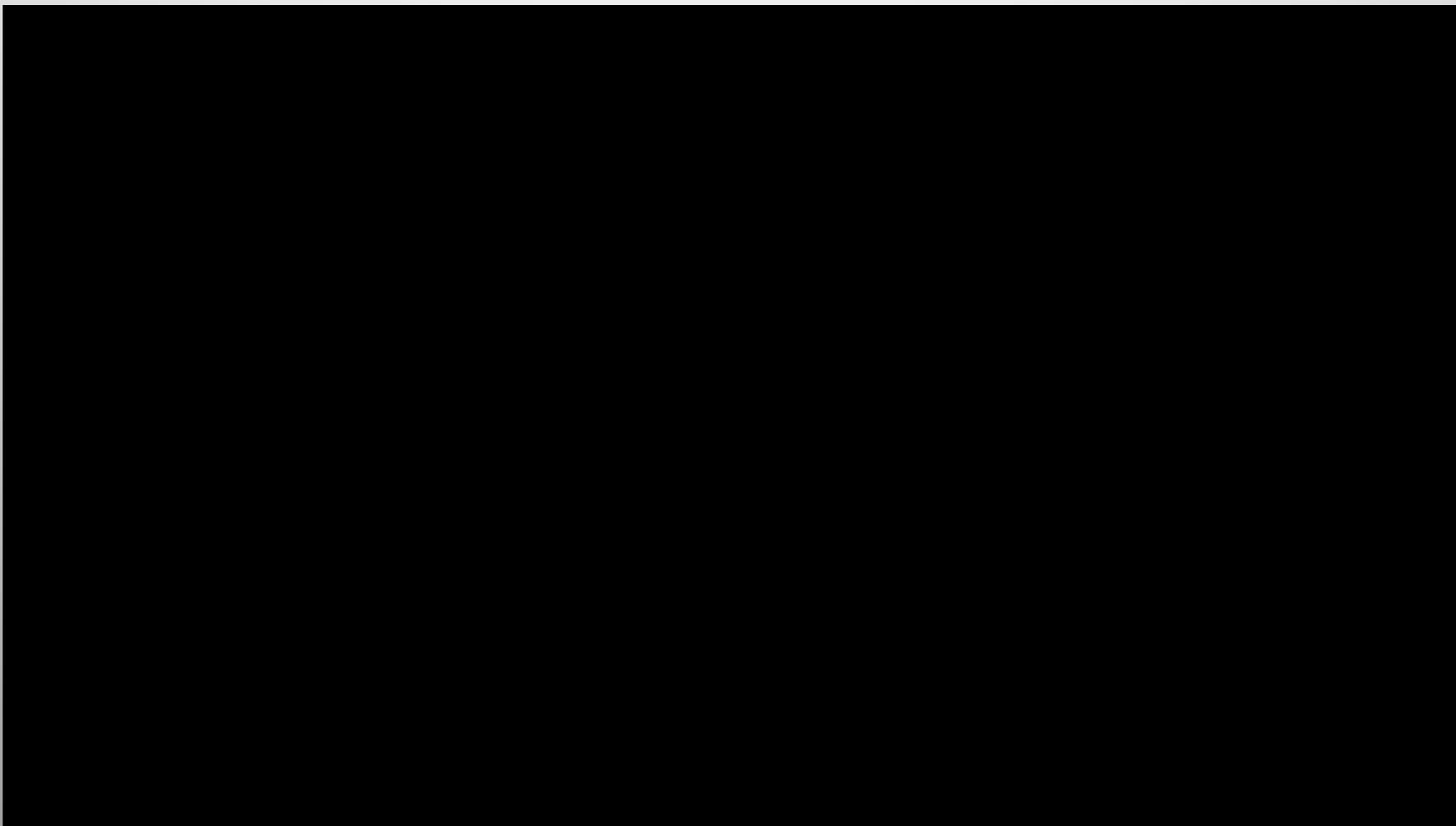




**MAKE TODAY  
RIDICULOUSLY  
AMAZING.**





**Sage wisdom...**



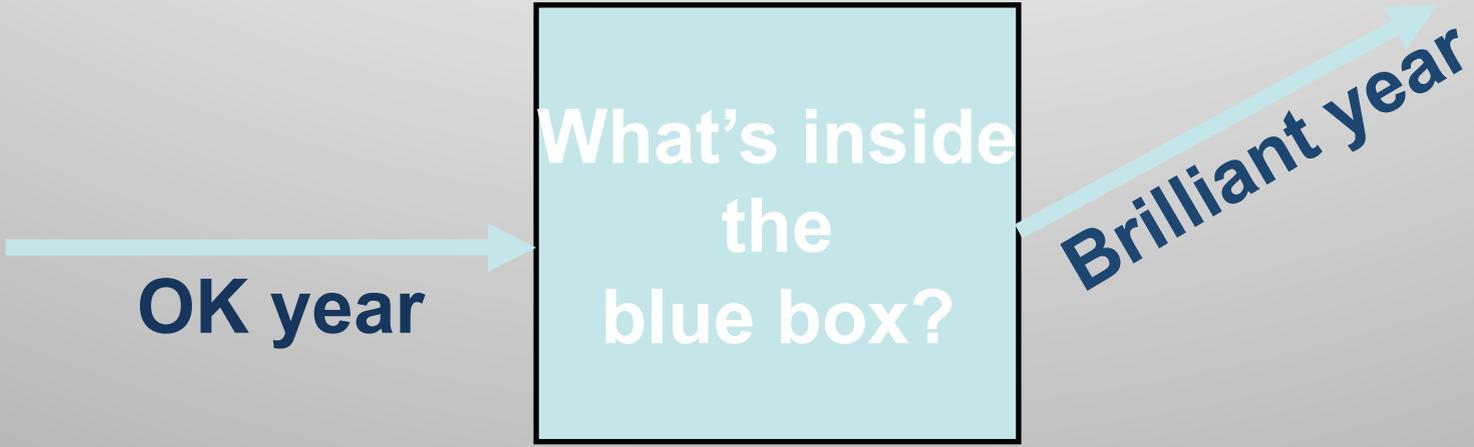
