

FROM SURVIVAL TO SIGNIFICANCE

WORKBOOK



Table of Contents

GROWTH WORK	2
INTRODUCTION	2
CHAPTER 1	6
CHAPTER 2	8
CHAPTER 3	10
CHAPTER 5	13
CHAPTER 7	16
CHAPTER 8	19
CHAPTER 9	20
CHAPTER 11	22
CHAPTER 13	23
CHAPTER 15	25
CHAPTER 16	28
CHAPTER 18	32
CHAPTER 19	35
THE JOY ROBBER'S ROLE	36
WELFARE ACTION	38
CHAPTER 3	38
CHAPTER 5	42
CHAPTER 7	43
CHAPTER 15	44
CHAPTER 17	47
INSIGHTS	50

Growth Work

Introduction

Happiness is?

List five things that make you happy:

- 1.
- 2.
- 3.
- 4.
- 5.

Would you consider yourself a happy person?

On a scale of 1-10 (1 being none and 10 being bliss), how much happiness do you experience on an average day?

What is your main source of unhappiness?

What's one small thing you can do every day to increase your happiness?

Maslow's Hierarchy of Needs

Assess your progress for each level of Maslow's Hierarchy of Needs. Use a scale from 1 (requires most improvement) to 5 (strongly succeeding)

Level 1: Physiological Needs

(Air, water, shelter, sleep, exercise and nutrition)

Level 2: Safety Needs

(Security, financial stability, protection from harm)

Level 3: Love and Belonging Needs

(Relationships, social connections, community)

Level 4: Esteem Needs

(Self-esteem, respect from others, and recognition)

Level 5: Cognitive Needs

(Knowledge, understanding, curiosity and mental stimulation)

Level 6: Aesthetic Needs

(Experiencing and appreciating beauty, harmony and balance in art, nature or design)

Level 7: Self-Actualisation Needs

(Achieving your full potential, living in alignment with your values, passions and strengths and maintaining authenticity)

Level 8: Transcendence Needs

(Connecting with something beyond self, having peak experiences, contributing to a greater cause and experiencing peace and enlightenment)

Happy List

These are all the things that make me happy:

Chapter 1

When I look in the mirror, I see:

On a scale of one to five (one being the low and five high), I would rate my level of self-esteem as:

These are my flaws and shortcomings:

These are my core negative beliefs:

These were formed by:

These are the negative phrases or words I use regularly:

These are what I can change them to:

This is what I can do to change my flaws into strengths:

These are the instances where I will apply the mantra There's no such thing as can't, and take the opposite approach:

These are the affirmations I will use to contribute to my sense of self-worth:

Chapter 2

My most recent or recurring spiral is:

These are the fears associated with the spiral:

These are the instances I considered myself a failure:

This is what I learned from the experiences:

This is how it contributed to my personal growth:

This is the name of a person who's struggling:

Chapter 3

My Identity (Who I Am)

These are my positive traits:

These are my values and beliefs:

These are the elements of my personality I wish to improve:

These are the values and beliefs I would like to adopt:

My Identity (Everything Else)

My Qualifications / Accolades are:

This is what I do for work:

My relationship status is:

My societal roles/label is:

My heritage is:

My hobbies are:

These are my likes:

These are my dislikes:

The people who hold value in my life are:

My contribution to society is:

These are my skills:

Additional:

Chapter 5

Money is?

I think money can...

People with money are:

Money makes me:

Money causes:

I'm afraid that if I had more money I would:

If I were extremely wealthy I would:

My biggest fear about money is:

To have more money I would need to:

Do I have enough money now:

My parents thought money was:

Was there enough money in my household:

Does money change a relationship for the better or worse:

How would your relationship with others would change if you were extremely wealthy:

To have more money, I would need to?

Can money buy happiness?

This is what I can do to maximise my efficiency by working smarter, not harder:

This is how I intend to stop waiting and enjoy the present moment:

This is who I've envied in the past and who I will use as a new source of inspiration:

Chapter 7

Do you consider yourself a healthy eater?

Are you happy with your current diet?

