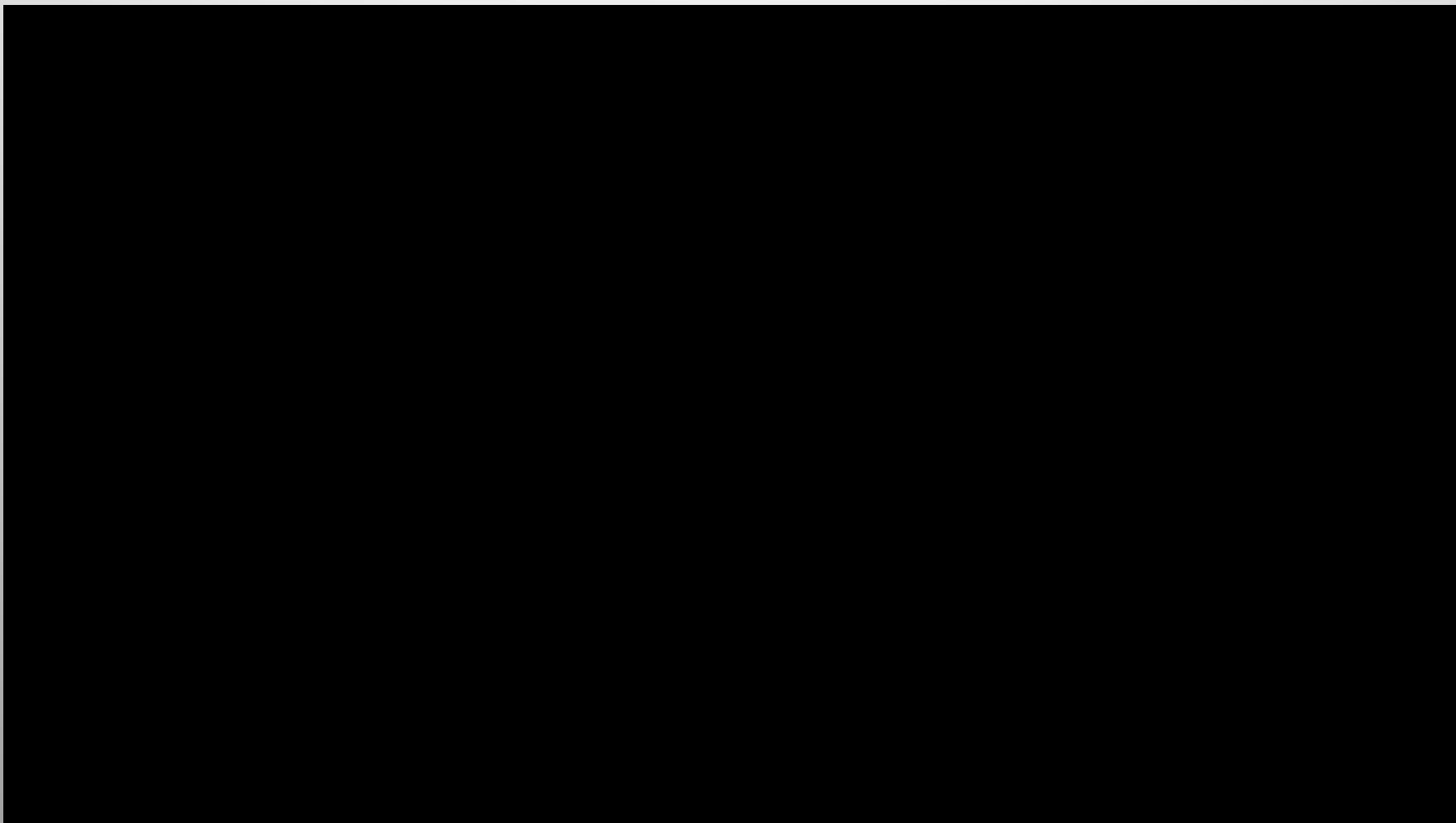




**MAKE TODAY  
RIDICULOUSLY  
AMAZING.**





**Sage wisdom...**



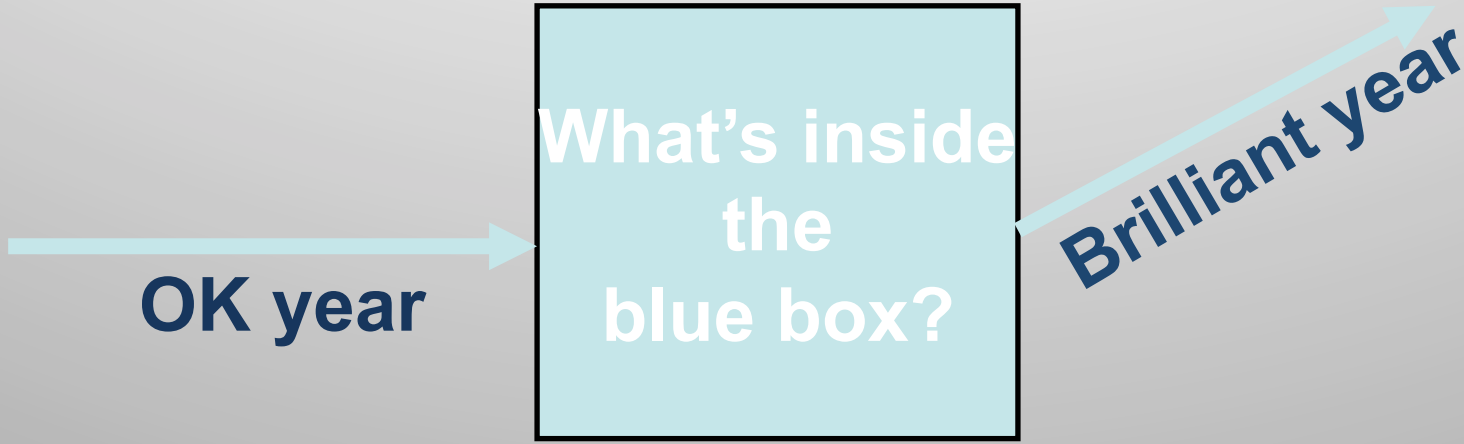
**Life is a  
one-time  