**Life is a  
one-time  
offer...**

**Use it well!**

**OK year**

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

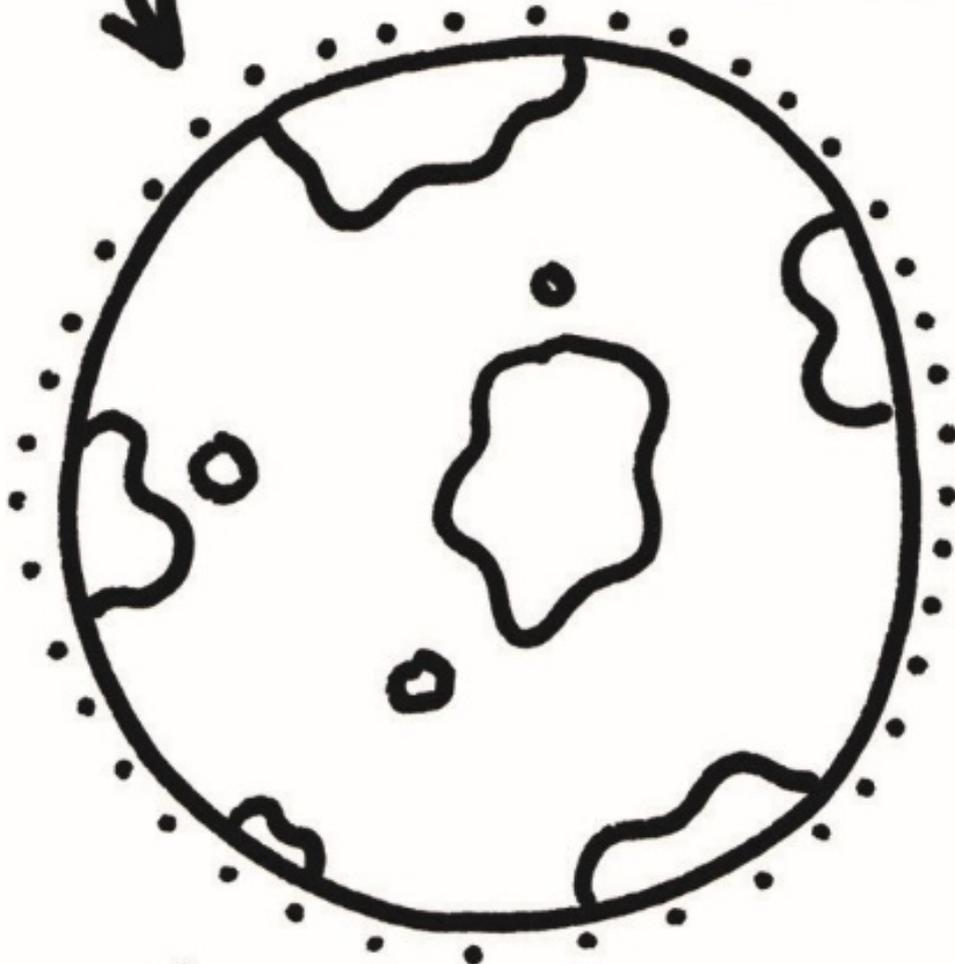
**Brilliant year**





**29 000 days  
or 4000 weeks**

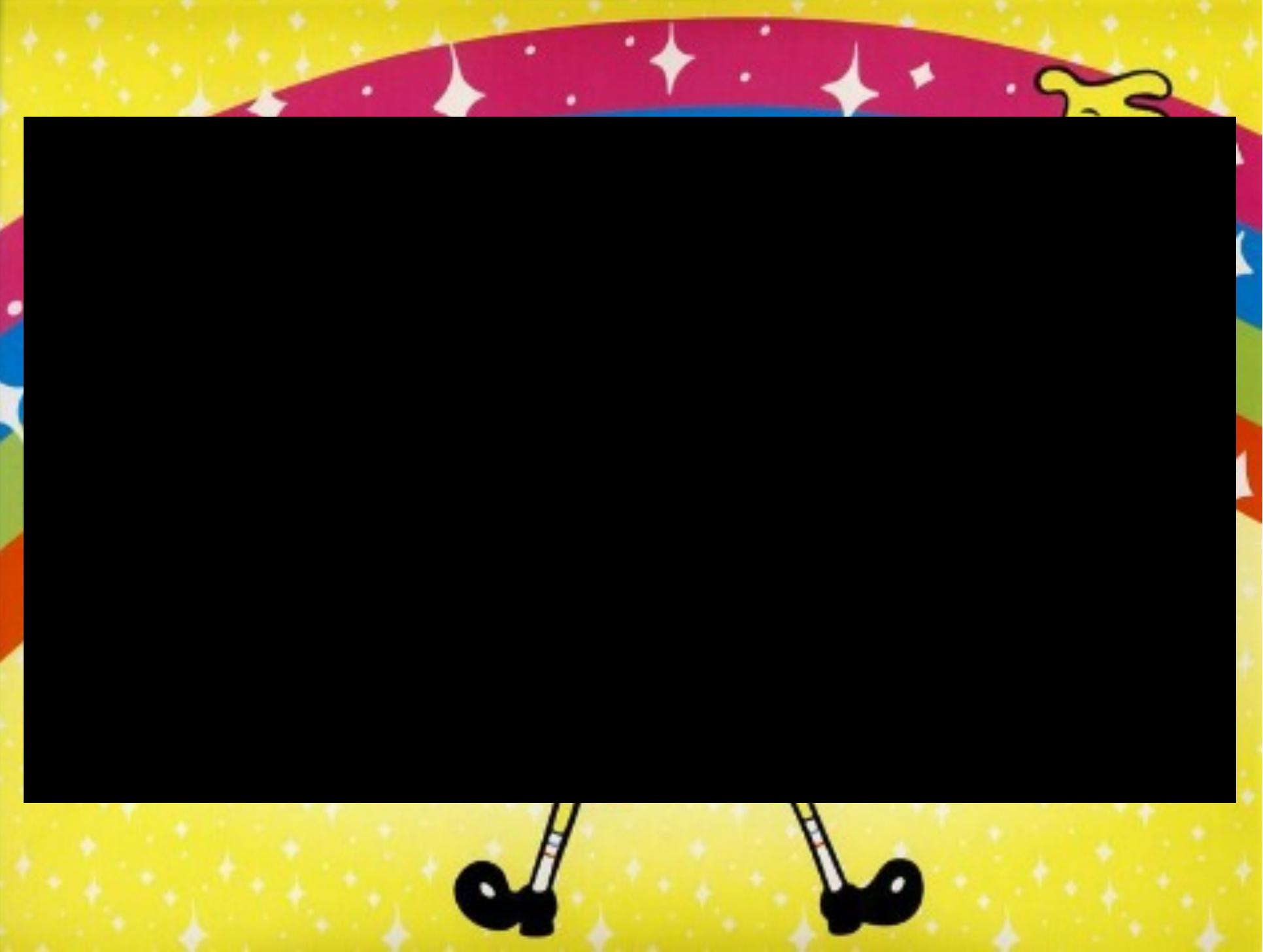
you've got just 4000  
weeks here!