These are the foods/drinks that I need to eliminate or reduce to improve my diet:

These are the reasons I haven't eliminated/ reduced these items yet:

This is the date for my next follow-up doctor's appointment:

These are the foods I've previously dismissed:

These are some new foods/drinks I will be trying this week:

This is how I intend on enhancing my dining experience:

This is how I'll be making life more inconvenient and encourage more movement:

This is how I can combine my interests with exercise:

These are the activities that interest me which I have yet to try:

This is the activity/s I will try and the date I intend to start:

These are my fears associated with nutrition and exercise:

This is how I intend on tackling my fears:

Chapter 8

Love is:

Is love a blessing or a curse?

Does love give you strength, or does it make you weak?

Can love exist without pain?

Unconditional love is?

Is unconditional love a blessing or a curse?

Does unconditional love give you strength, or does it make you weak?

Can unconditional love exist without pain?

Chapter 9

These are the team players I currently have who add value to my life:

These are the people I would like to invite to be part of my team:

Are you an Energy Invigorator or an Energy Extinguisher?

This is what contributes to the energy I emit:

This is what I can do to change/improve my energy:

These are the energy vampires I will try to avoid:

Energy Invigorator List

Chapter 11

If I could master any form of creativity, I would choose:

These are the things that improve my vibrational frequency:

Chapter 13

If I could be an expert at anything, I would choose...

These are the five things I'm passionate about or interested in:

- 1.
- 2.
- 3.
- 4.
- 5.

These are my interests that could become a passion:

These are the brainwave audio tracks I've tried and liked:

This is the form of Hemi Synchronisation I'm going to try today:

This is how I'm going to become fully optimised:

Chapter 15

Define the problem:

Prioritise Importance:

Assess the Problem:

Analyse the Root Cause:

Reframe and Refine:

A-Z Solution Quest

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

26.

Downside Planning

These are all the things that could go wrong and the solutions to each pitfall:

These are the minor issues I've postponed, but will now tackle to develop my problem-solving mindset:

Chapter 16

Rate your average daily stress levels (0- low, 5-extremely high)

List five things that cause you stress:

- 1.
- 2.
- 3.
- 4.
- 5.

List three things you can do to reduce your stress levels:

- 1.
- 2.
- 3.

My Superhero name is:

Chapter 18

Peace is:

What feelings do you associate with the word peace:

Do you experience happiness when you are at peace:

Is the word 'content' something you associate with happiness:

Is peace and happiness two different things:

These are the five things that make me feel at peace:

- 1.
- 2.
- 3.
- 4.
- 5.

These are the three things that disrupt my peace:

- 1.
- 2.
- 3.

This is my biggest barrier to achieving more peace:

On a scale of one to five on an average day, how much peace do you experience? (one being none, and five being a lot)

Do you experience peace when you are happy:

Is the word 'content' something you associate with peace:

This is my replacement word for peace:

This is my definition of peace:

These are my triggers:

Chapter 19

This is the number of days I have left to live:

This is the number of 'awake' days I have left:

Additional Calculations:

The remaining free time I have left is:

The Joy Robber's Role in Stealing My Happiness

The Ringleader – My Mind:

The Executor – Fear:

The Instigator – Comparison

The Accomplices – If and When

Welfare Action

Chapter 3

These are the animals I'm interested in assisting:

The area/s of animal welfare I'd like to focus on is/are:

These are the three small charities I'm interested in working with:

- 1.
- 2.
- 3.

Charity 1:

Wishlist:

The Unsolvable Issue/s:

Charity 2:

Wishlist:

The Unsolvable Issue/s:

Charity 3:

Wishlist:

The Unsolvable Issue/s:

Chapter 5

These are some upcoming birthdays:

These are the charity gift ideas I'm interested in:

Chapter 7

This is how I can use my preferred form of exercise to raise funds:

These are the activities I'd enjoy participating in or organising to support my cause:

Chapter 15

Unsolvable Issue (Charity 1)

Unsolvable Issue (Charity 2)

Unsolvable Issue (Charity 3)

Chapter 17

This is how I can use my unique qualities to assist my charity:

Insights

These are the insights from the book that resonate with me:

