



**MAKE TODAY
RIDICULOUSLY
AMAZING.**





Sage wisdom...



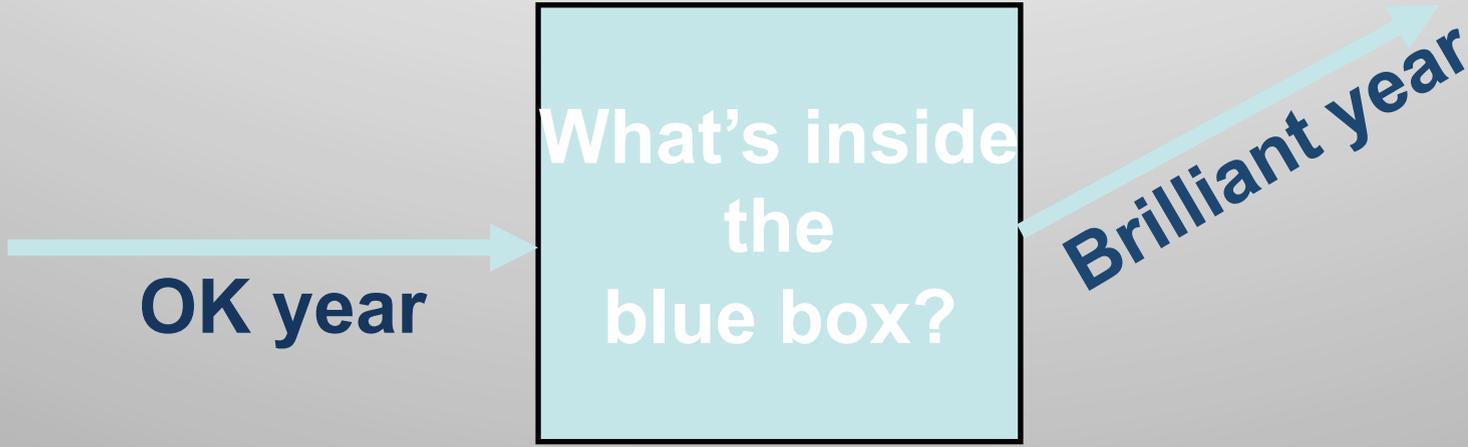
**Life is a
one-time
offer...**

Use it well!