offer...**

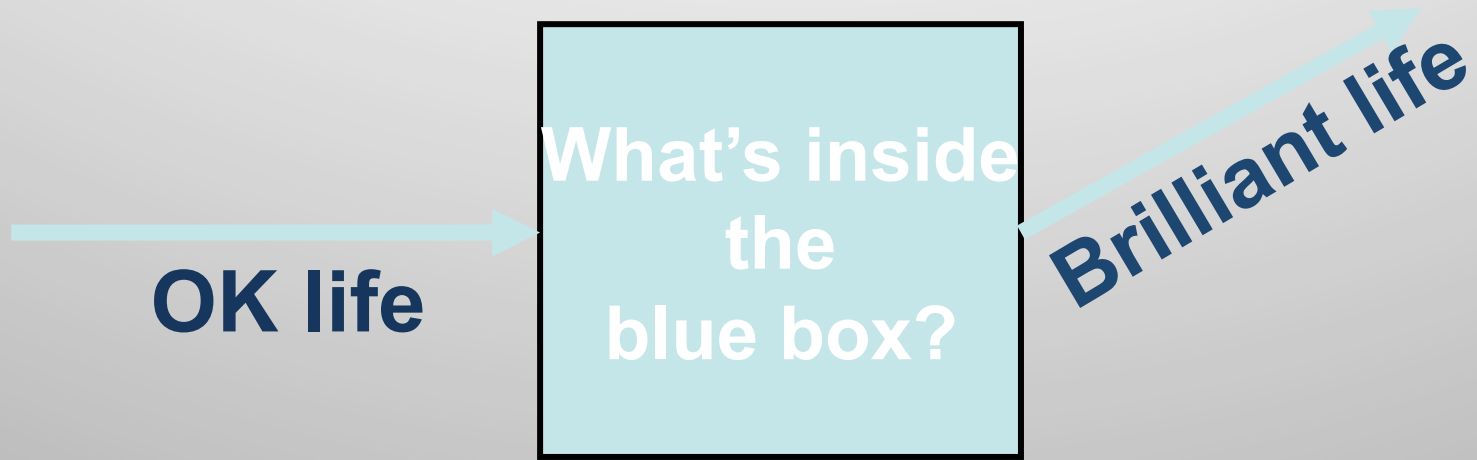
**Use it well!**

**OK year**

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

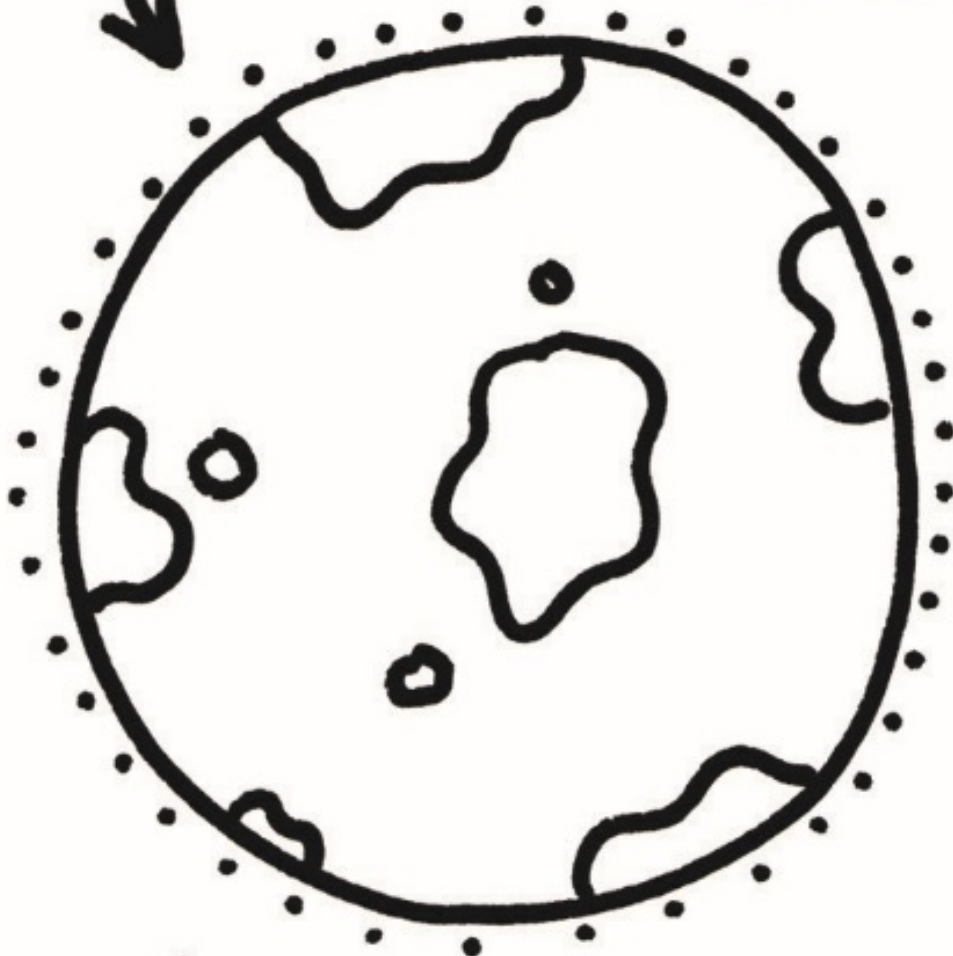
