



TARGETING WELLNESS NEWSLETTER



GOOD NEWS FOR GOOD HEALTH

Essential Mindsets for Overall Well-being



“We can’t become what we need to be by remaining what we are.” - Oprah Winfrey

This quarter is all about finding ways throughout our lives to keep growing and learning, exploring and experiencing. Every day we have opportunities, big or small, that help teach and show us ways to move towards our goals, our purpose, and get better at the skills that are important to us. Think big!

QUARTER TWO GROWTH & LEARNING

April - June 2024

CONCEPT

Did you realize that 70% of the knowledge that propelled successful individuals to their current stature didn't stem from textbooks, but rather from life experiences? Another 20% is attributed to insights gained from interactions with others, leaving a mere 10% acquired through formal education like courses and books. It's evident: the bulk of our learning transpires through practical application.

As we journey from childhood to adulthood, we carry forward both beneficial and detrimental lessons. Some ingrained notions, rooted in early experiences, may unknowingly hinder our progress today, tethering us with fears and perceived limitations. Remarkably, many of these subconscious teachings quietly influence our behaviors and decisions, shaping our interactions with others without us even realizing.

Yet, amidst these hidden influences, lies an opportunity for growth. Through cultivating self-awareness, we can learn to see the gifts within even the most adverse experiences. This requires a moment of reflection and practice, where we scrutinize past events, discerning when it's advantageous to relinquish old paradigms and embrace new perspectives.



As we begin this next quarter, let's first revisit a fundamental concept introduced in January—the dichotomy between fixed and growth mindsets, as identified by psychologist Carol Dweck in her book, "Mindset."

When confronted with challenges, our mindset becomes the compass guiding us towards success or failure. Failure, often stemming from a fixed mindset, can manifest simply by avoiding experiences that threaten our sense of integrity. Instances of this may range from refraining from asking questions to avoid looking unintelligent to shying away from new opportunities for fear of imperfection.

However, embracing a growth mindset instills a desire to learn and grow, regardless of the possibility of making mistakes. **The focus shifts from seeking perfection to pursuing improvement.** This mindset fosters enhanced learning, diminishes anxiety, and cultivates resilience in the face of future challenges and setbacks.



THE ILLITERATE OF THE 21ST CENTURY WILL NOT BE THOSE WHO CANNOT READ AND WRITE, BUT THOSE WHO CANNOT LEARN, UNLEARN, AND RELEARN."
-Alvin Toffler.

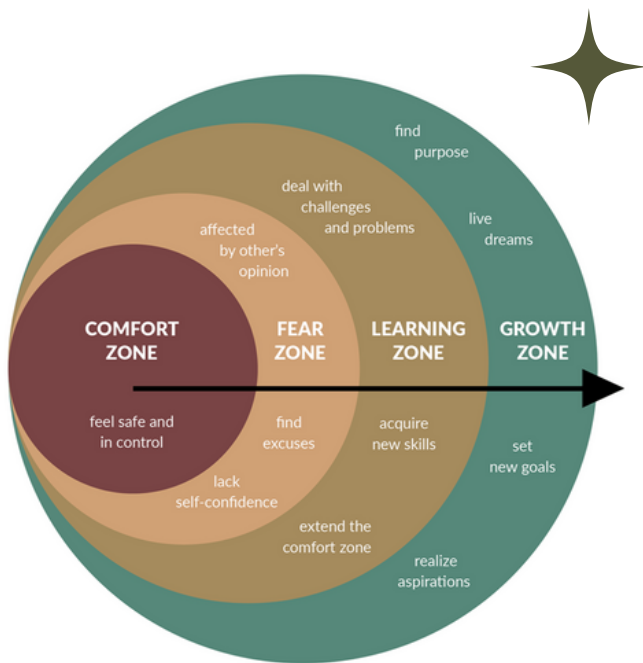
THE THREE MAIN ZONES

When confronted with change or challenges, we find ourselves navigating three distinct zones: the comfort zone, panic zone, and growth or learning zone. The zone we inhabit significantly influences our experience and ultimately shapes our response to the situation at hand.

Comfort Zone: this is where we feel safe, secure and familiar. We operate within our known limitations and routines to maintain minimal stress or anxiety. Although this zone leads to a sense of ease, it can leave us stagnate and limited personally and professionally if we remain here in every situation that is uncomfortable.

Panic Zone: obviously when we are way outside our comfort zone, we are overwhelmed with stress and fear, feeling out of control. When pushed beyond our limits, boundaries, or skill set, we may experience extreme anxiety, struggling to cope. We may even resort to the survival mode of fight, flight or freeze. This is not a zone we want to gravitate towards yet understanding the reasons for this reaction is important to understand perhaps with the guidance of a trained therapist.

Growth Zone: here we venture beyond our comfort zone to tackle new challenges, experiences, and opportunities. While it may feel a bit scary, it's also thrilling. We take these chances because we want to learn and grow. Sure, it might feel uncomfortable as we step into unfamiliar territory, but deep down, we know it won't harm us. In fact, it has the potential to help us develop new skills and maybe even transform ourselves personally. As a result, a new "comfort zone" is created!



