

Purpose & Mindset

Tim Jones | Grow Good



Certified



Corporation



By the end of our time together we will:

- 1. Understand what our individual and collective purpose is.**
- 2. Have tools for us to be able to create a peak state of mind.**

Internal alignment.

There are four beliefs that need to be aligned.

1 _____

2 _____

3 _____

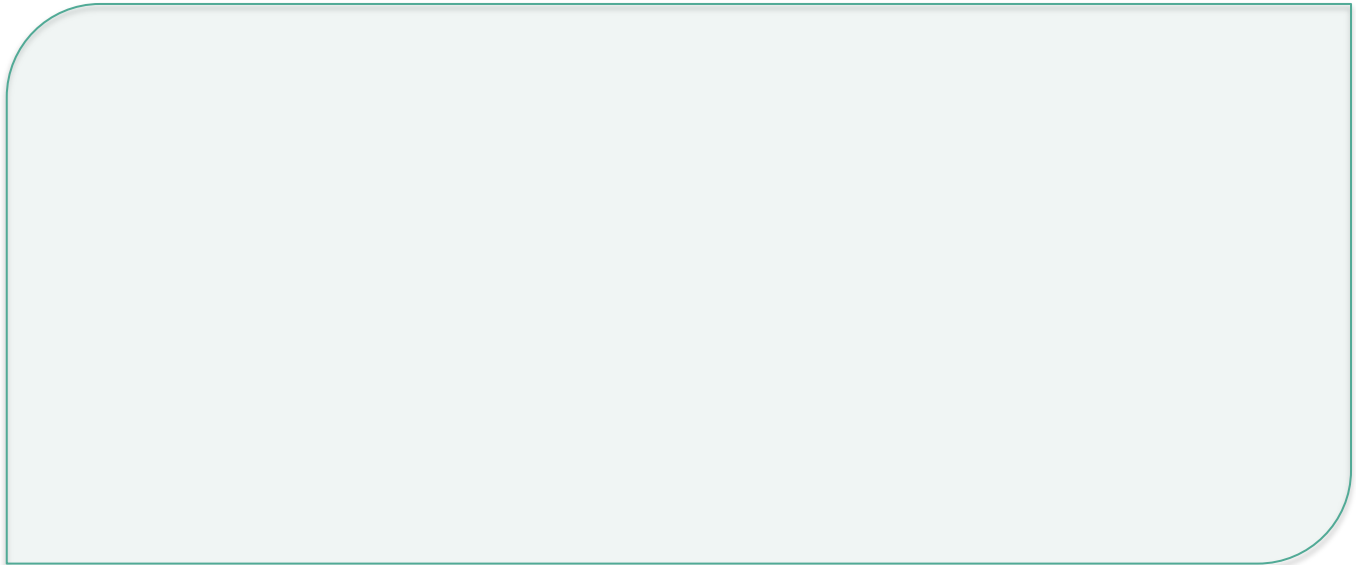
4 _____



"You perform better when your thoughts, feelings, emotions, goals, and values are in balance". Brian Tracy © Grow Good Ltd. 2018

Purpose.

What does it mean to you?



"The purpose of human life is to serve & to show compassion & the will to help others."

Albert Schweitzer

Why is purpose vital?

What does a life of purpose give us?

