

IAMNOWHERE



What do you see?

**Perception** : the way you look at life. It can be either positive or negative.

*"Our attitude determines our perception of life."*

Do you see the young lady or old woman?



Look at the chart and say the COLOUR not the word

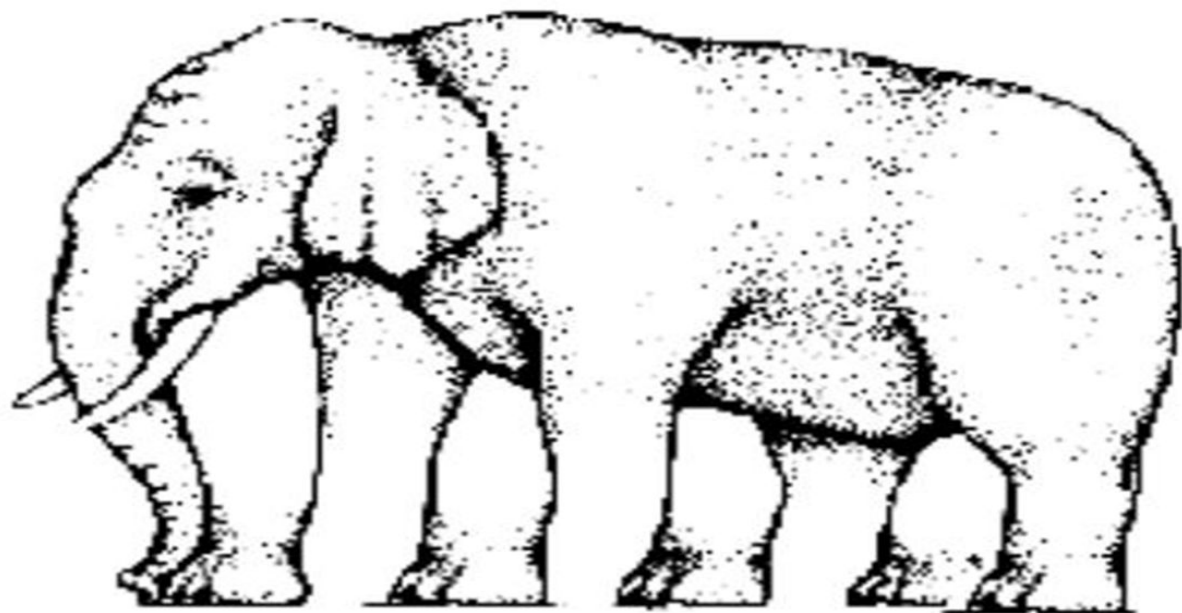
<b>YELLOW</b>	<b>BLUE</b>	<b>ORANGE</b>
<b>BLACK</b>	<b>RED</b>	<b>GREEN</b>
<b>PURPLE</b>	<b>YELLOW</b>	<b>RED</b>
<b>ORANGE</b>	<b>GREEN</b>	<b>BLACK</b>
<b>BLUE</b>	<b>RED</b>	<b>PURPLE</b>
<b>GREEN</b>	<b>BLUE</b>	<b>ORANGE</b>

### **Left – Right Conflict**

**Your right brain tries to say the colour but your left brain insists on reading the word.**

Do you see 1 or 2 faces  
or all 3?



