it's valuable within the setting of individual efficiency and work propensities, as well

Kaizen is less about hustle and working increasingly, approximately astute alterations, tolerating disappointment, and applying learnings in arranging to work way better.

Basic Principle of the Kaizen approach

- Standardizing a practice so that it's repeatable and organized
- Focusing on measurability and assessing advance utilizing data
- Comparing comes about against your prerequisites
- Innovating unused and way better ways to attain comparable results
- Responding to changing circumstance and advancing your strategies over timHappiness and goal setting is a multi-faceted process, with achievement being the clearest indicator of success. However, without the right mindset, you may not get that far. An undertaking that easily escapes even the most well-intentioned individuals, achieving a goal requires more than a mere action to succeed.

Our Mindset is link to our emotions, behaviour, body and how we see the world. Taken a step further, is what determines whether someone will dig deep and work through hardships to succeed, or simply claim defeat. It includes exercising courage, sustaining effort over long periods and leveraging self-talk to move through each pivotal phase, before ultimately accomplishing the underlying goal.

Are you ready to see your results? If so, make a conscious decision to master your mindset and reach for greater success.

What are my goals?

What are my first steps?

How do I hold myself accountable?

Write down your own incantation for this week's theme

This winding road is your guide each week. In the space below write down your own intention and three words, what you are excited for this week.



Here's a quick summary of what you have learned this week:

- Your mindset cause people to deal with setback differently.
- Your mindset can help you stay healthy.
- There are different ways you can do develop our mindset.
- There two types of mindset growth and fixed mindset
- Your mindset is important for learning new skills.
- With the right mindset you are capable of doing the anything.
- Keeping a positive mindset is of prime importance for you to focus on your life goals and work hard toward achieving them.