

Self-awareness –  
understanding your personal  
operating system

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Let's start by talking operating system

The operating system that runs you and your life

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What in your opinion  
constitutes a good life?



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Mindset + circumstance + meaning

- Mindset
- Circumstance
- Meaning

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Mindset + circumstance + meaning

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Mindset + circumstance + meaning

40%

10%

50%

## Circumstances

- Shifts in circumstances
- Winning the lottery
- Waking up a paraplegic

## Coping with circumstances

You have three options:

- Live with it
- Change it
- Or walk away

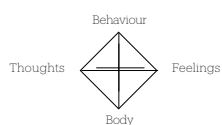
## Meaning

- Aka sense-making
- You need things to be meaningful and so do they
- What is meaningful to you?

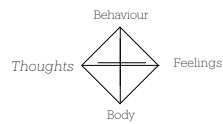
## Mindset

The four elements of mindset:

- Thoughts
- Feelings
- Body
- Behaviour



## Thoughts



- You are not your thoughts
- You can only think one thought at a time
- Your focus will determine the tone of your thoughts and your emotions

Thoughts influence: feelings, body, and behaviour

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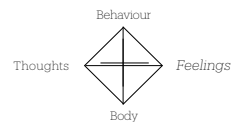
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## Feelings

Basic feelings:

- Anger
- Fear
- Sadness
- Surprise
- Disgust
- Joy/happiness



Feelings/emotions influence: thoughts, body and behaviour

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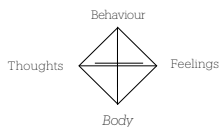
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## Body

Your body is influenced by

- Food
- Exercise
- Restitution



Your body state influences: thoughts, feelings and behaviour

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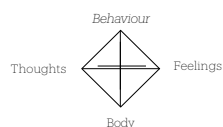
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## Behaviour



Your behaviour: How do you comport yourself

- Head down, shoulders rounded triggers sadness, negative thoughts
- Head high, shoulders back triggers confidence, positive thoughts

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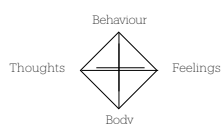
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## Mindset



– you decide the preference settings in this operative system

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Wrapping up

Mindset + circumstance + meaning

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