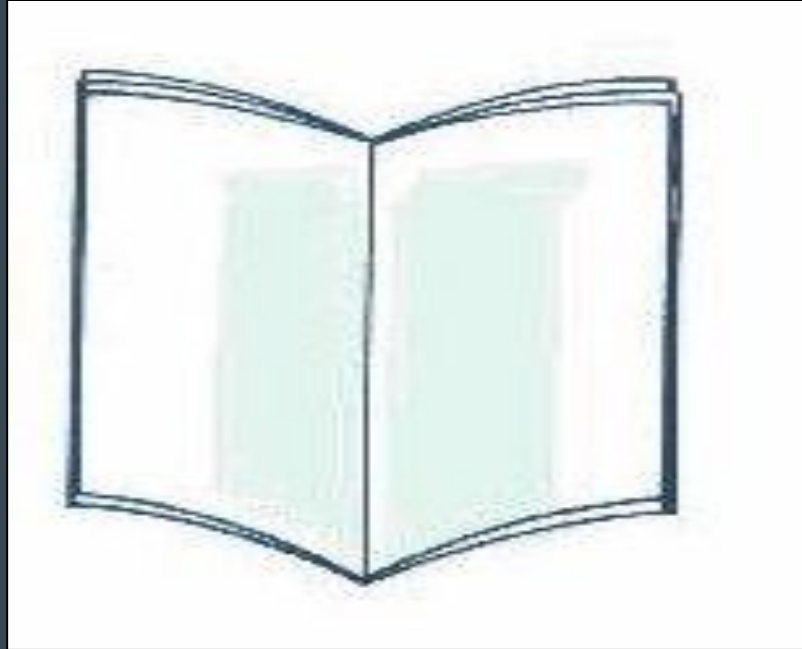


How many legs does this elephant have?

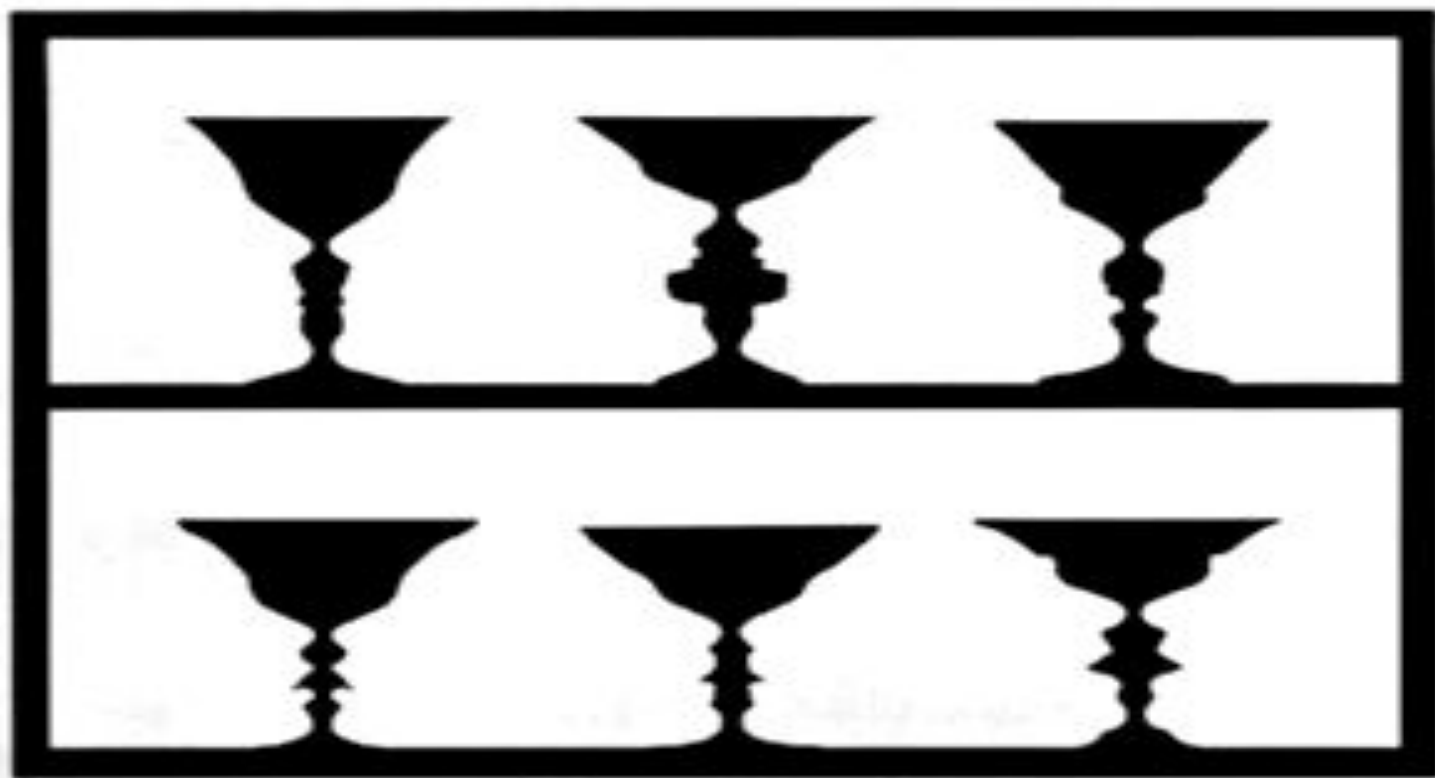
Do you see the man playing the saxophone or a woman's silhouette?