**Brilliant year**





**29 000 days  
or 4000 weeks**

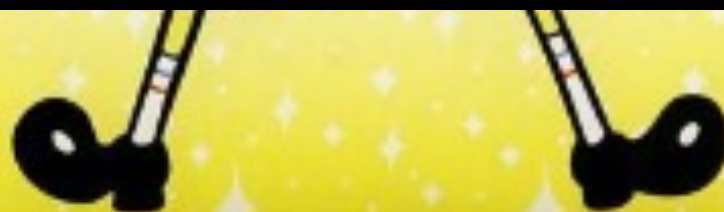
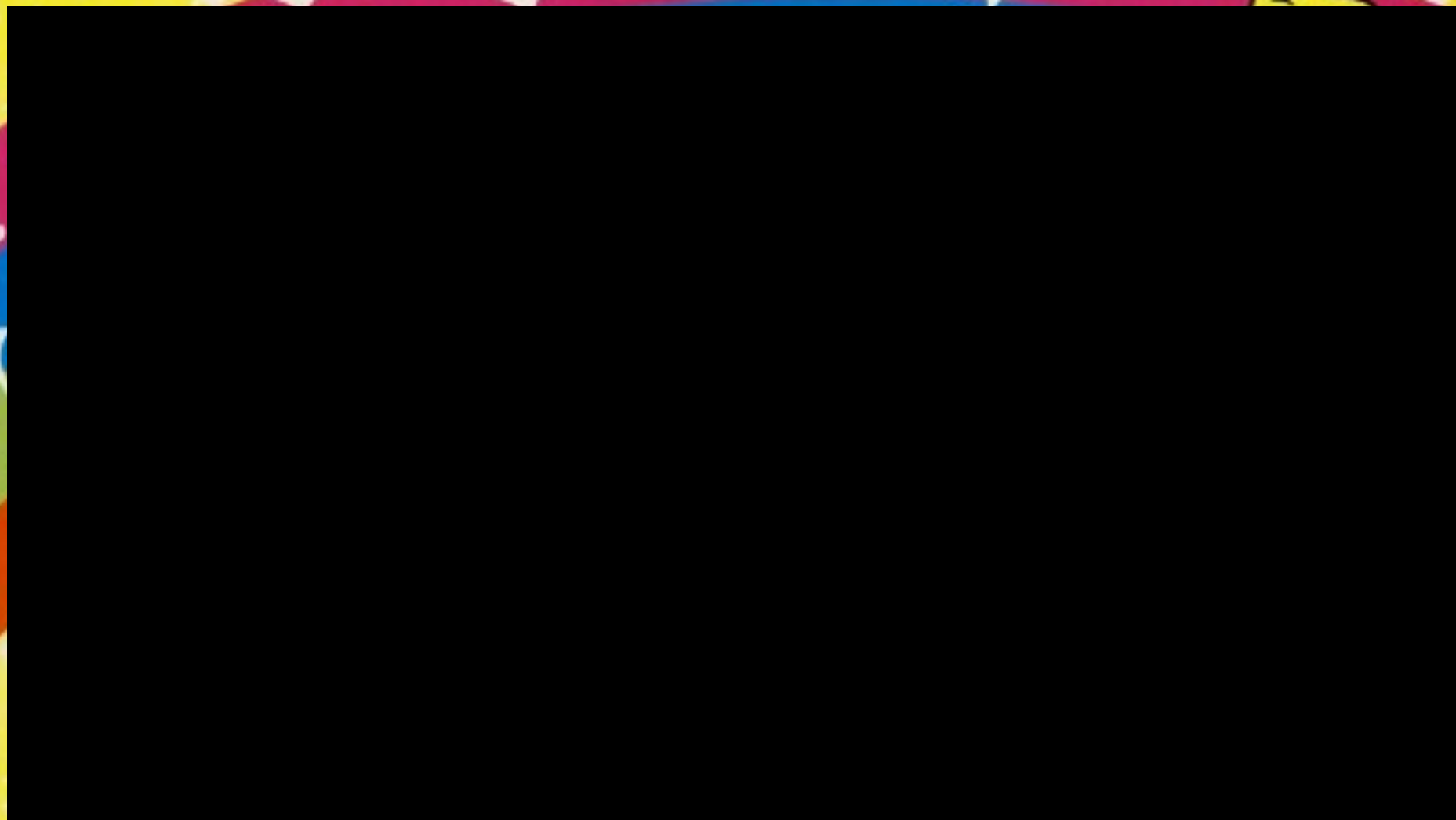
you've got just 4000  
weeks here!



