

# Rising STRONGER

From mental health to mental wealth



with Kev House



# Thinking about brilliance.....

If the pandemic wouldn't have happened, what wouldn't you have learned, experienced, enjoyed?





Who taught you this?



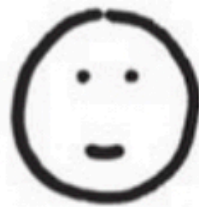
Monday



Tuesday



Wednesday



Thursday



Friday

**Successful**

**Work Hard**

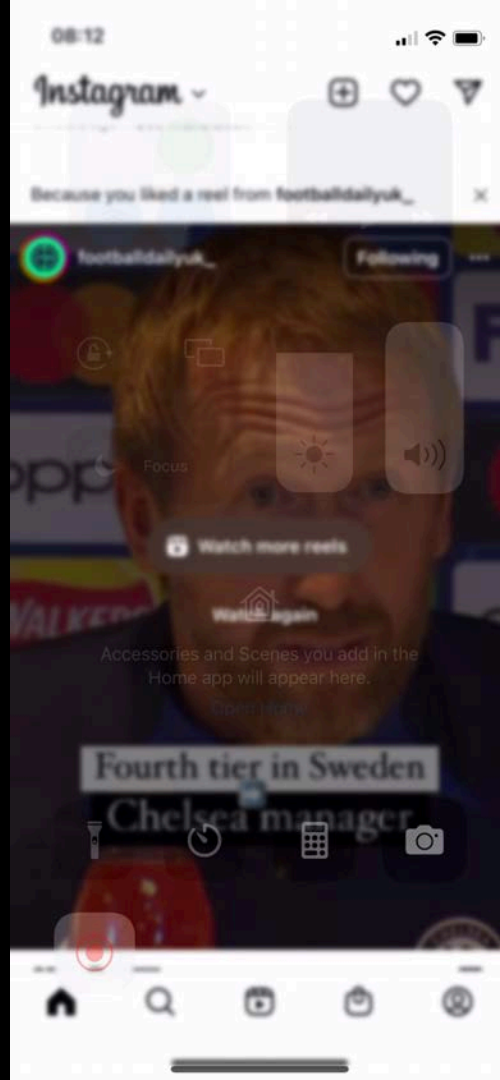
**Positive &  
Happy**

**Destination addiction**









- Going outside comfort zone.
- Taking responsibility.
- Believing that there is more to us than what sits here now.
- Don't see it as a risk in a Way. Everything is a bit Unknown That's the beauty of life.

**Putting everyone else's needs before your own isn't selfless, it's self abandonment. Society glorifies this, and it's a massive reason why so many of us are unwell.**

[@the.holistic.psychologist](#)

BE BRILLIANT EVERY DAY

ANDY COPE & ANDY WHITTAKER



The Chimp Paradox

Dr Steve Peters



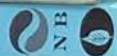
DARING GREATLY

BRENE BROWN,  
Ph.D., LMSW



#1  
NEW YORK  
TIMES  
BESTSELLER

THE UNTETHERED SOUL SINGER



+ MINDSET -

CAROL S. DWECK, PH.D.