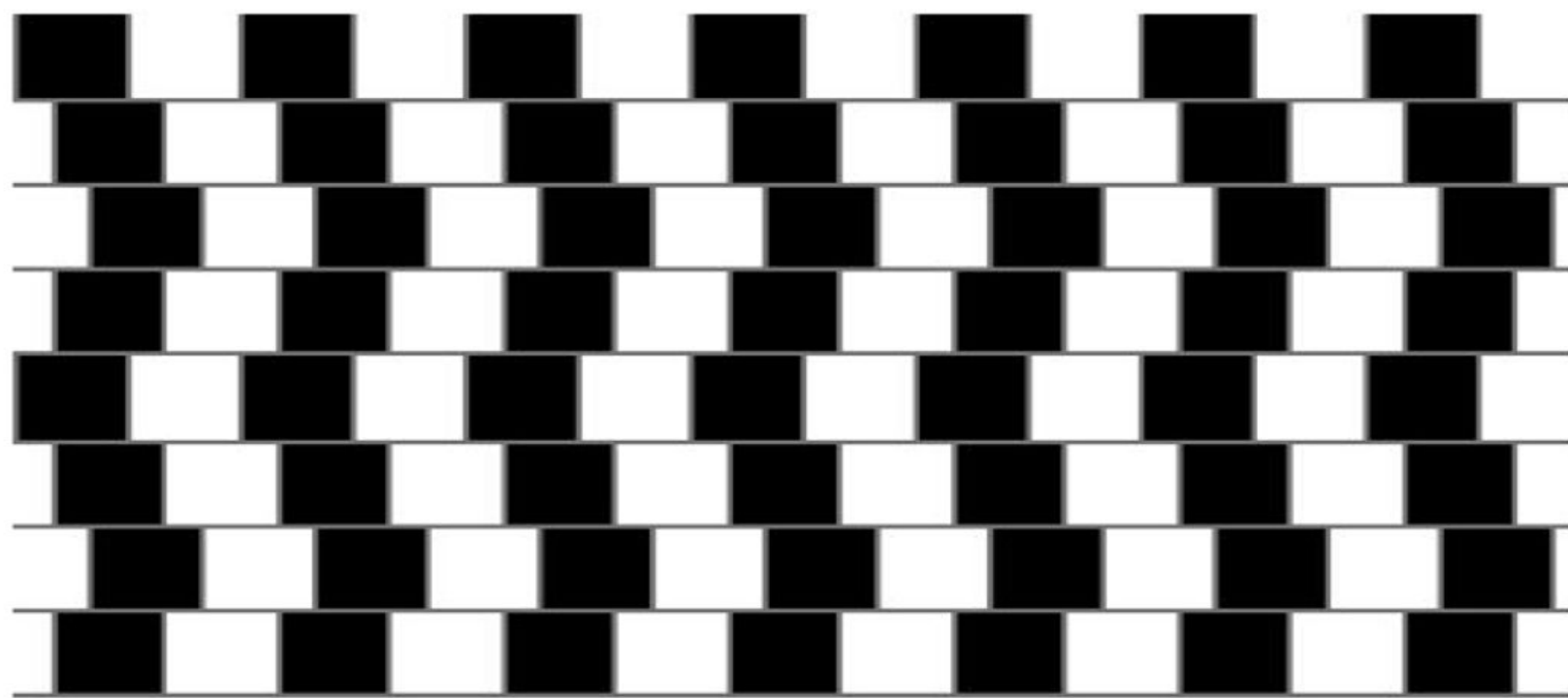
**Is this book looking towards you or away from you?**