#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.

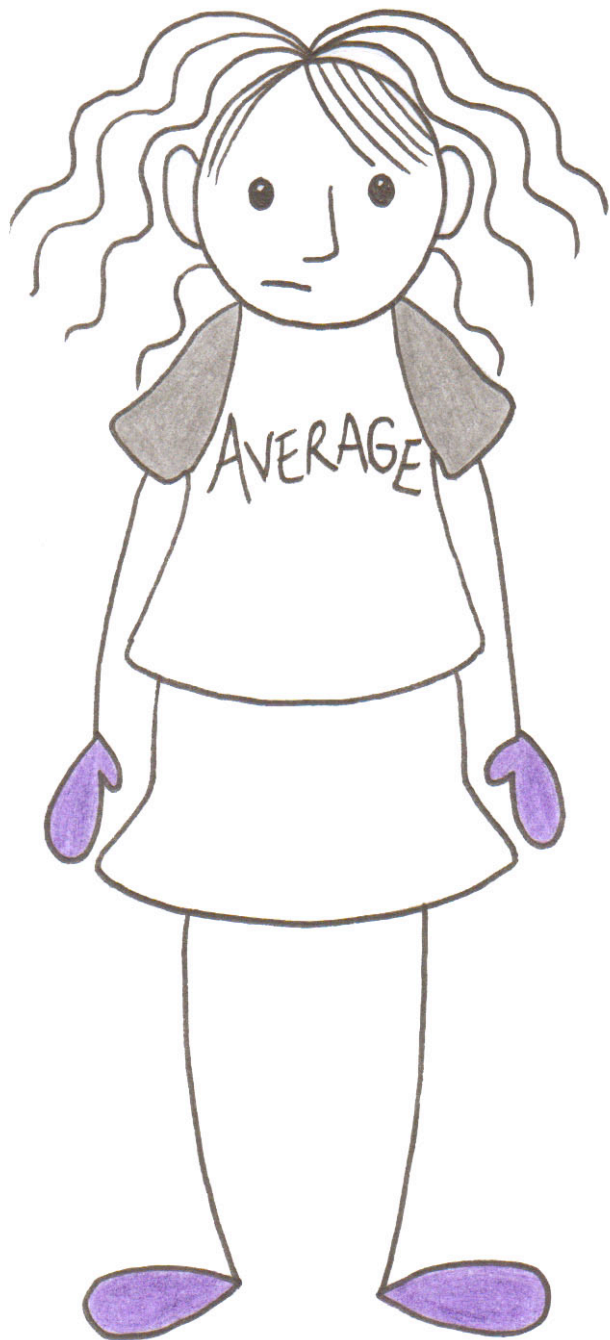
1. Why are so many people stuck in the moodhoover zone?
2. What's the point of being a 2%er?  
(what's in it for you?)
3. What's this got to do with school?
4. What's this got to do with outside of school?