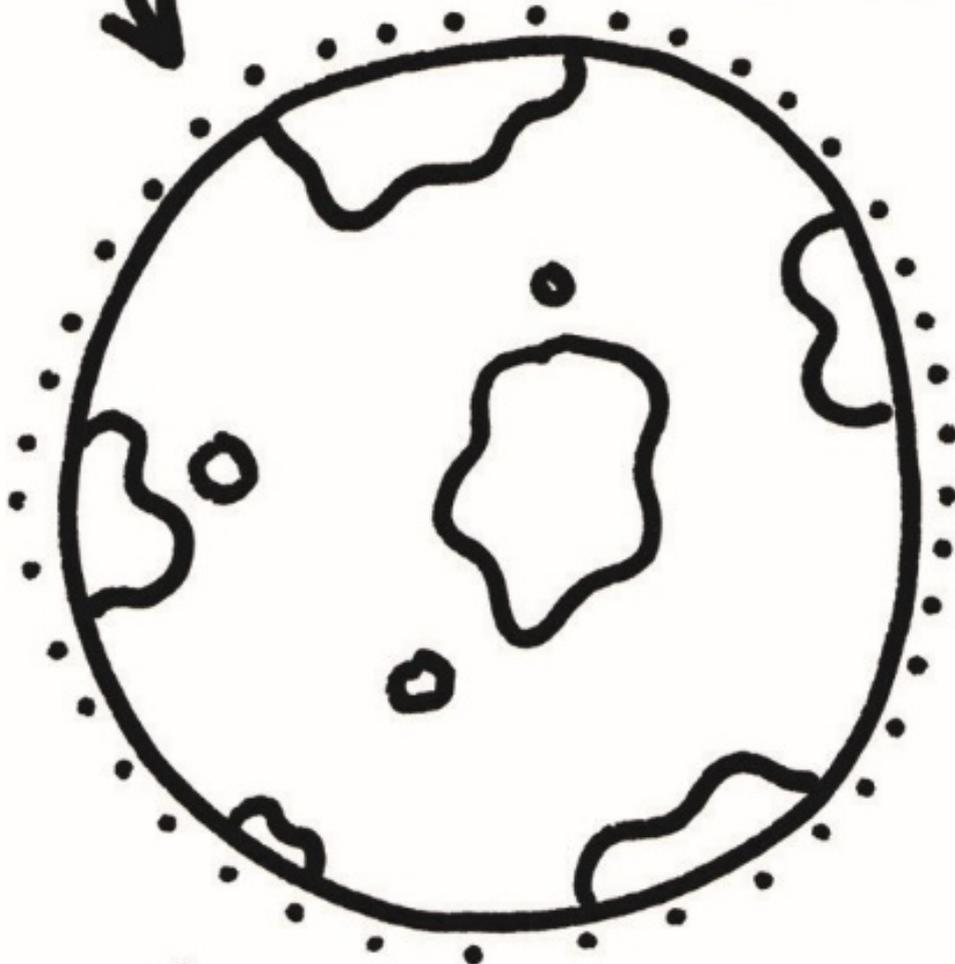
OK year

**What's inside
the
blue box?**

Brilliant year



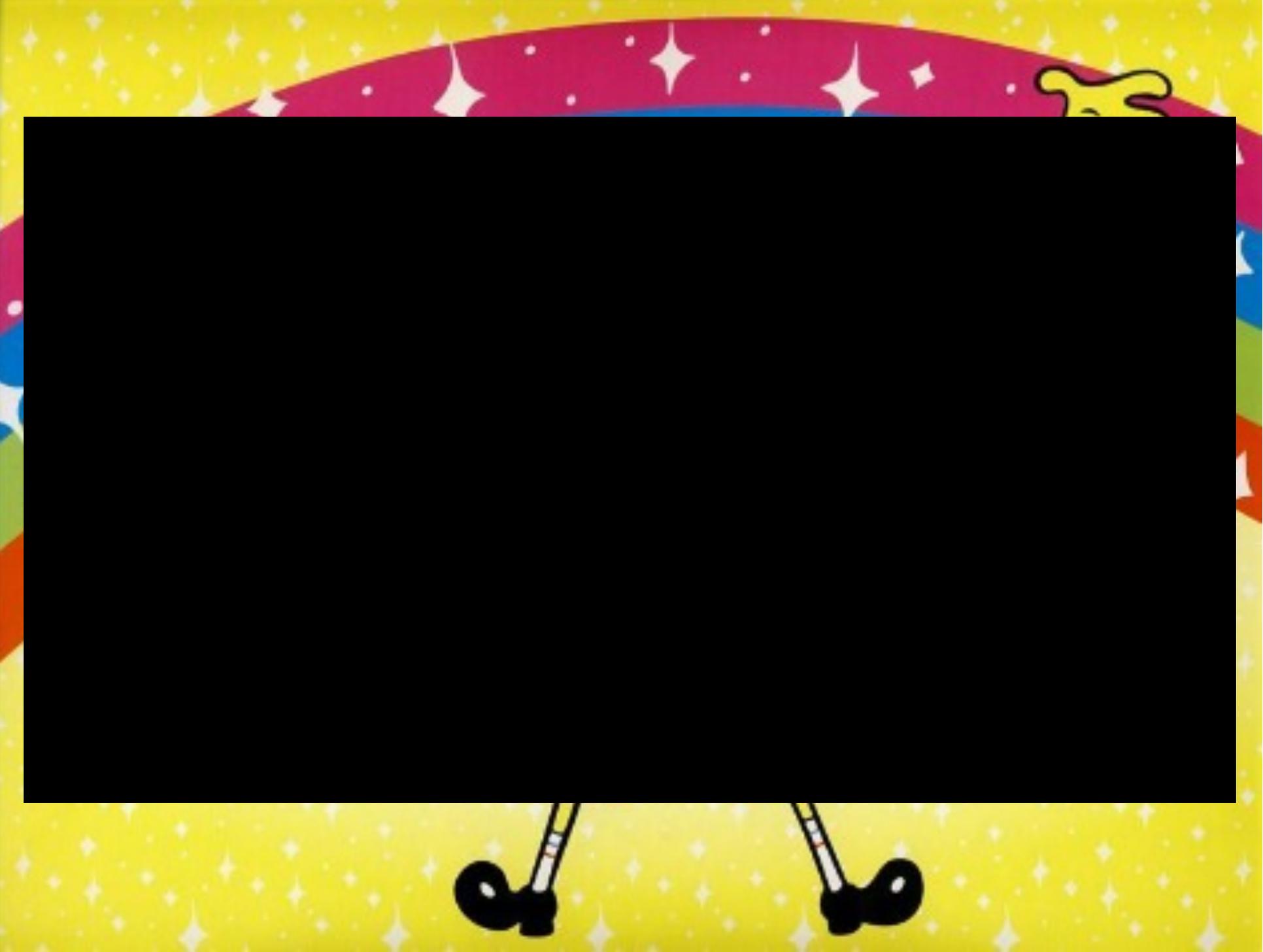
you've got just 4000
weeks here!



#DoSomething!

