

Gwamu – Wellness Coach

Datum: 13 nov. '21

INTRODUCTION TO  
**MENTAL – FITNESS**



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COACHING

WHAT DO YOU EXPECT ?

THE FIRST QUESTION IS



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# THE 10 % RULE OF HAPPINESS

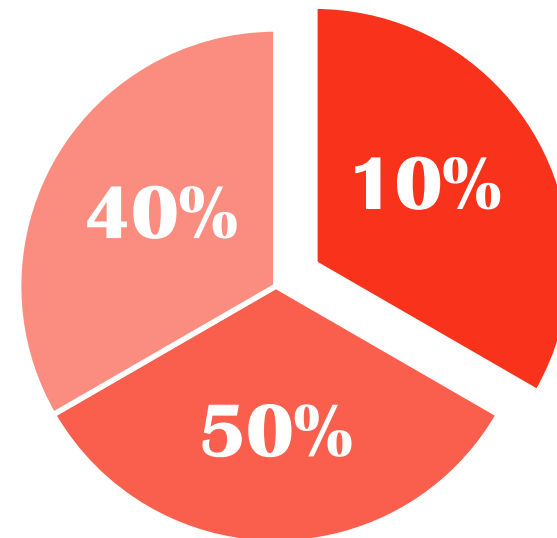
THE SECOND QUESTION IS



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## YOUR HAPPINESS DEPENDS ON :

- Genes ...%
- Circumstances ...%
- Things You Can Control ...%



FOCUS ON WHAT YOU CAN  
CONTROLE!

MAKE THE COMMITMENT



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Stuff We  
Control

Circumstances

40%

10%

50%

Genetics

WHAT TO DO WITH ALL  
THE WATER?



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WHERE DOES THE WATER  
COME FROM?

THE THIRD QUESTION IS



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WHERE DO YOUR FEELINGS  
COME FROM ?

THE FOURTH QUESTION IS



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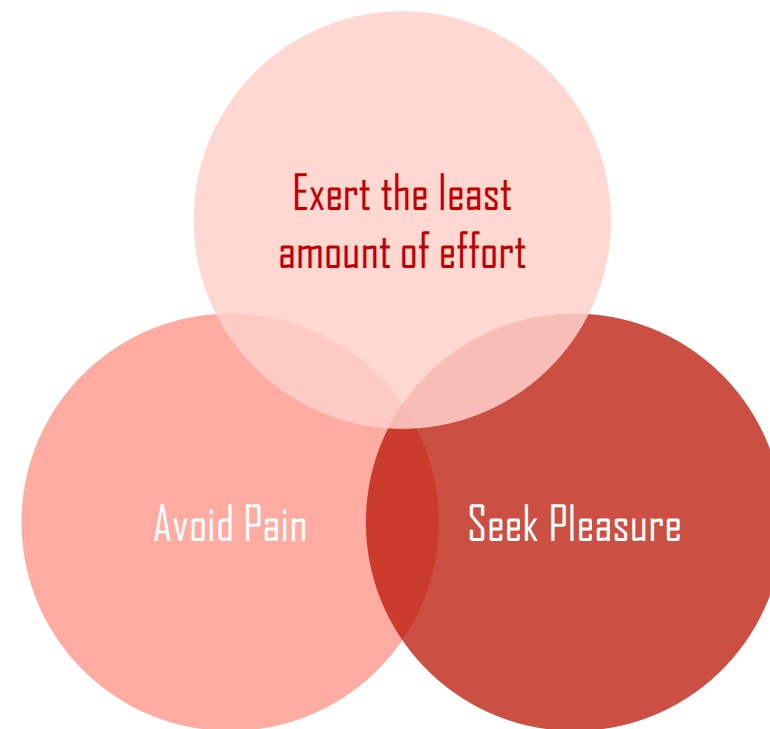
YOUR DEFAULT MODE

WHAT MOTIVATES OUR  
PRIMITIVE BRAIN ?



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## The Motivational Triad





# THE MOTIVATIONAL TRIAD

THIS IS HOW YOUR BRAIN WORKS

**VIDEO  
BREAK**



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WHAT DO YOU THINK ?

TRUE *OR* FALSE

I AM THE BOSS OF MY BRAIN  
OR  
IS MY BRAIN THE BOSS OF ME?



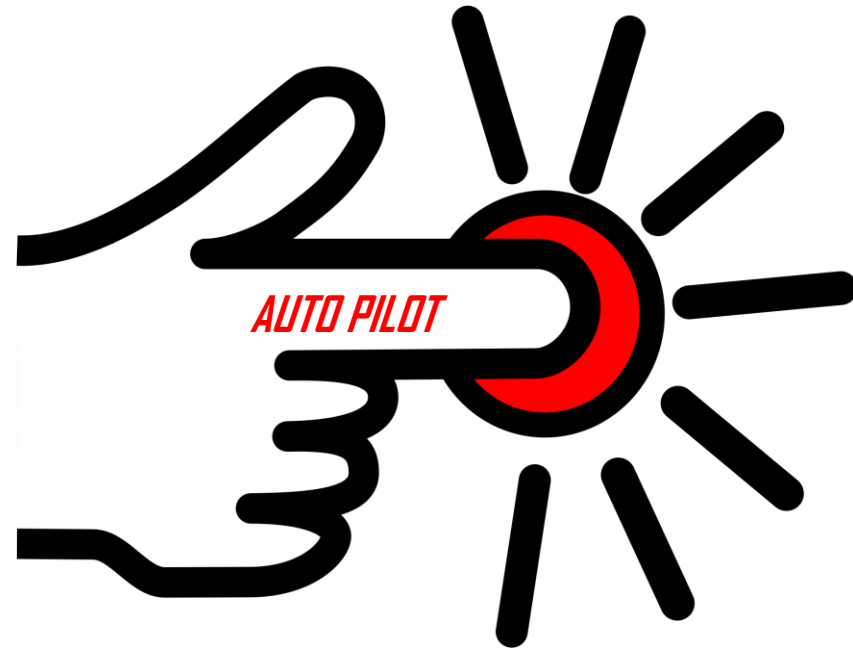
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HOW DO YOU MANAGE YOUR  
*DEFAULT* MODE?

# THE SECRET TO THE UNIVERSE



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**C** -Circumstances



**T** -Thoughts



**F** -Feelings



**A** -Actions



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## MIJ BOYFRIEND TEXTED ME INSTEAD OF CALLING ME

CIRCUMSTANCES	
THOUGHTS	
FEELINGS	
ACTIONS	

WHAT DO YOU THINK?

TRUE *OR* FALSE

MY THOUGHTS  
ARE NOT  
FACTS !?



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GAME TIME !!

FACT OR THOUGHT



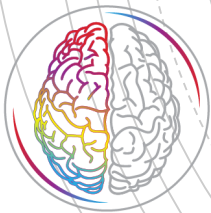
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FACT  
OR  
THOUGHT

'I AM BEATIFUL' ♥



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**FACT  
OR  
THOUGHT**

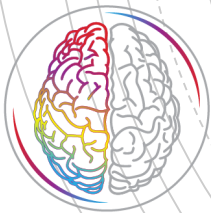
**'INFLATION RATES  
ARE HIGH'**



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FACT  
OR  
THOUGHT

'I CAN'T DO IT'

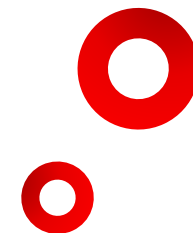


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MANAGE YOUR BRAIN  
MANAGE YOUR LIFE







## STAY IN TOUCH



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