

MENING

A.K.A. SENSE-MAKING

100% GODT LIV



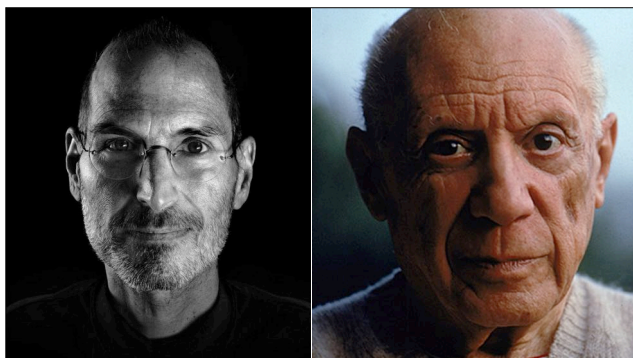
"He who has a why to live for
can bear almost any how."

F. Nietzsche

**Forstå
hvordan du selv skaber mening**

Den primære 'driver' af konstruktive
handling i en gruppe er mening.









**Hvad giver mest mening
for dig?**

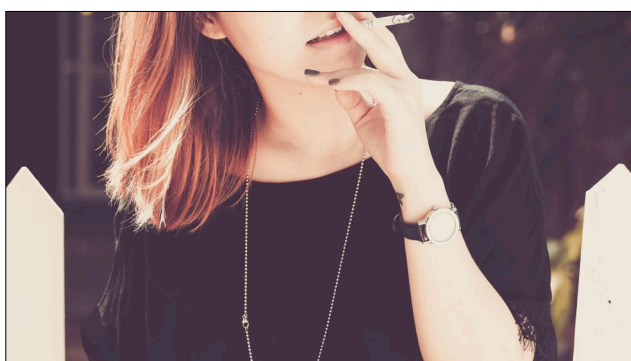
Du kan selv skabe
MENING











MINDSET

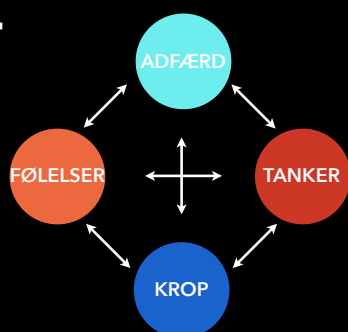
DE FIRE ELEMENTER I MINDSET

100% GODE LIV

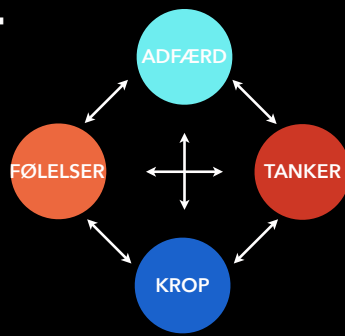


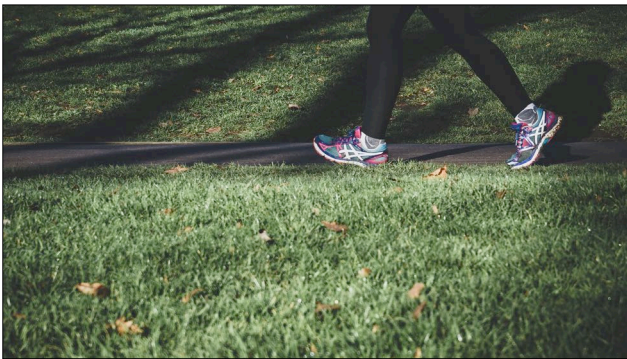
40% MINDSET 10% OMSTÆNDIGHEDER 50% MENING