TODAY I'M GOING TO
BE MAGNIFICENT



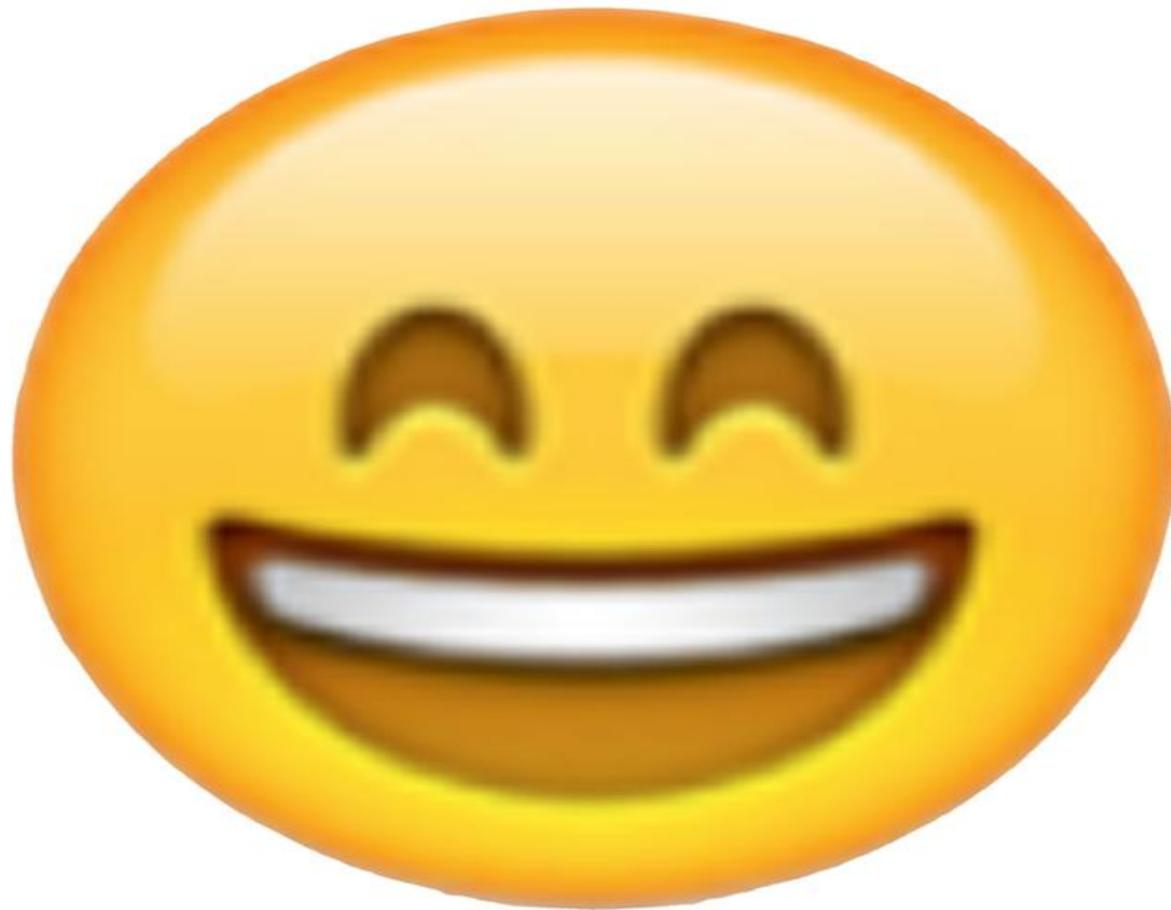


'mood hoovers'

v

'2%ers'

Are you a 2%er or a moodhoover?



upper level (positive)

2%



'mood hoovers'

lower level (negative)

YOUR CHANCE TO SHINE!!!

- In your groups talk about the following questions, you've got 7 minutes and then we will share our ideas.

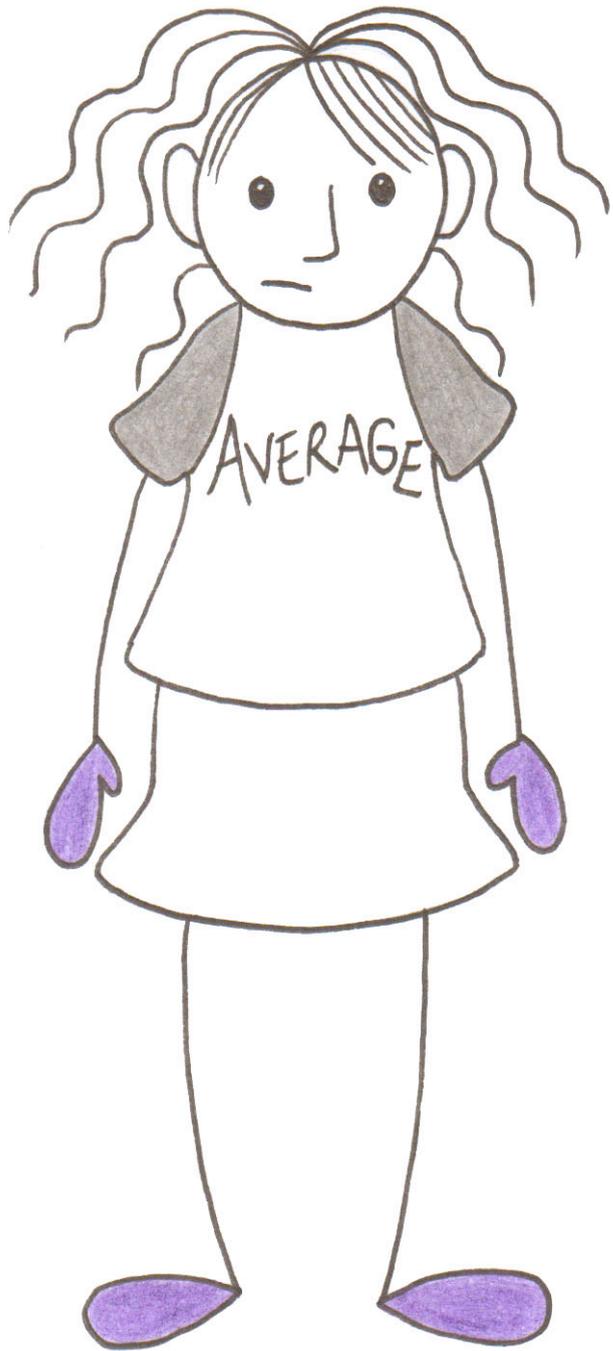
1. Why are so many people stuck in the moodhoover zone?
2. What's the point of being a 2%er?
(what's in it for you?)
3. What's this got to do with school?
4. What's this got to do with outside of school?