➤➤➤ GROWTH IS LIKE A LOTUS FLOWER

Like a lotus flower that begins its life in murky, muddy waters, growth often begins in adverse and challenging circumstances. The muddy environment represents the difficulties, obstacles and hardships we may face in life.

A lotus flower, despite the mud, grows upward towards the surface of the water which can be related to our journey of growth and personal development. In the lotus' pursuit of the sun, when we face and overcome our own challenges, it allows us to reach higher levels of confidence, resilience and success.

And despite the harsh and "ugly" conditions the lotus flower is forced to endure, it surfaces as a beautiful and pure white flower. Similarly, we bloom with inner strength, wisdom, and bravery when we push through the mud of transforming challenges and gain self awareness, fulfillment and a deeper connection to ourselves and others.



Just like the lotus flower, we can and do emerge from adversity and cultivate strength as we navigate life's challenges and strive for personal transformation.



PRACTICE FOR APRIL

Our thoughts label our experiences as "bad" or "good". However, regardless of the label, there is a deeper meaning in the experience...a lesson or a gift. Taking the time to explore this is often the step we forget to take.



This steps were taken from the audiobook entitled, "Happy For No Reason" by Marci Stimoff.

➤➤➤ LOOK FOR THE LESSON AND THE GIFT

You might contemplate doing this at the end of the day or right after a situation occurs that may be considered "bad".

1. Sit quietly by yourself perhaps with a journal or just simply close your eyes. Take a few deep breaths.
2. Recall the situation that has caused you to feel wronged or didn't live up to your expectations (of yourself or others). Picture anyone who was involved with you at the time; picture the setting and what was said.
3. Imagine taking a few steps back and observing the situation from a distance, as though you were watching a movie.
4. What part of what happened can you take responsibility for? Did you ignore signs that should have clued you in that there was a problem? Did you act in a way that might have provoked the situation? Did your thoughts or actions escalate the situation? *Please try to do this with blameless discernment.* This is not to judge yourself or others. It's merely to use our experiences as potential learning opportunities.
5. Now, what is the lesson to learn from this? Perhaps you discover you need more patience or better boundaries. Perhaps being more open to listen and say less.
6. Ask yourself: If this were happening for a higher purpose, what would it be? Can you find the gift? If you can't that's okay. Perhaps in time you will.
7. Write down the most important thing you can do differently as a result of finding out the lesson or the gift.



Find ways to incorporate growth and learning in your day...

- **Listen to a new Podcast or Audiobook:**
 Incorporate this perhaps on your commute to and from work, while doing chores or going for a walk. Its a great way to learn new things on the go.
- **Learn a new word:**
 Expand your vocabulary by learning a new word each day and trying to incorporate it into your conversations or writing.
- **Experiment with new skills:**
 Allocate time to try out new skills or hobbies that pique your interest. Whether cooking a new recipe, learning a different language or trying a new sport, embracing novelty fosters growth.
- **Embrace imperfection:**
 Accept that you are human and, therefore, imperfect. Understand that making mistakes is inevitable and does not diminish your value as a person. Have compassion for others who are human too. :-)
- **Focus on the process, not just the outcome:**
 Shift your focus from solely evaluating outcomes to appreciating the process of learning and growth. Celebrate your efforts and progress, regardless of the outcome.



Pick whatever resonates with you. Try one or multiple, every day, once a week or even once during the month...the choice is yours. Take your time and enjoy the process. And remember not to judge yourself for not doing it perfectly. Practice living in a growth mindset.



**Workplace Growth and Learning
 promotes overall well-being!**



➤➤➤ Spring is the perfect time to focus on growth.

Spring is like a big, warm hug from Mother Nature, nudging us to stretch our limbs and embrace new beginnings. Think about it: longer days, sunnier skies, birds chirping their hearts out, and those little green buds popping up everywhere. It's nature's way of saying, "Hey, let's start fresh!"

So, what's on your springtime wish list? Maybe it's kicking off a fun exercise routine to shake off those winter blues (or pounds) . Or finally booking that dream getaway you've been talking about forever. Whatever it is, **it all starts with a tiny seed of an idea.** But here's the thing about seeds – they need more than just wishful thinking. You gotta water them with daily doses of attention, patience, and a bit of TLC.

In the content of this newsletter, planting a seed goes deeper than just the act of growing a plant or tree. It represents the potential for personal growth and transformation.

Ask yourself: Are you creating the right vibe for growth? Are you tending to your dreams with the care they deserve? Are you treating your body and mind to the good stuff – healthy food, movement, and plenty of Zzzs? And hey, are you keeping those pesky negative thoughts at bay, like pulling weeds from a garden?

Just like those seeds in the ground, you need nurturing to flourish. So, embrace the journey, knowing that growth takes time. And remember, every little seed you plant adds a splash of color to the beautiful garden of life.



"To plant a garden is to believe in tomorrow." Audrey Hepburn