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**

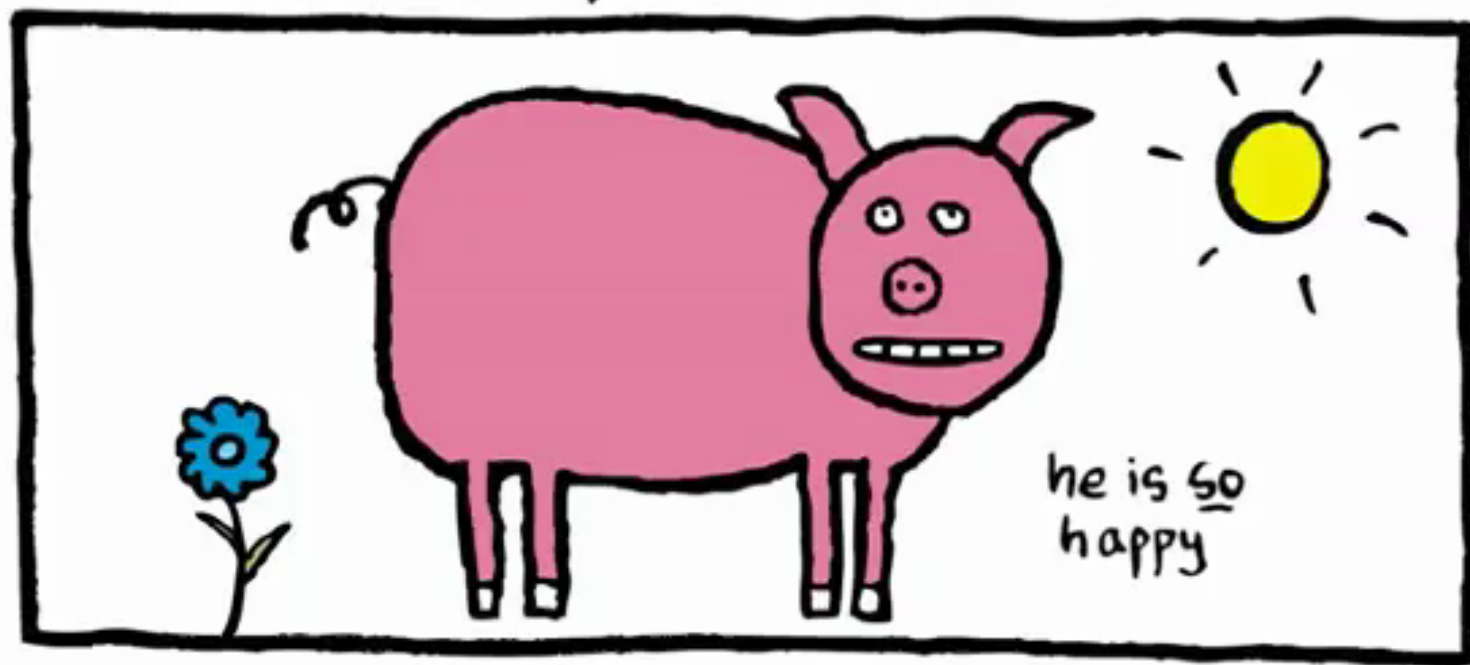
**The lesson's a  
little bit boring**

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



Jim's focus was all wrong

# THE PIG OF HAPPINESS



he is so  
happy

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?**

I CAN'T DO IT...





# WHO'S AWESOME?

You're awesome.