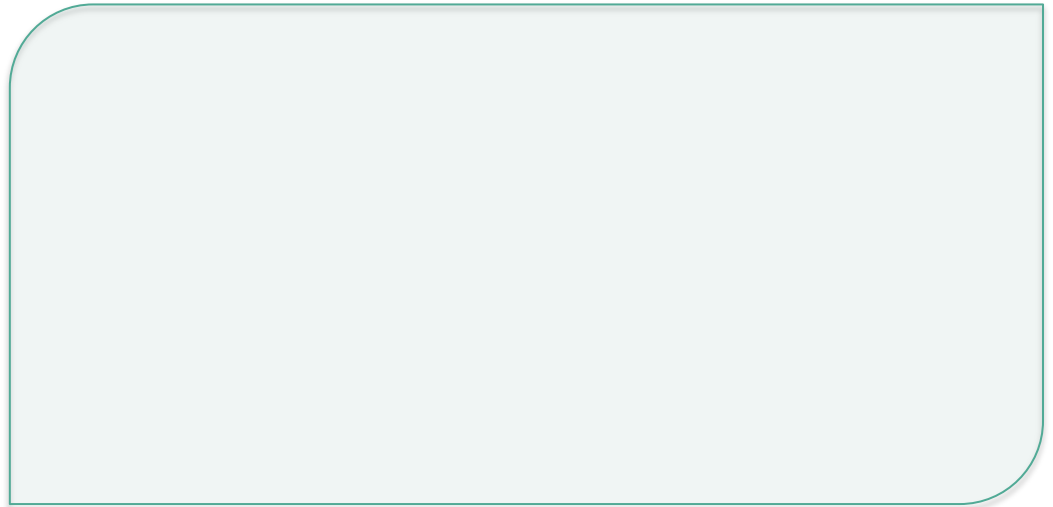
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*"The purpose of our lives is to be happy."
Dalai Lama*

Seeking the feeling...

...of meaning

**What are
some of the
clues that
point to us
being on
purpose?**



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"The best way to find yourself is to lose yourself in the service of others."

Gandhi

What's your purpose?

My why is to

**liberate as many people
that I can that are stuck in
a life that is killing them,
their family and the planet**

so that

**we can co-create a world
where every human
thrives, contributes fully
and is free from major
concern and lives in a
manner that is
regenerative to the planet
that we call home.**

My why is to (help/serve) or I believe in

so that

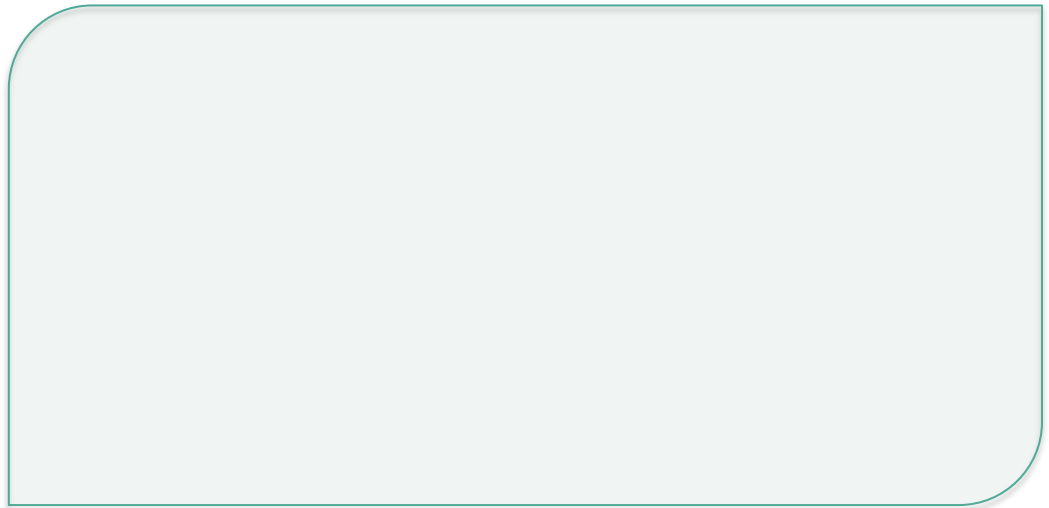
"He who has a why to live for can bear with almost any how"

Viktor Frankl

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Our impact.

**What
positive
impact do
we make?**



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"Recognise that every interaction you have is an opportunity to make a positive impact on others." Shep Hyken

What's our purpose?