#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.

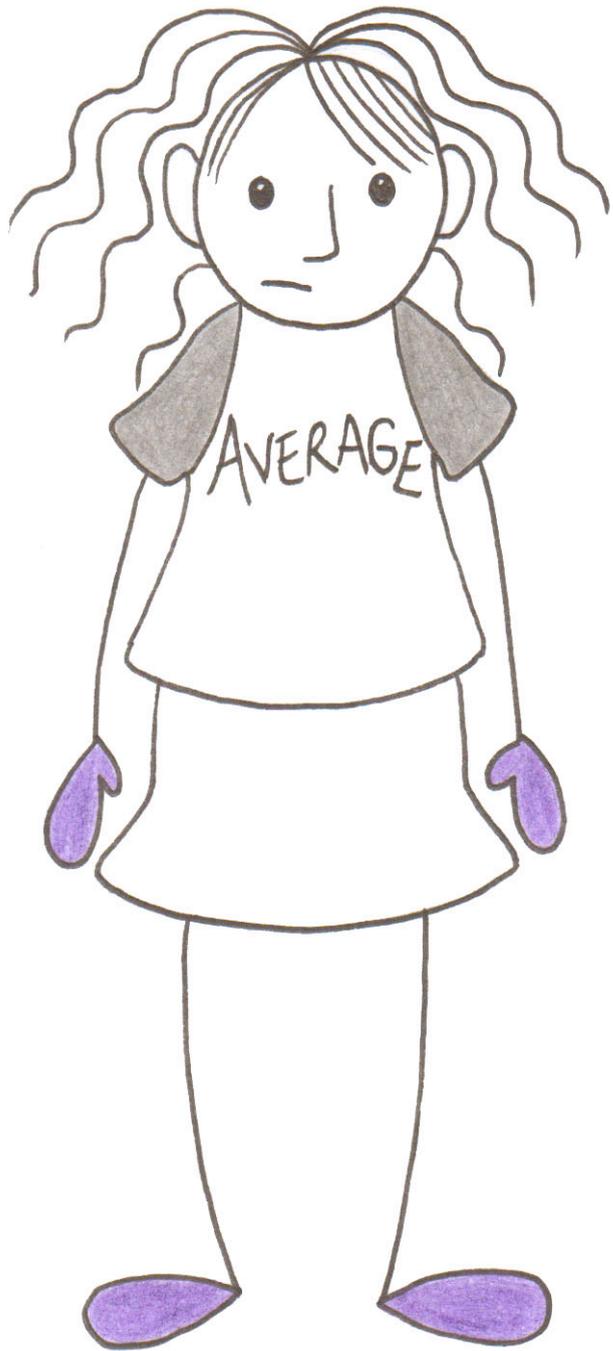
1. Why are so many people stuck in the moodhoover zone?
2. What's the point of being a 2%er?  
(what's in it for you?)
3. What's this got to do with school?
4. What's this got to do with outside of school?

This is an  
awareness test.

## Awareness Test

I have a choice!