MINDSET MODEL



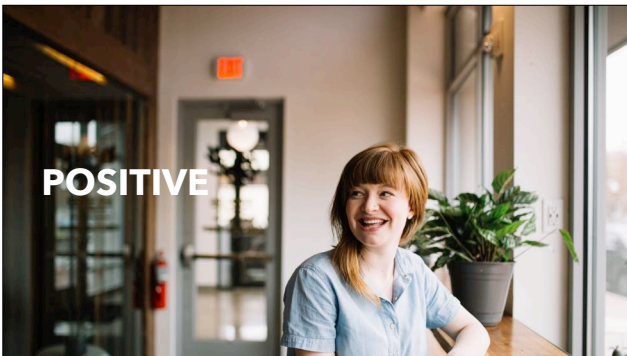
MINDSET MODEL



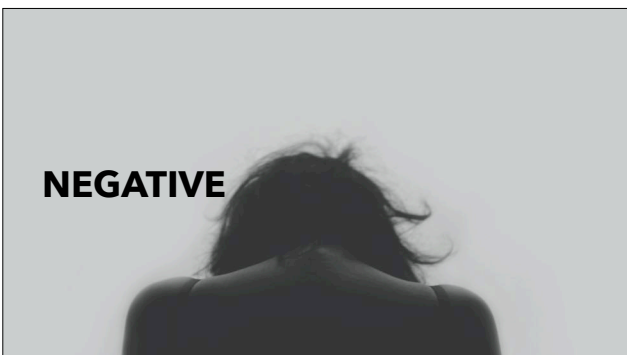


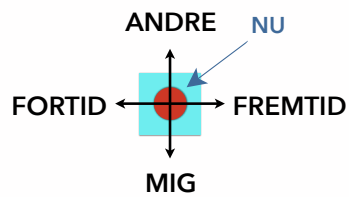
TANKER

POSITIVE



NEGATIVE



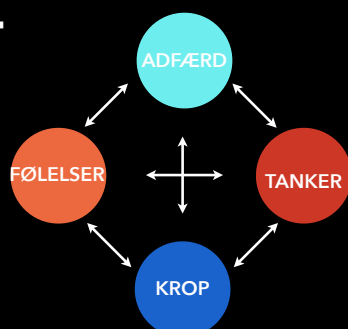


POINTEN!

HVEM KØRE BUSSEN?

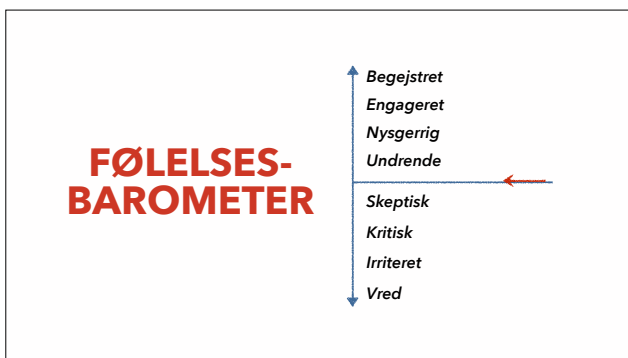
FØLELSER

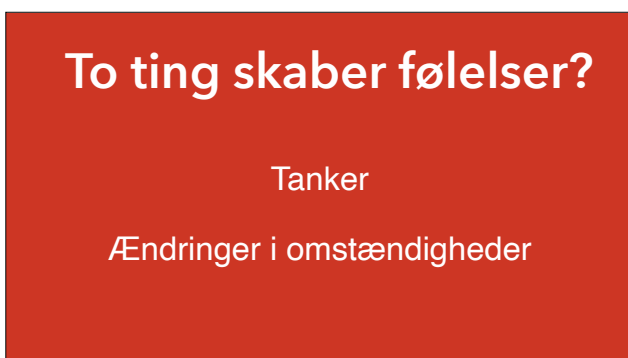
**MINDSET
MODEL**

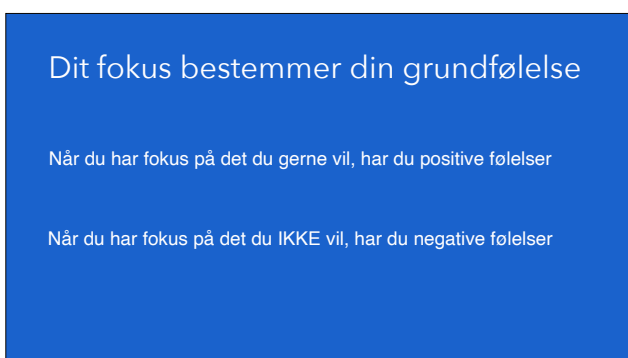












90 sekunders reglen



Hvor er dit fokus?

Hvad vil jeg undgå? => Negative følelser

Hvad ønsker jeg? => Positive følelser

Hvad er dine forventninger?

Når ting går som jeg forventer – er jeg følelsesneutral

Når ting går bedre end forventet – bliver jeg glad

Når ting går dårligere end jeg forventer – bliver jeg vred/irriteret

"Ting" = omstændigheder

Hvad er forholdet mellem Positive og Negative tanker?