MARTIN SELIGMAN

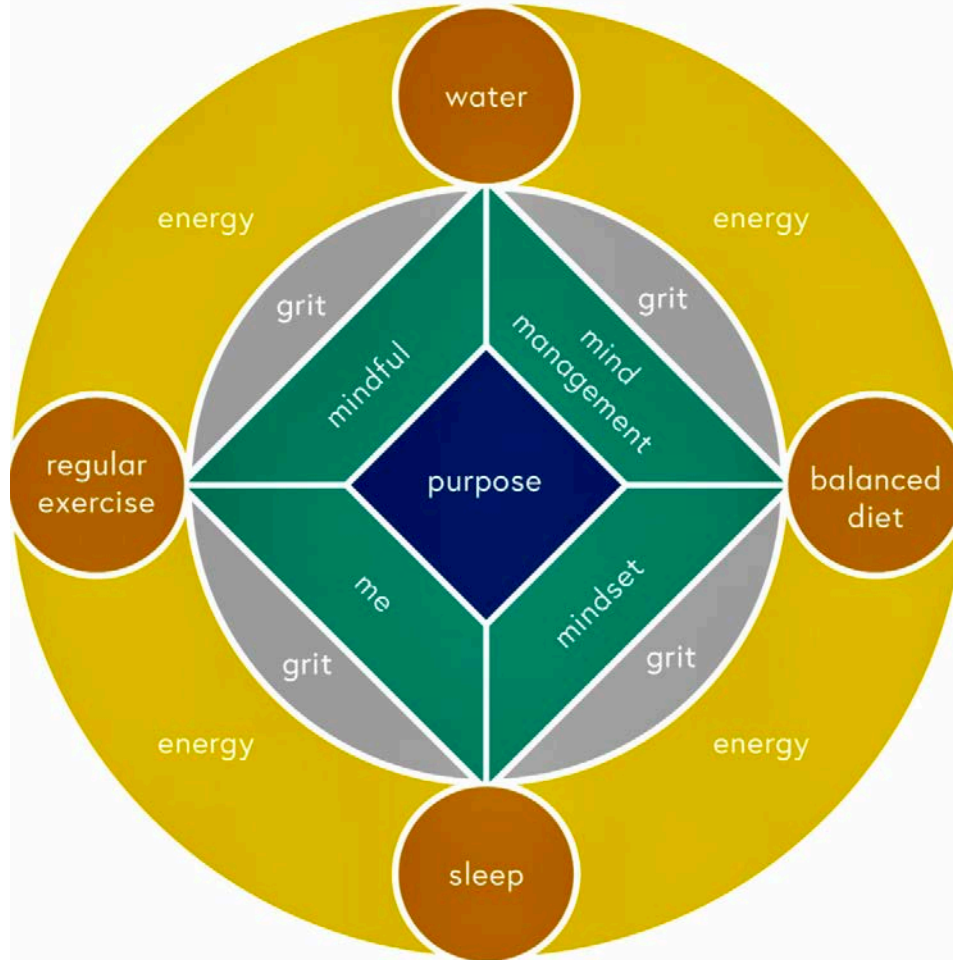
Flourish

A New Understanding of  
HAPPINESS AND WELL-BEING  
— and How to Achieve Them



Jack Canfield

# The mind and body



A vibrant rainbow arches over a mountainous landscape. The foreground is a grassy hillside with a person in a red shirt standing with arms raised. The background features rolling green hills and mountains under a blue sky with scattered clouds. The rainbow is the central focus, spanning across the top of the image.

# Work Harder

More productive

More creative

More helpful

Better at service

More focussed on quality

More open

More optimistic

More motivated

More engaged

More energetic

More resilient

A faster learner

A better team player

Positive

Successful

Upper Level - Positive

**2%ERS**

**MOOD HOOVERS**

Lower Level - Negative



2%er



*The happy train!*



In memory of  
Roger Bucklesby  
Who hated this park,  
and everyone in it.

# The 2%er You....

What does the 2%er version of you look like, sound like, feel like?

What 3 qualities do you have when you are a 2%er?

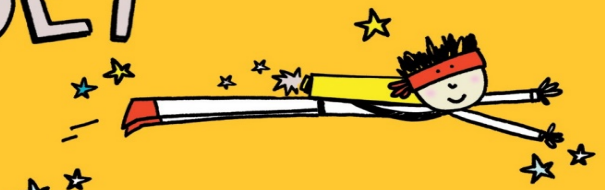
How often are you a 2%er?

What's stopping you from being a 2%er more often?

The BEST mindset in the world!!!

# The 2% MINDSET

2% of the population:



Embracing the unknown

Going for your dreams

EXPLORING NEW THINGS

Choosing happiness

Confidence

Fulfillment



98% of the population

Being like everyone else

REGRET

Insecure

Procrastination

FEAR

Play it safe

A DULL life

Just getting by

Settling for less

Surviving

SO comfy + boring



## YOUR COMFORT ZONE

Excitement

liking change

Living without Limits

## ABUNDANCE

ACT in spite of fear

Getting the MOST out of Life

# 10 Things that require zero talent

1. Being on time

2. Work ETHIC

3. EFFORT

4. energy

5. body language ✓

6. PASSION

7. Doing extra ←

8. being prepared.

9. smiling

10. ATTITUDE

# Thinking about brilliance.....

**Think of 2%ers and mood hoovers.  
What do they do and how do they  
make you feel?**



Our  
Get Along  
Shirt

**Thinking about brilliance.....**

**Vipassana  
Vendetta**







# Thinking about brilliance.....

$$E + A + R = O$$

Inner coach or inner critic?



UNDERSTAND  
your impact

Someone at  
work seems to  
care about me  
as a person



**Thinking about Brilliance.....**

**The 4 minute rule**

Every day is a Special **PANTS** day



Life's too short. QUIT waiting for happiness





513 likes



Building character

Doing the right thing repeatedly,  
despite pressure and fatigue

Bill Beswick



**Find an accountability/belief partner**

Avoid **RED!**

**AMBER** is warning signal!

Identify **GREEN**  
Stay in **GREEN**



“I did then what I knew how to do.  
Now that I know better, I do better.”

Maya Angelou

# The 2%er You....

What are you going to stop doing  
and start doing to be a top 2%er?

No, better than that,  
**don't tell me, show me!**



If you want to do better and feel  
better, the solution is simple:  
*Start doing the work.*



**SOMETIMES, YOU NEED TO  
STEP OUTSIDE, GET SOME AIR,  
AND REMIND YOURSELF OF WHO  
YOU ARE AND WHO YOU WANT  
TO BE**



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