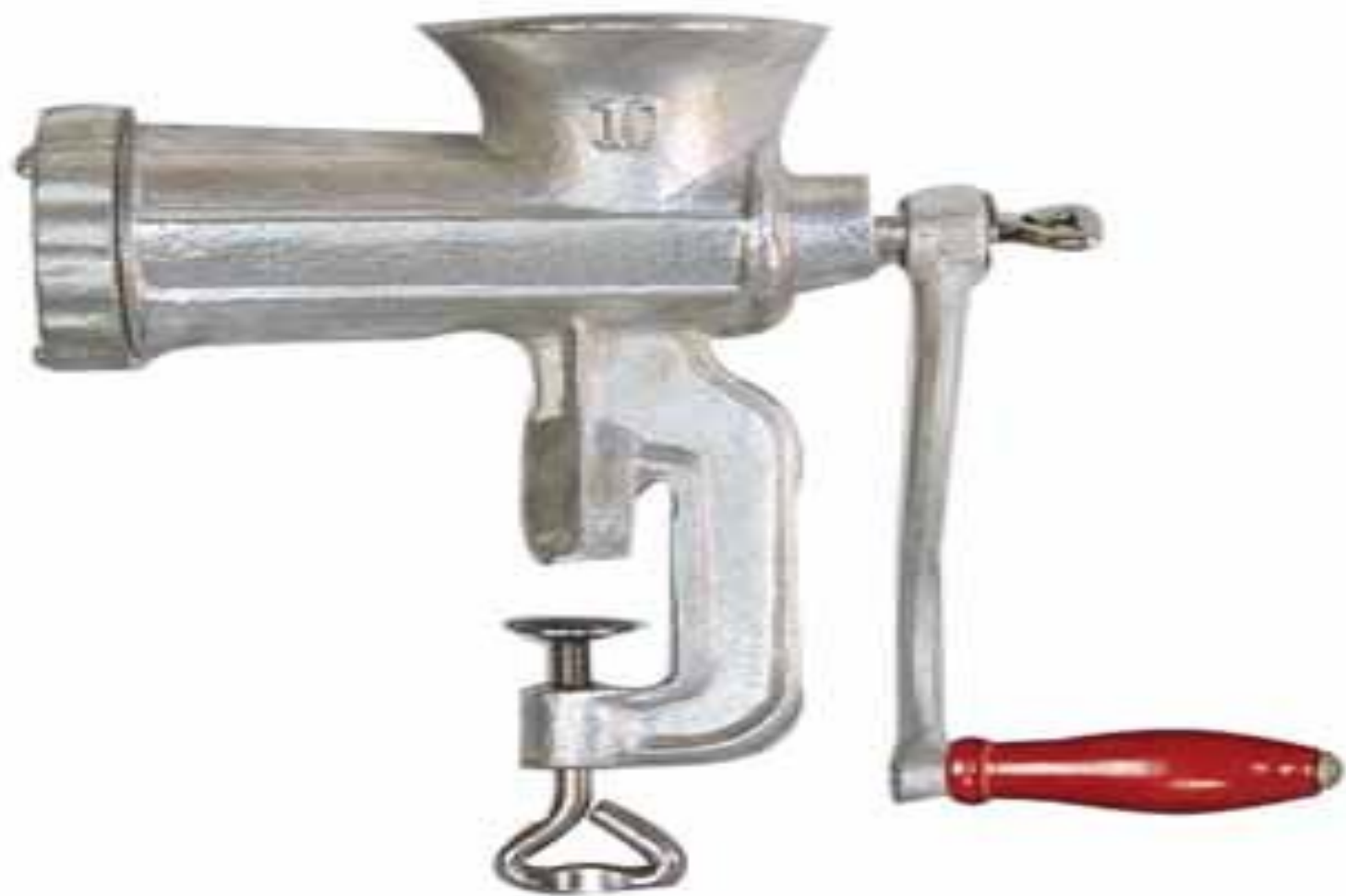


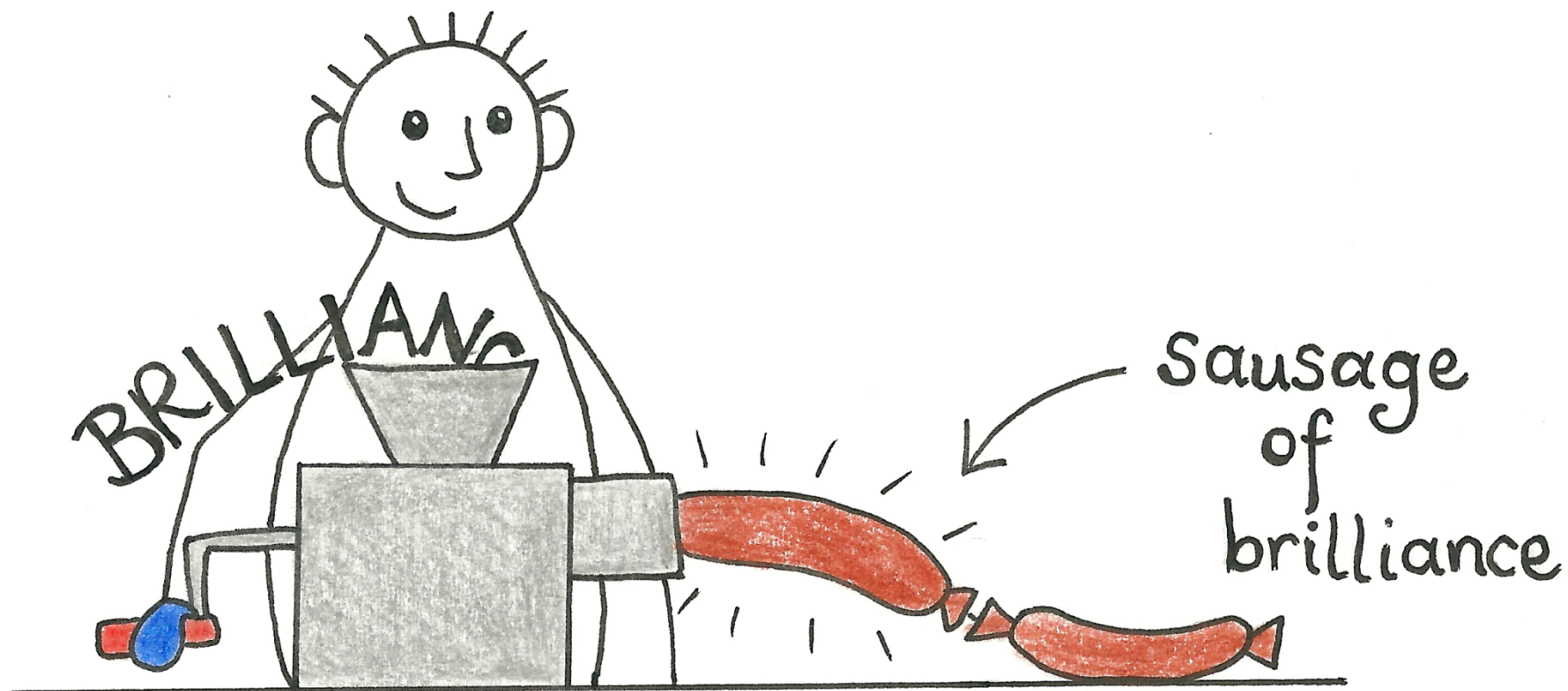
Spot the horse



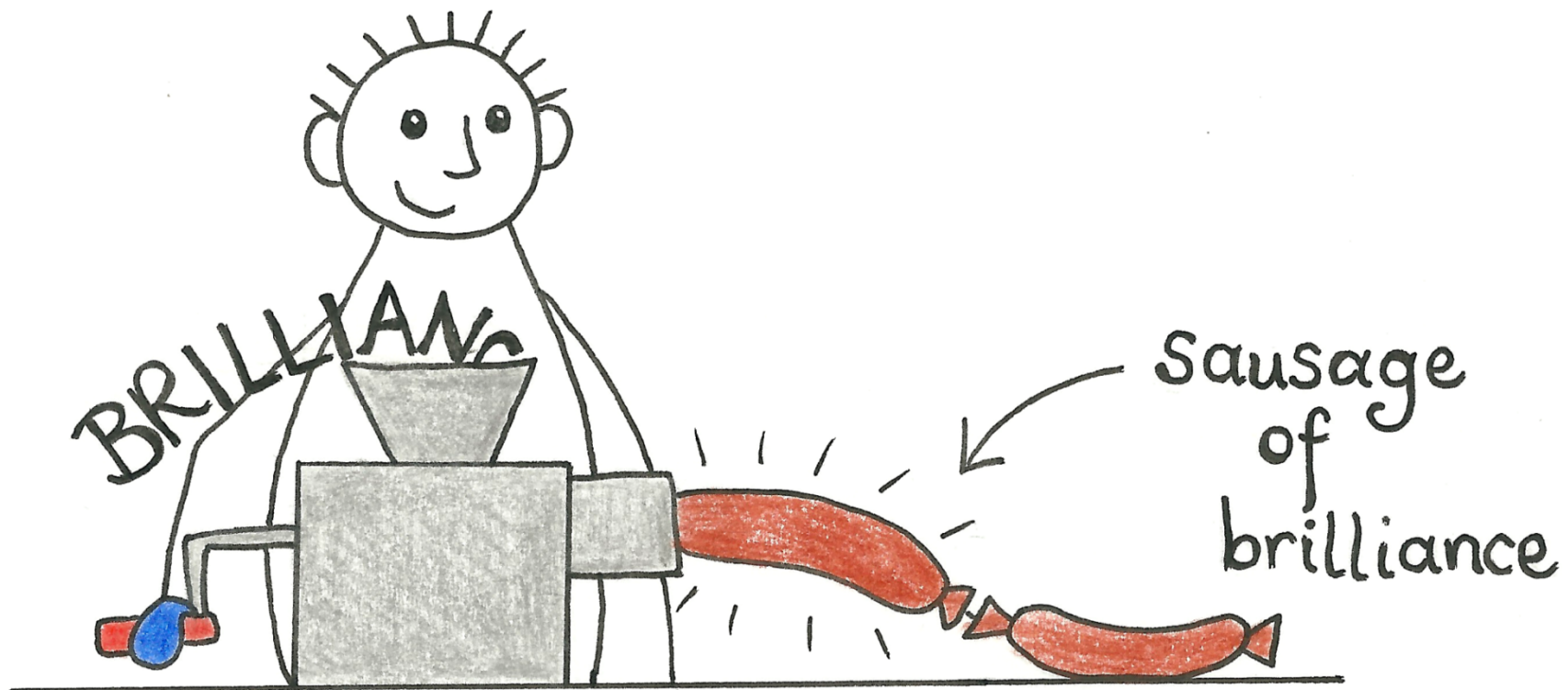


# The Sausage Machine





- 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?**









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?