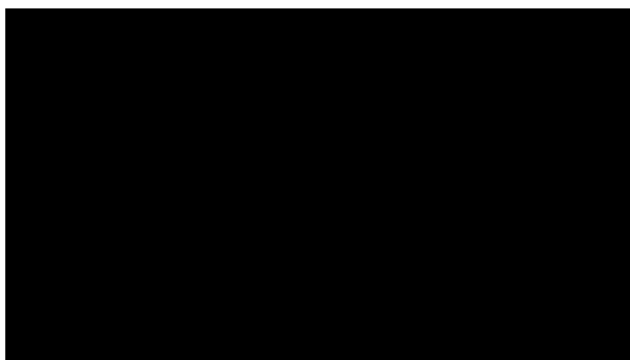
5:1 Stortrives

2:1 OK – sådan lige

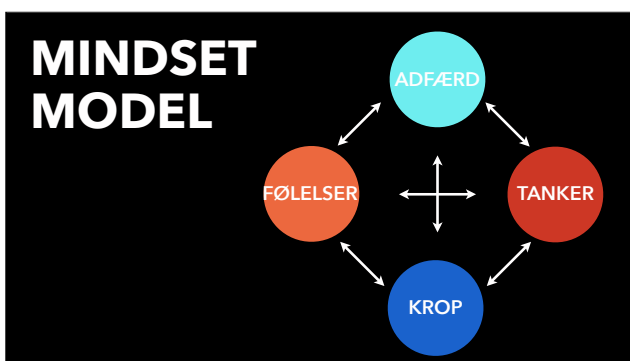
1:1 Trist / deprimeret

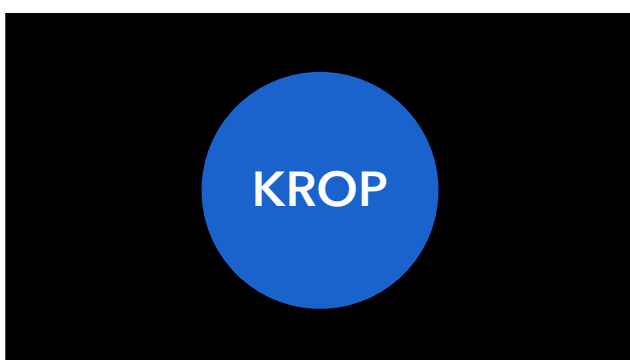
OBS! Din hjerne har sandsynligvis negativ slagside