SUCCESS

FAILURE

»H.U.G.G

Huge  
Unbelievably  
Great  
Goals

**BORED OF BEING  
BORED BECAUSE  
BEING BORED IS  
BORING**

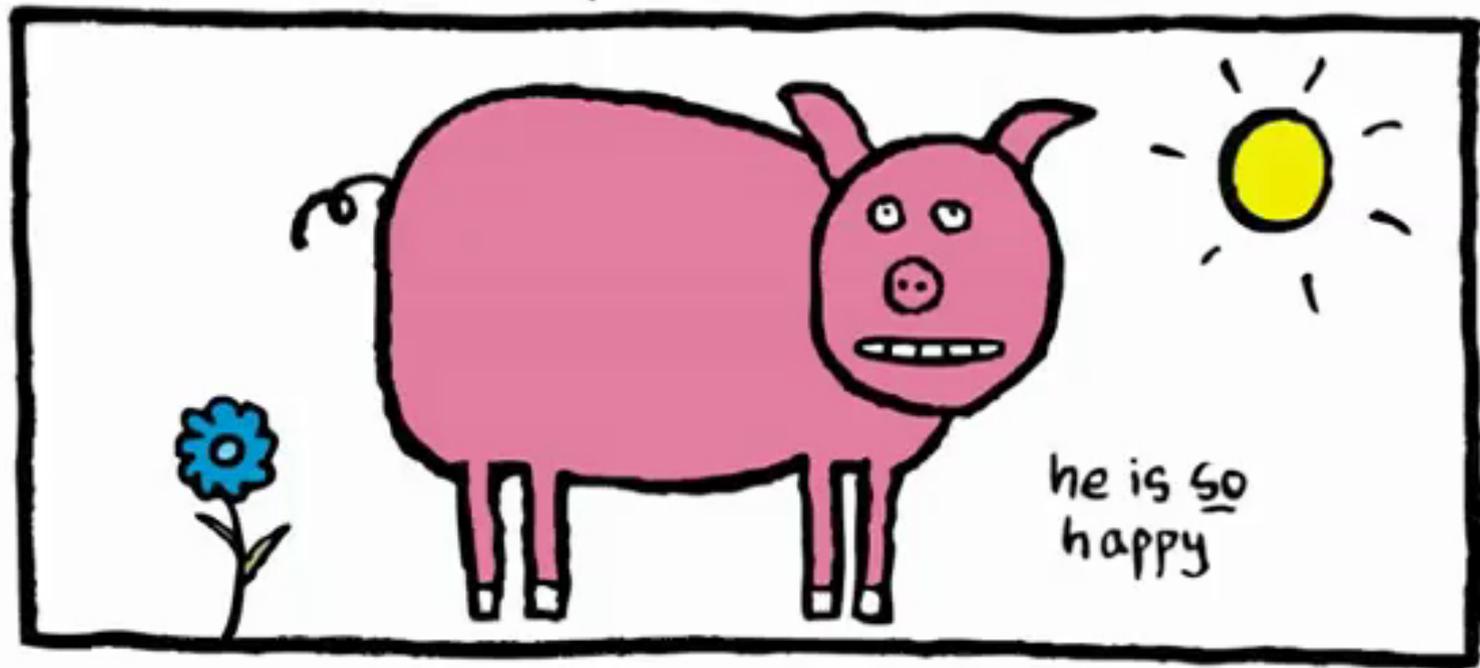
**The lesson's a  
little bit boring**

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



Jim's focus was all wrong

# THE PIG OF HAPPINESS



Edward Monkton

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



SkypeLaughterChain.com

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

**'WOW!'**...

**What's stopping you?**

IT CANNOT DO IT...





**WHO'S AWESOME?**

You're awesome.