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**Teams and
people that
serve
others and
something
bigger than
themselves
outperform
their peers.**

Our why is to help/serve or we believe in

so that

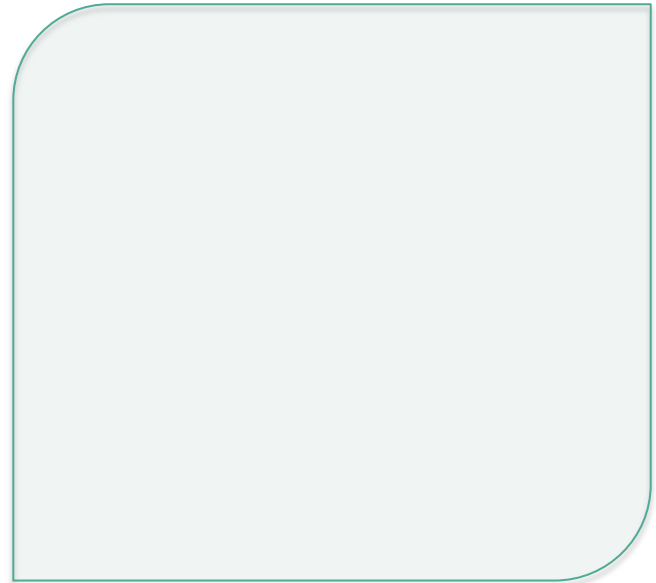
"We don't need bigger cars or fancier clothes. We need self-respect, identity, community, love, variety, beauty, challenge and a purpose in living that is greater than material accumulation." Donella Meadows

Our influence on others.



New research into the way the brain works in group settings suggests your brain waves might actually be synced up with those of the people around you.

How does how you show up influence the team?



"Be nice to each other. You can make a whole day a different day for everybody."

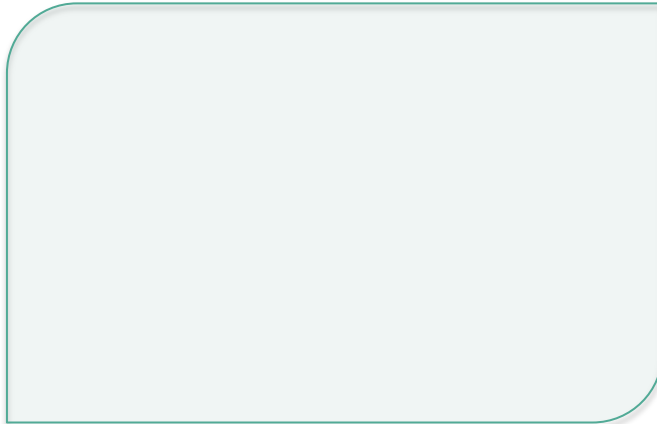
Richard Dawson

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What influences you?

Look at the 8 areas of your life and score them out of 10.

Which two do you need to work on and what can you do to improve them?



*"We need to do a better job of putting ourselves higher on our own 'to do' list."
Michelle Obama*

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How do you react?

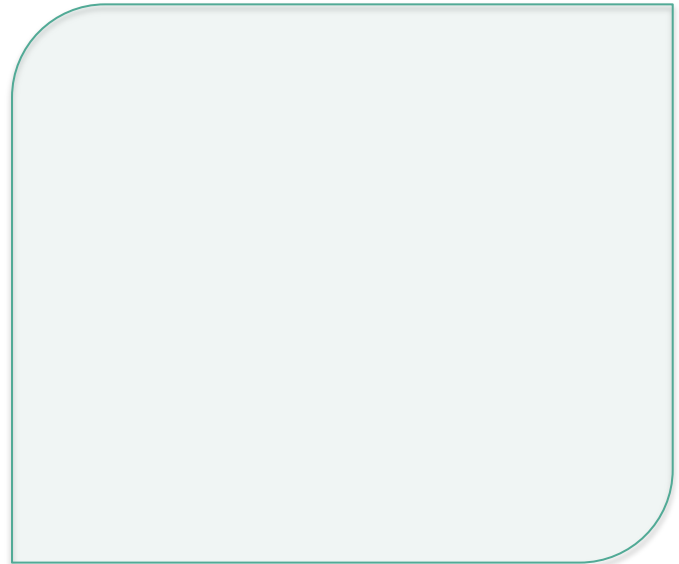
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O _____
A _____
R _____

vs

B _____
E _____
D _____

Are you rowing or sleeping?