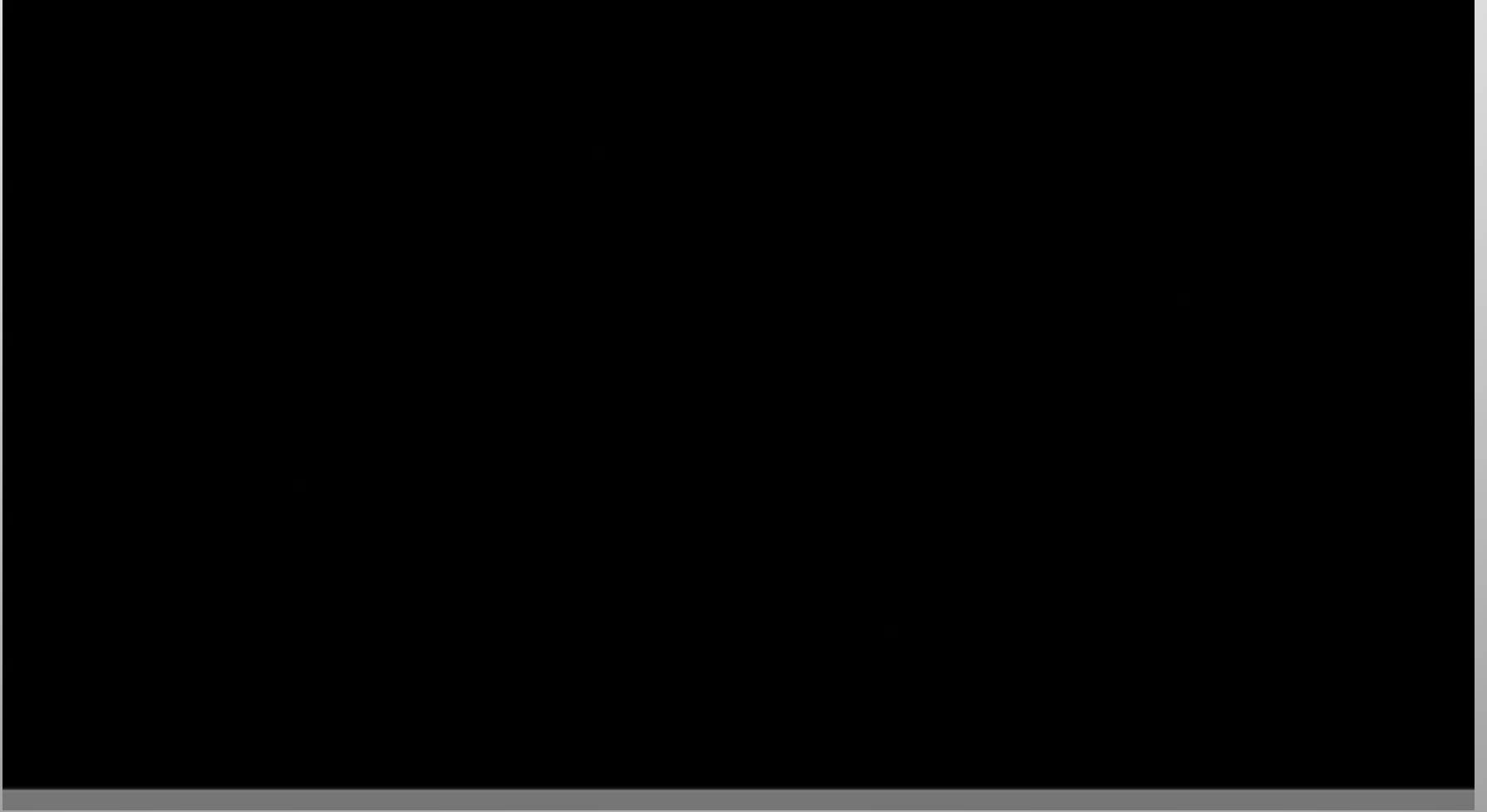
## 2. Describe your life as a 2%er

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



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