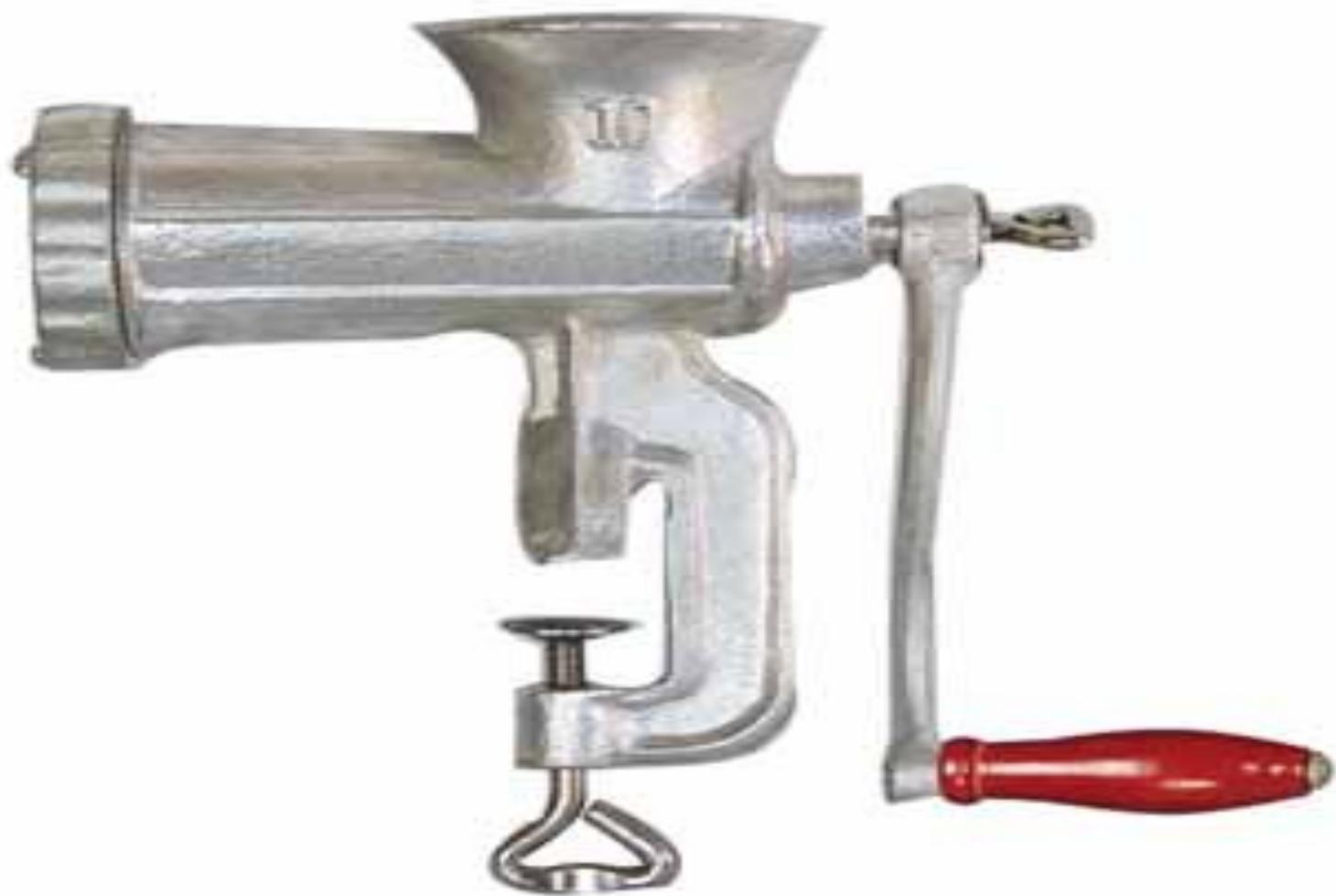


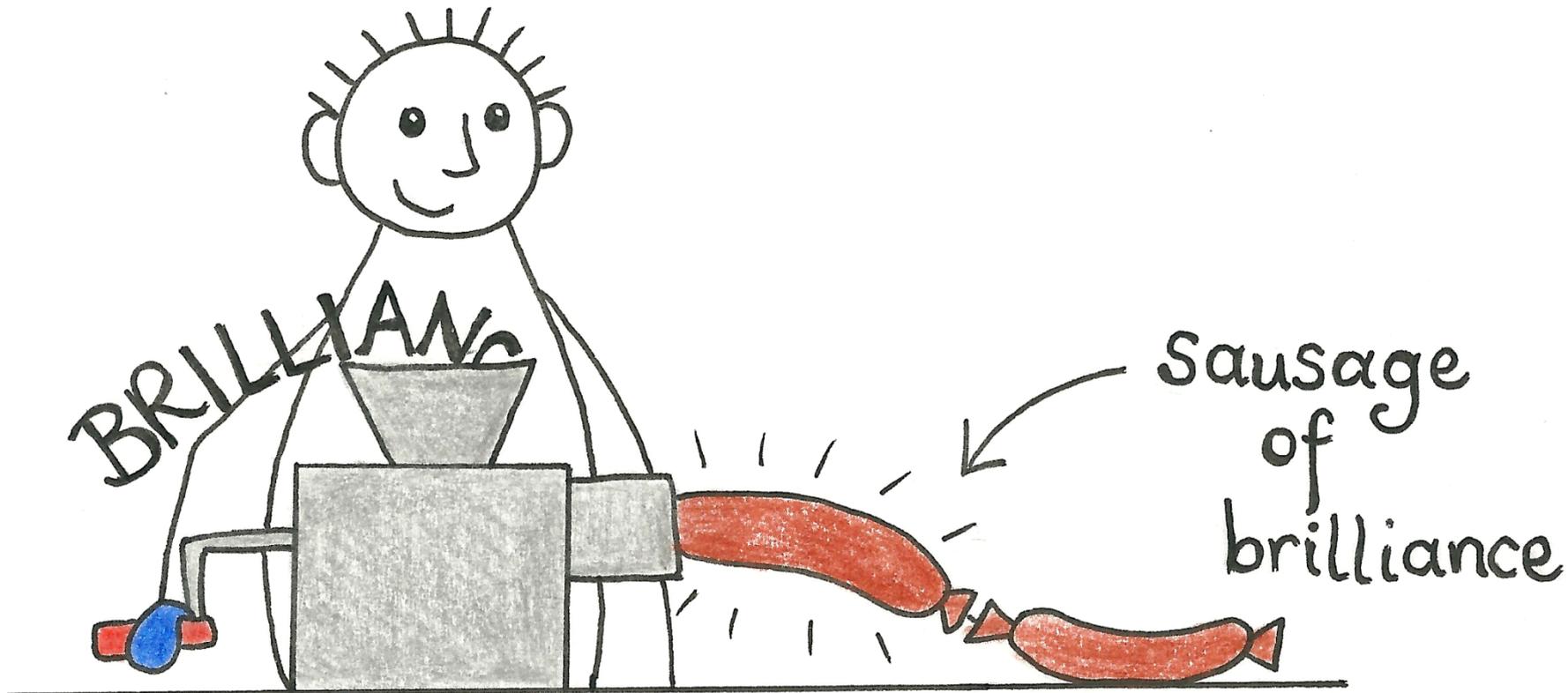
Spot the horse



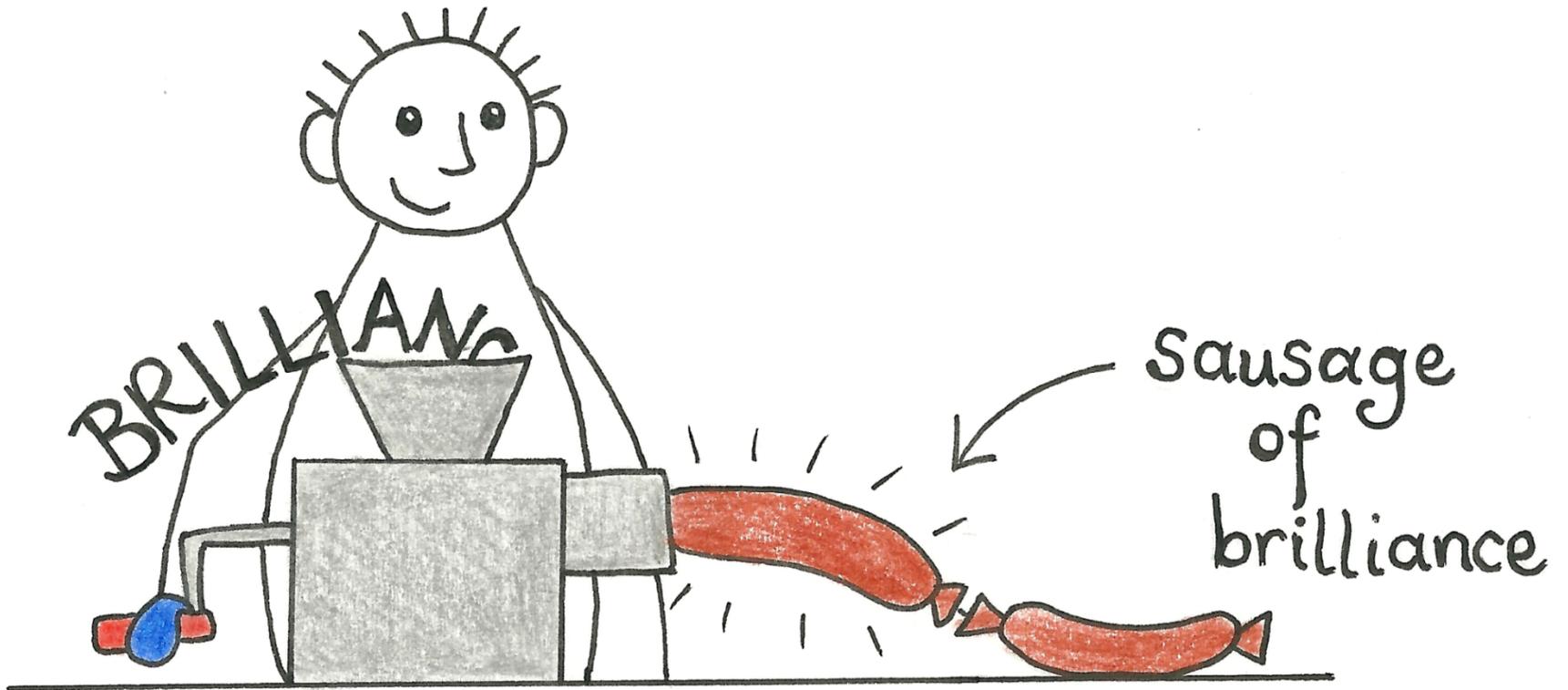


# The Sausage Machine





- 1. Explain the sausage machine to the person next to you**
- 2. List at least 6 ingredients you will be putting in from now on**
- 3. 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 Mood Hoover

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?