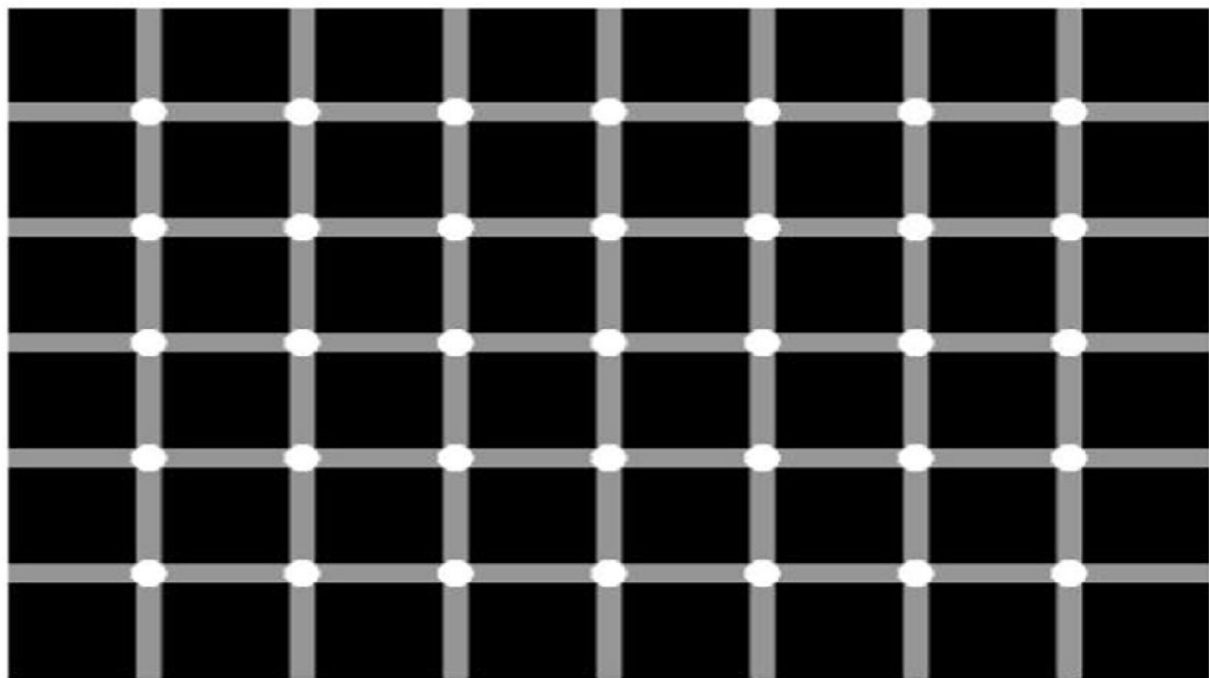




Faces or Vases?

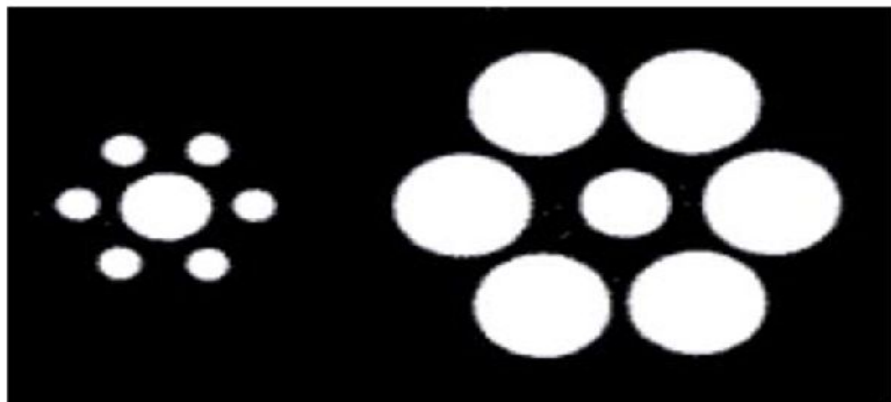


Are the horizontal lines parallel or do they slope?



Count the black dots! :o)

Is the left center circle bigger?



HOW WE PERCEIVE THINGS IS GOING TO DETERMINE OUR ATTITUDE. JUST AS THESE PICTURES YOU JUST SAW, WE ALL SEE THINGS DIFFERENT.

Does our perception affect our self-esteem?

**Self-Esteem: Confidence in one's own worth or abilities.**

# WATCH: BOUNDIN'

WATCH.

# BOUNDIN'

WHAT WAS THE OVERALL MESSAGE OF THE MOVIE?