"Responsibility equals accountability equals ownership. And a sense of ownership is the most powerful weapon a team or organisation can have." Pat Summitt

Gratitude.

**What are 5
things that
you are
grateful for
today?**

1

2

3

4

5

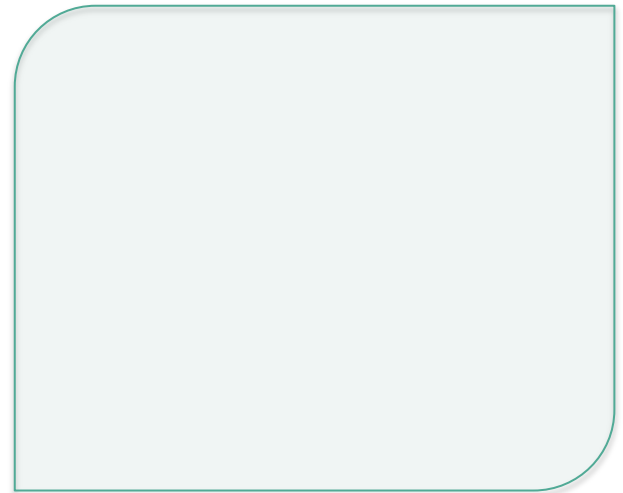
"Gratitude turns what we have into enough."

Melody Beattie

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Growth mindset.

**What's something that you can't do YET?
Discuss how you can start the journey to mastery.**



*"It's not that I'm so smart, it's just that I stay with problems longer."
Albert Einstein*

Peak states.

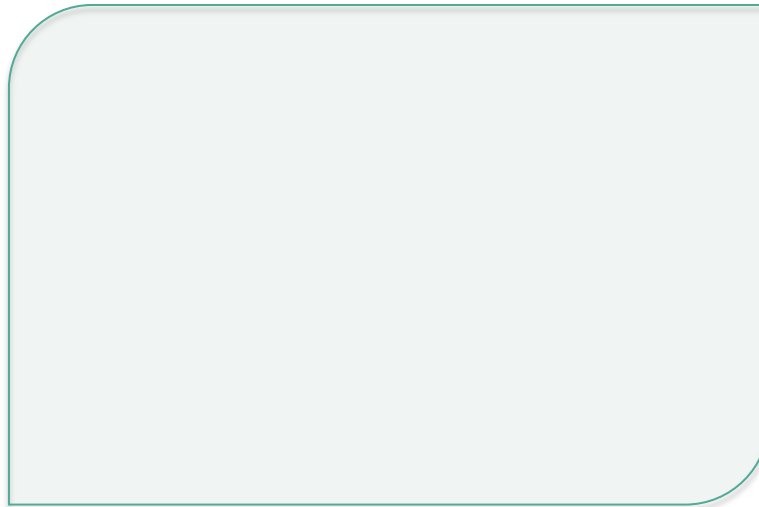
How can you maintain a peak state using:

Physiology.

Imagery.

Mental state.

Auditory.



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Positive reframes.

"Peak state of mind doesn't just come and interrupt you."

Tony Robbins

Your commitment.

**What is your
commitment to
personal development?**

**Go through your work
books and highlight
the 3 things you are
going to implement
this week.**

I _____

commit to implement the following three things:

1. _____
2. _____
3. _____

So that

And when I complete these I will reward myself by

_____.

To ensure I stay focused I must do
the following 3 things:

1. _____
2. _____
3. _____

Signed: _____ Date _____

"Ideas without execution are hallucinations"

Thomas Edison

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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines running across the width of the page, providing a guide for handwriting or typing. The background is a solid off-white color.

Thanks!





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