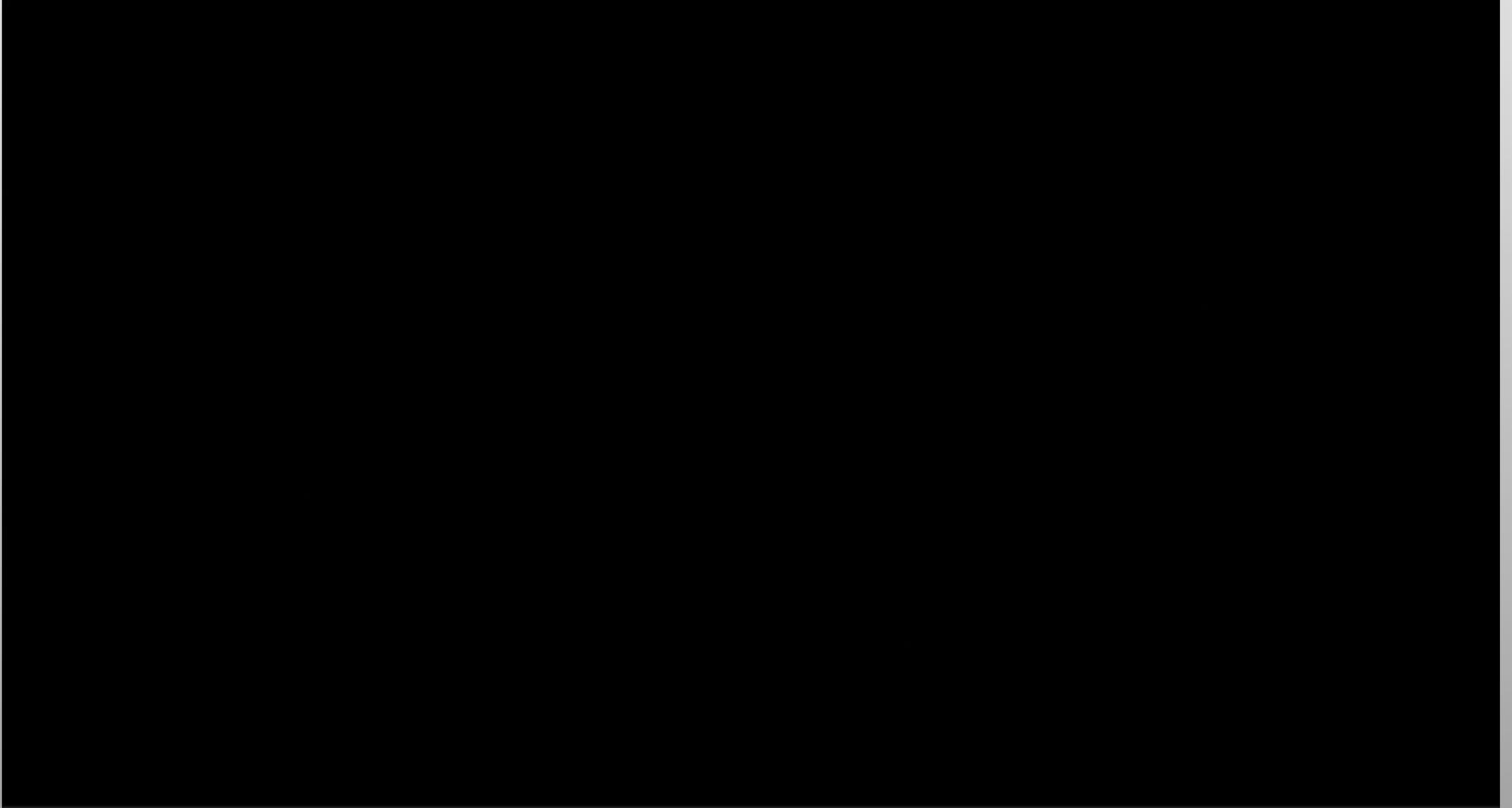
## 2. Describe your life as a 2%er

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



GI RAFFFE

# 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**