It's Monday morning.
You're still tired. You're
coming downstairs for
breakfast

The lesson's a
little bit boring

This is an
awareness test.

Awareness Test



»H.U.G.G

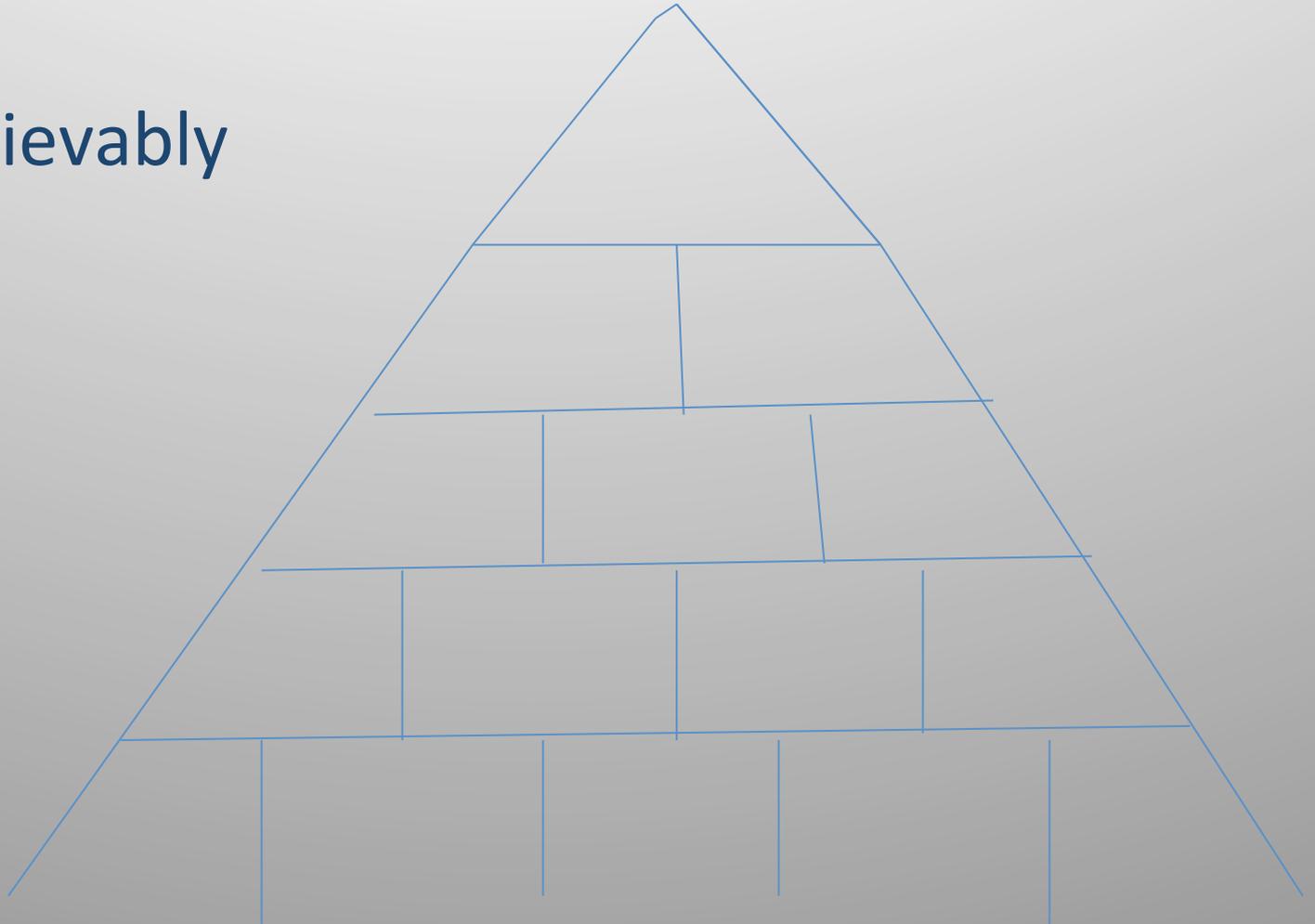
Huge
Unbelievably
Great
Goals



Jim's focus was all wrong

HUGGS

- Huge
- Unbelievably
- Great
- Goals

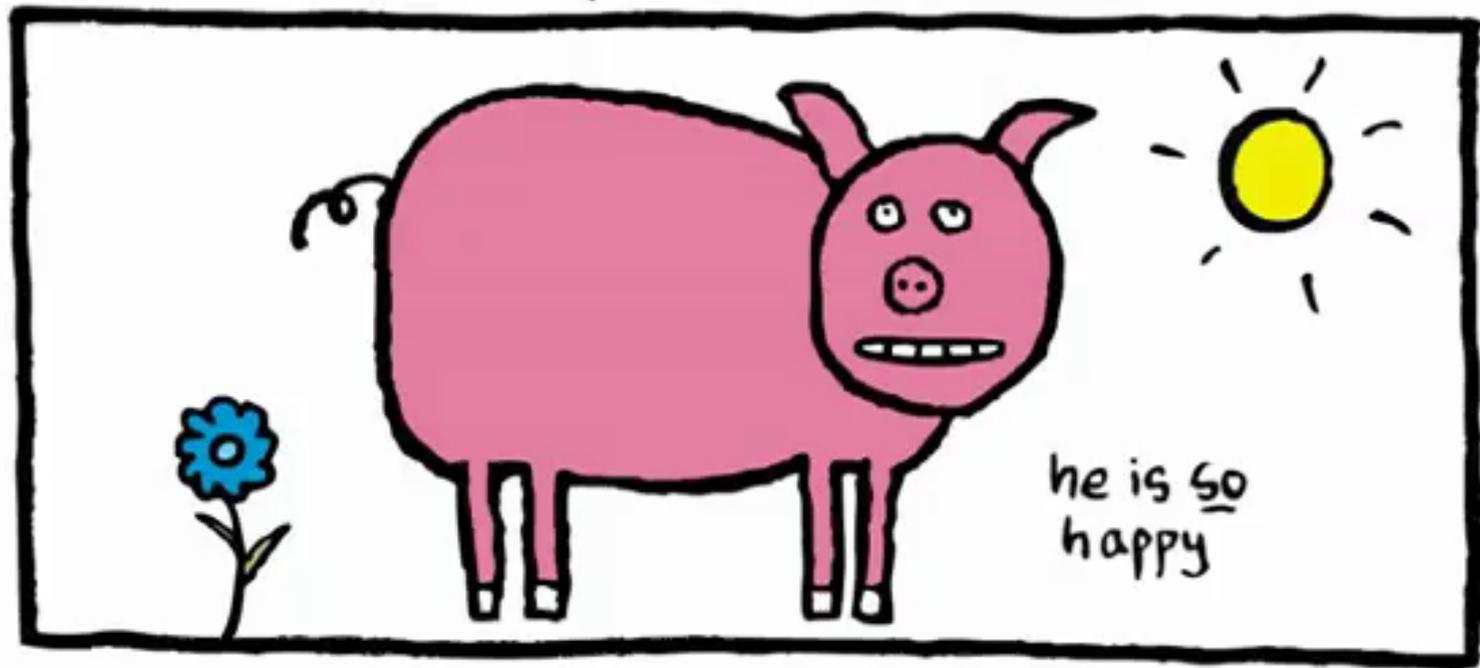


A signpost with two green directional signs. The top sign is a green arrow pointing to the right with the word 'SUCCESS' written in white capital letters. The bottom sign is a green arrow pointing to the left with the word 'FAILURE' written in white capital letters. The signpost is a grey pole against a clear blue sky.

SUCCESS

FAILURE

THE PIG OF HAPPINESS



Edward Monkton

What's the message
from *'The Pig of
Happiness'*?



skype

SkypeLaughterChain.com

What **3** things can *you* do to
make mum/dad/gran go

'WOW!'...

What's stopping you?