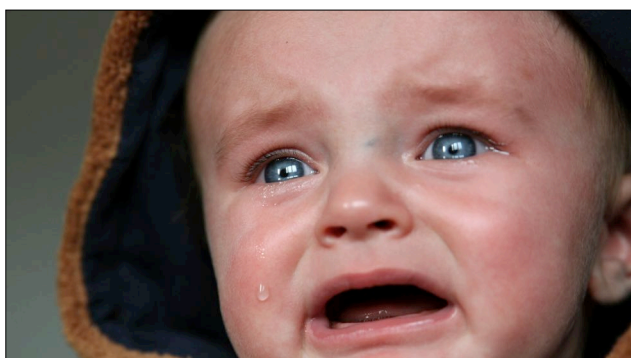








ÅNDEDRÆT
HVILE
MOTION
MAD

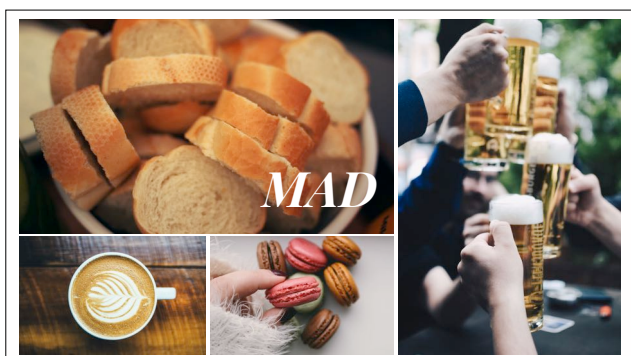


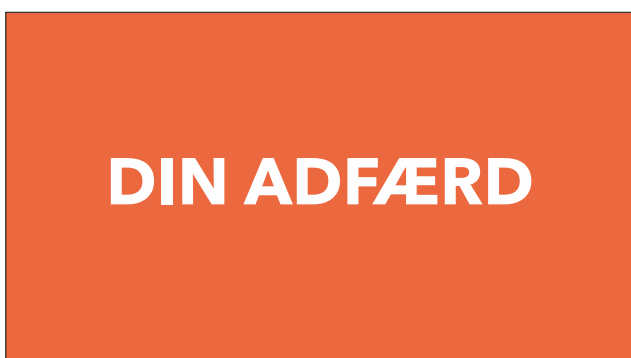


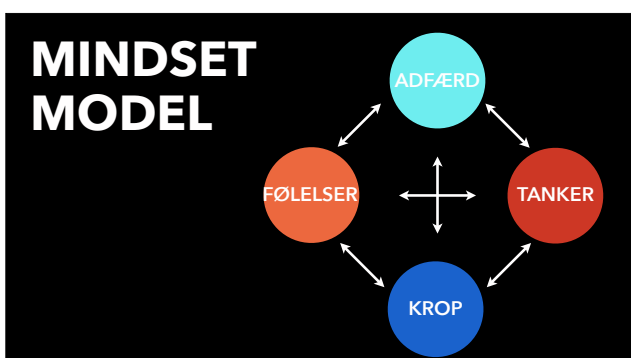


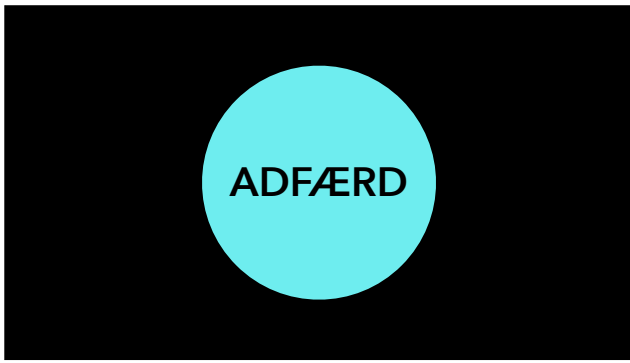








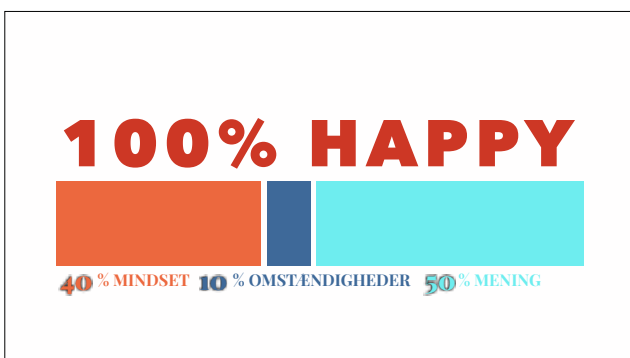




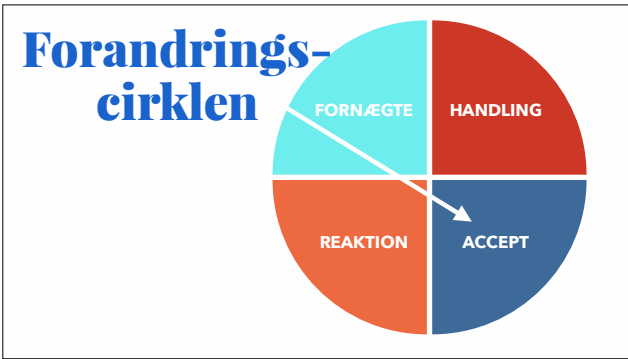


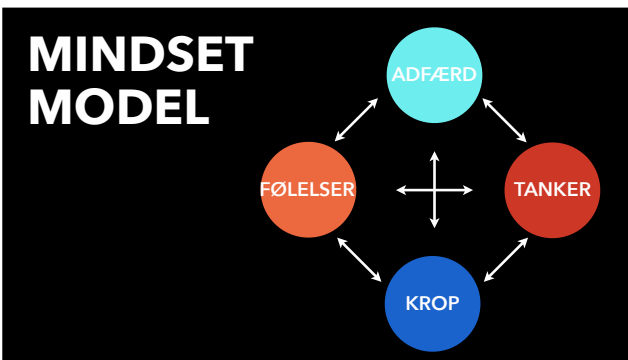


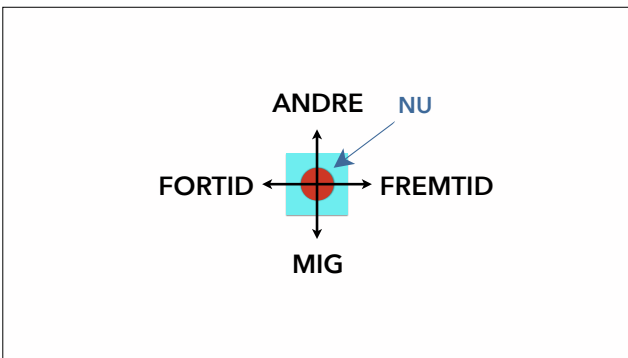


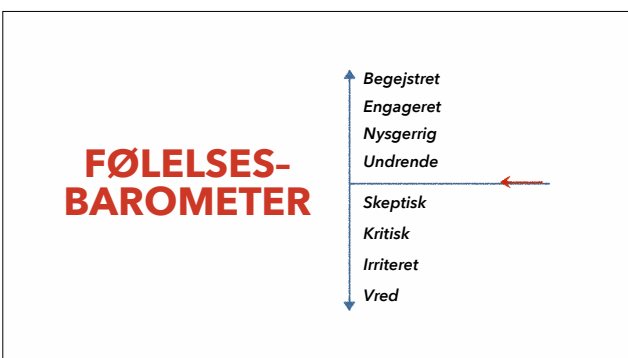












HUSK!

Du er chauffør i din egen bus