*No matter how hard life gets, we have to choose to have a positive attitude or things will never look up. Bad things happen to us all and we get to choose how we handle those situations. We all have those "jackolopes" around to help bring us up and hopefully we can be that for others too.*

# Attitude

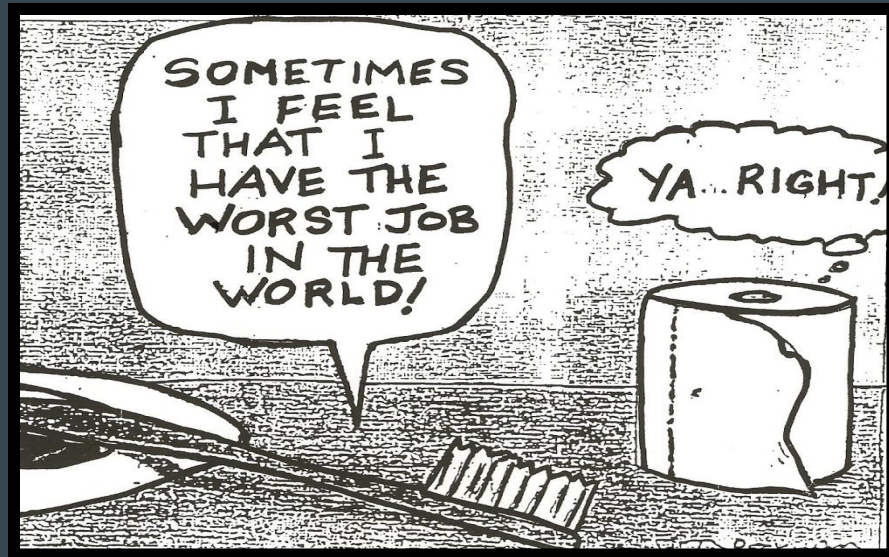
“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home or a person.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you, we are in charge of our attitudes.”

– Charles Swindoll



**Attitude:** *is the way you act, think, or feel that causes you to make one choice over another. Our reaction to life...*



**What can you do to  
improve your  
attitude?**

# Optimism.

Hopefulness and confidence about the future or the successful outcome of something.

# Characteristics of an Optimistic person

- FOCUS ON THE PRESENT-
- POSITIVE OUTLOOK ON LIFE
- REMEMBER THE GOOD IN LIFE
- SEE THREATS AS CHALLENGES- THINGS THAT CAN BE SOLVED
- RESILIENT- RESPOND WELL.

# Pessimism.

A tendency to see the worst aspect of things or believe that the worst will happen; a lack of hope or confidence in the future.

## Benefits of being optimistic:

- LIVE LONGER
- DO BETTER IN SCHOOL
- BETTER HEALTH
- STRONGER IMMUNE SYSTEM
- HAPPIER, HIGHER SELF-ESTEEM
- STRONGER RELATIONSHIPS
- MORE HOPEFUL
- MORE MEANINGFUL LIFE

# Ideas to be more **OPTIMISTIC.**

- ☐ ACT AS IF YOU ARE AN OPTIMIST-FAKE IT UNTIL YOU MAKE IT!
- ☐ BE FLEXIBLE-IF YOU CAN'T BEND A LITTLE, YOU WILL END UP CRACKING AND BREAKING.
- ☐ SMILE
- ☐ LAUGH
- ☐ SERVE OTHERS
- ☐ FIND THE GOOD IN OTHERS AND YOURSELF
- ☐ DO THE THINGS YOU ENJOY

*- READ THE LAW OF PRESENT MOMENT LIVING (NEXT SLIDE)*

# The Law of Present-Moment Living

Be here now.

Dragging the past into the present, or living a life based on undefined future “maybes,” is a certain ticket to despair. The law of present-moment living is the only way out.

The essence of the law of present-moment living is this: if you are taking part in activities and entertaining thought that do not support life, that make you wallow in misery and indulge in negative thinking, then, no matter what you may claim to the contrary, you are polluting the moment.

If you are immersed in life-enhancing activities and enjoying them with positive enthusiasm, then you are living in the moment. This is a dimension of wellness we are never going to know unless and until we cultivate a consciousness of living in the now.

We all carry a tendency to put live on hold pending the resolution of some problem. We say, “when my life is better, I’ll be able to start focusing on positive things.” This is a big mistake.

Start now!

The law of present-moment living is the antithesis of procrastination. We can put off unpleasant activities, but in doing so we also put off the enjoyable ones. We ration our pleasure and contentment as if the supply were limited.



- ❑ EAT- DON'T SKIP MEALS, EVEN BREAKFAST (OPTIMISM, HARDINESS, AND RESILIENCE REQUIRE ENERGY).
- ❑ SURROUND YOURSELF WITH OPTIMISTS
- ❑ SLEEP
- ❑ EXERCISE – HOW DO YOU FIT IT INTO YOUR SCHEDULE?
- ❑ PRACTICE POSITIVE THINKING EACH MORNING!