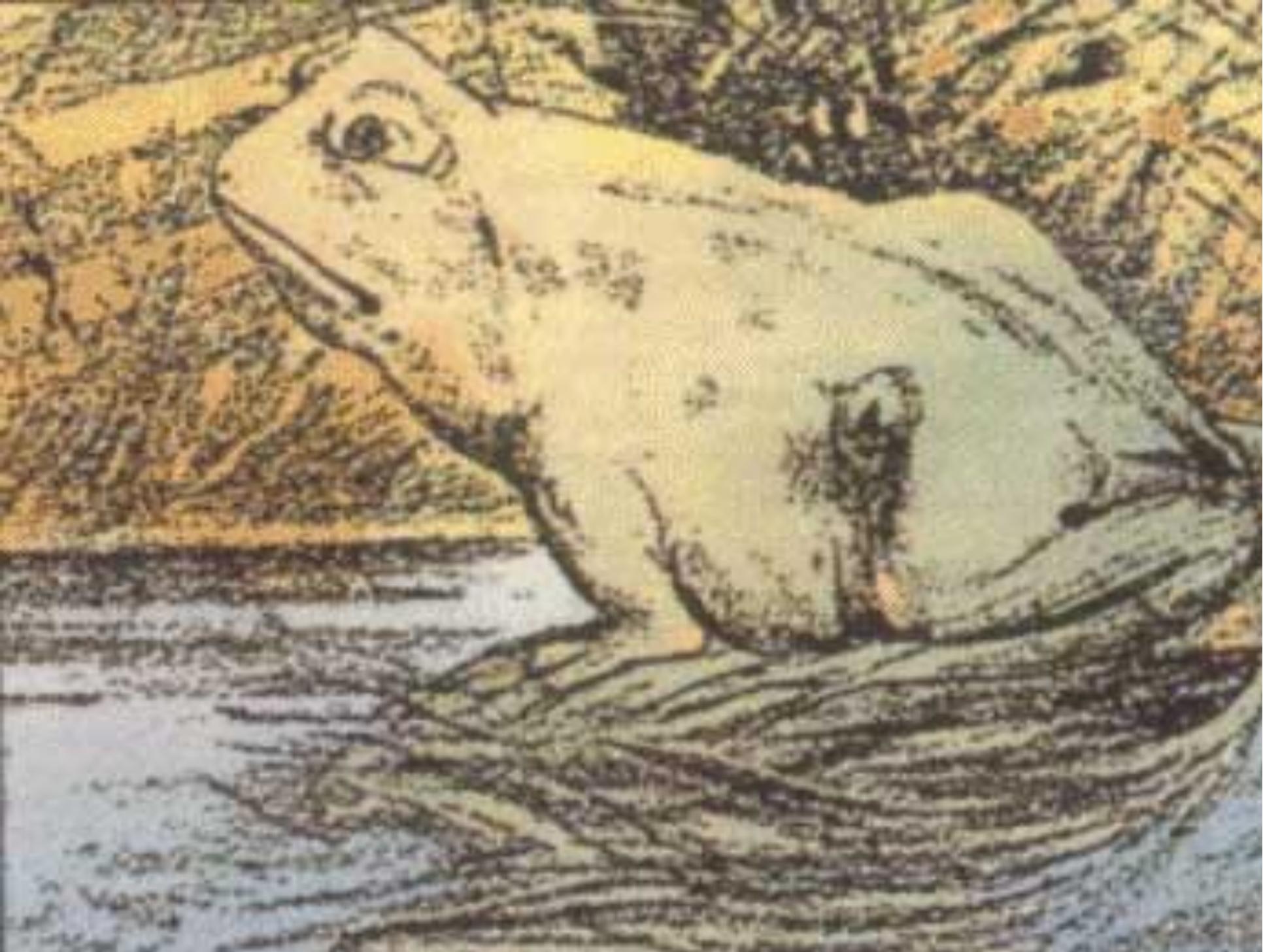
IT CANNOT DO IT...





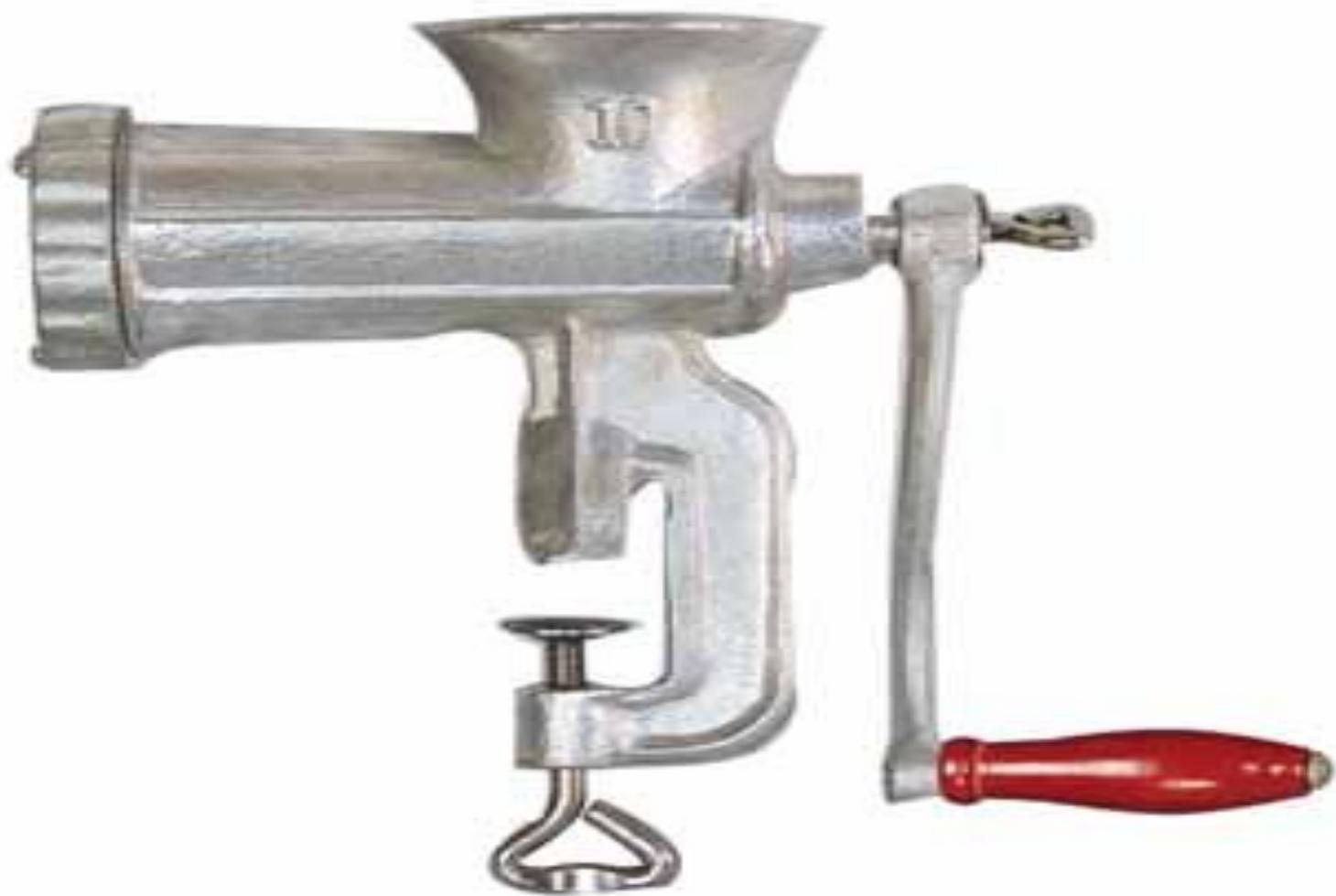
brain test

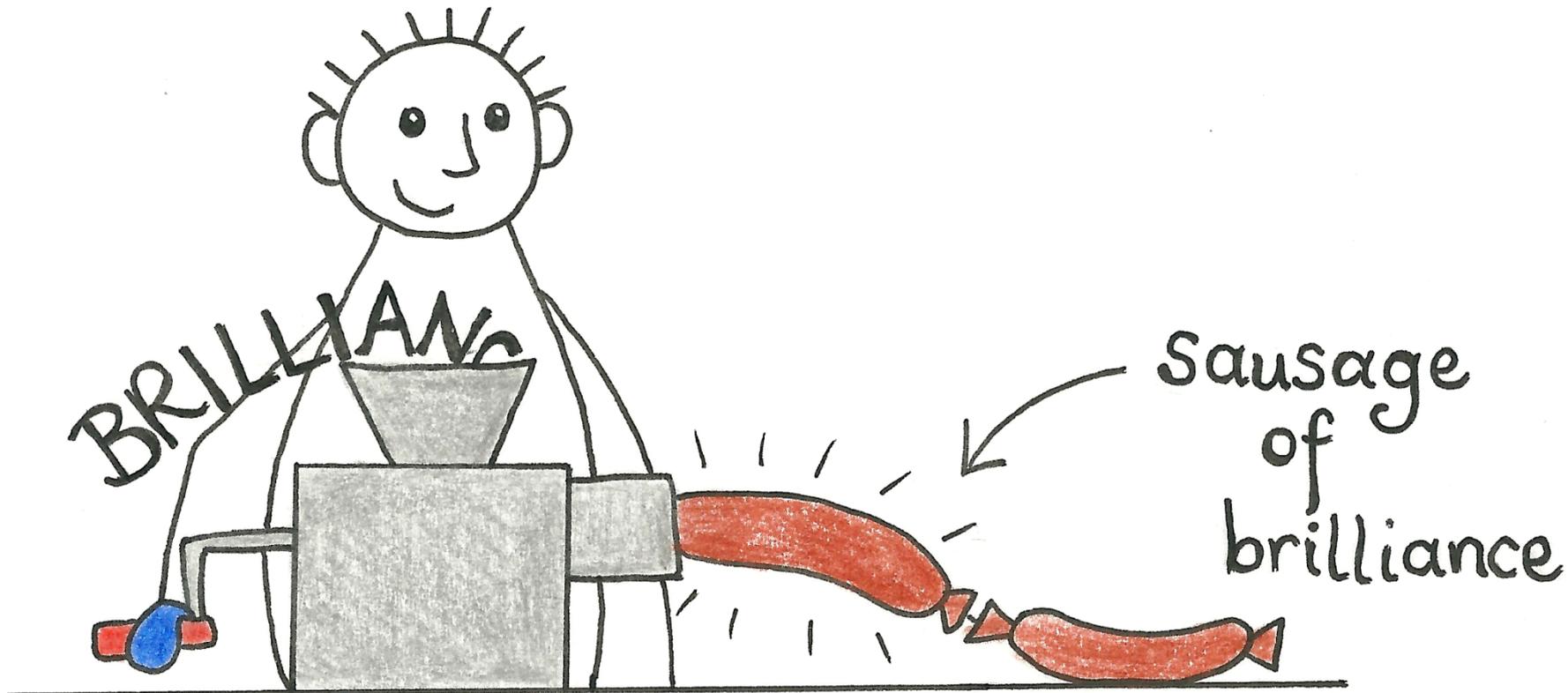
Spot the horse



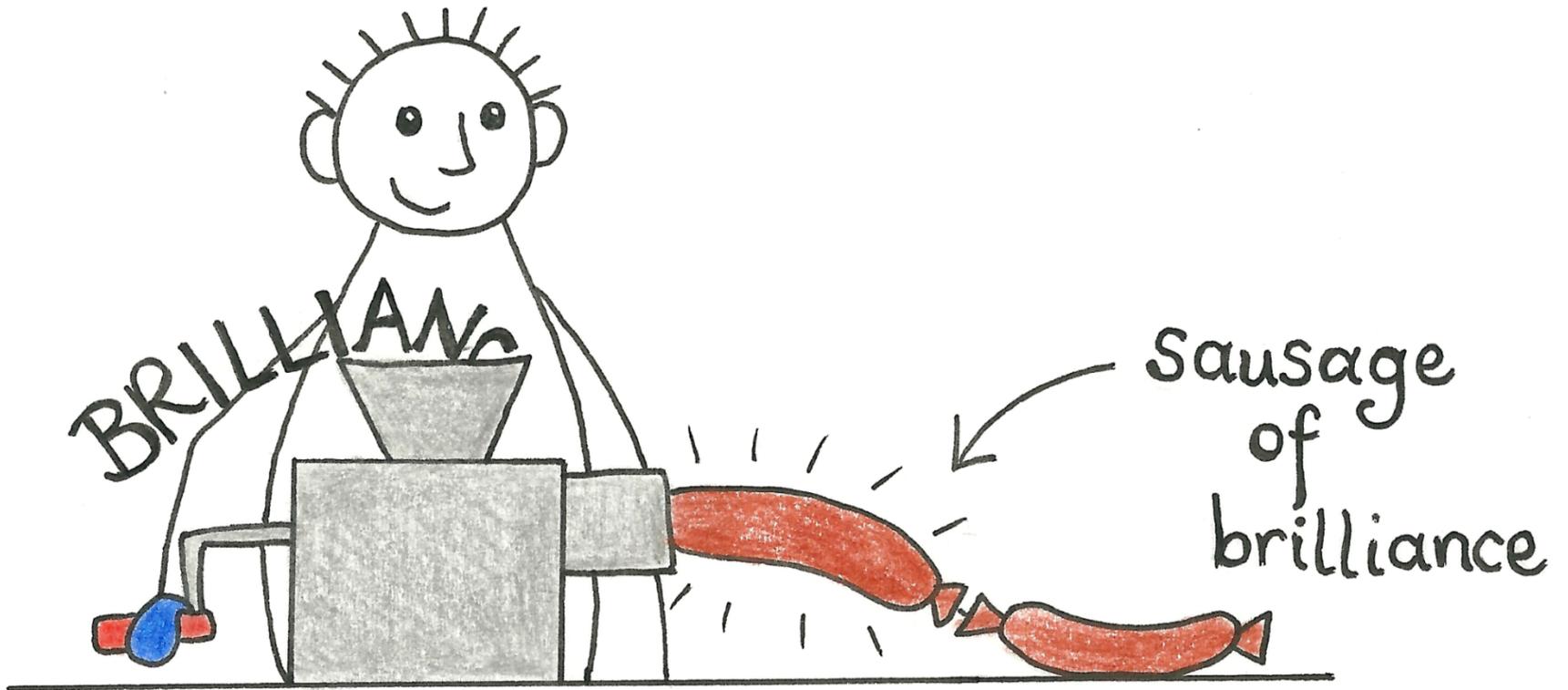


The Sausage Machine





1. List at least 6 ingredients you will be putting in from now on
2. Why bother?



BRILLIANCE

Sausage
of
brilliance



brain test





Barcelona '92



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2037



20 years from now...

1. Describe your life as a 2%er

What job are you doing? How do you feel? Who are you with? How do people describe you? What have you achieved? What's your lifestyle?

**IF IT IS IMPORTANT
TO YOU, YOU WILL
FIND A WAY.**

**IF NOT
YOU'LL FIND
AN EXCUSE**

Bouncebackability



**What's
stopping you?**

**Questions to help
you bounce back...**

- 1. Where is this issue on a scale of 1-10?**
- 2. Is my response sensible?**
- 3. How can I improve the situation?**
- 4. What can I learn from this?**
- 5. What will I do differently next time?**
- 6. What can I find that's positive in this situation?**

You get a bad result in a test

- 1. Where is this issue on a scale of 1-10?**
- 2. Is my response sensible?**
- 3. How can I improve the situation?**
- 4. What can I learn from this?**
- 5. What will I do differently next time?**
- 6. What can I find that's positive in this situation?**



brain test

Find the

hidden giraffe



GIRAFFE

A 'thank-you' letter

Think of someone who has helped you in life.

Write them a letter, saying how they've helped you and how truly grateful you are. Say what they've done, what qualities they have and how you feel about them

ARE YOU LIVING YOUR DREAM?





brain test



How many people can we influence?

- How many people do you meet every day?
- How many people do you think they meet?
- How many people do you think they meet?

you
are
amazing

REMEMBER THAT.



6 things to do...

1.4000 weeks

2.Moodhoovers Vs 2%ers

3.Choose to be positive

4.Sausage machine

5.20 years from now

6.Bounceback-ability