

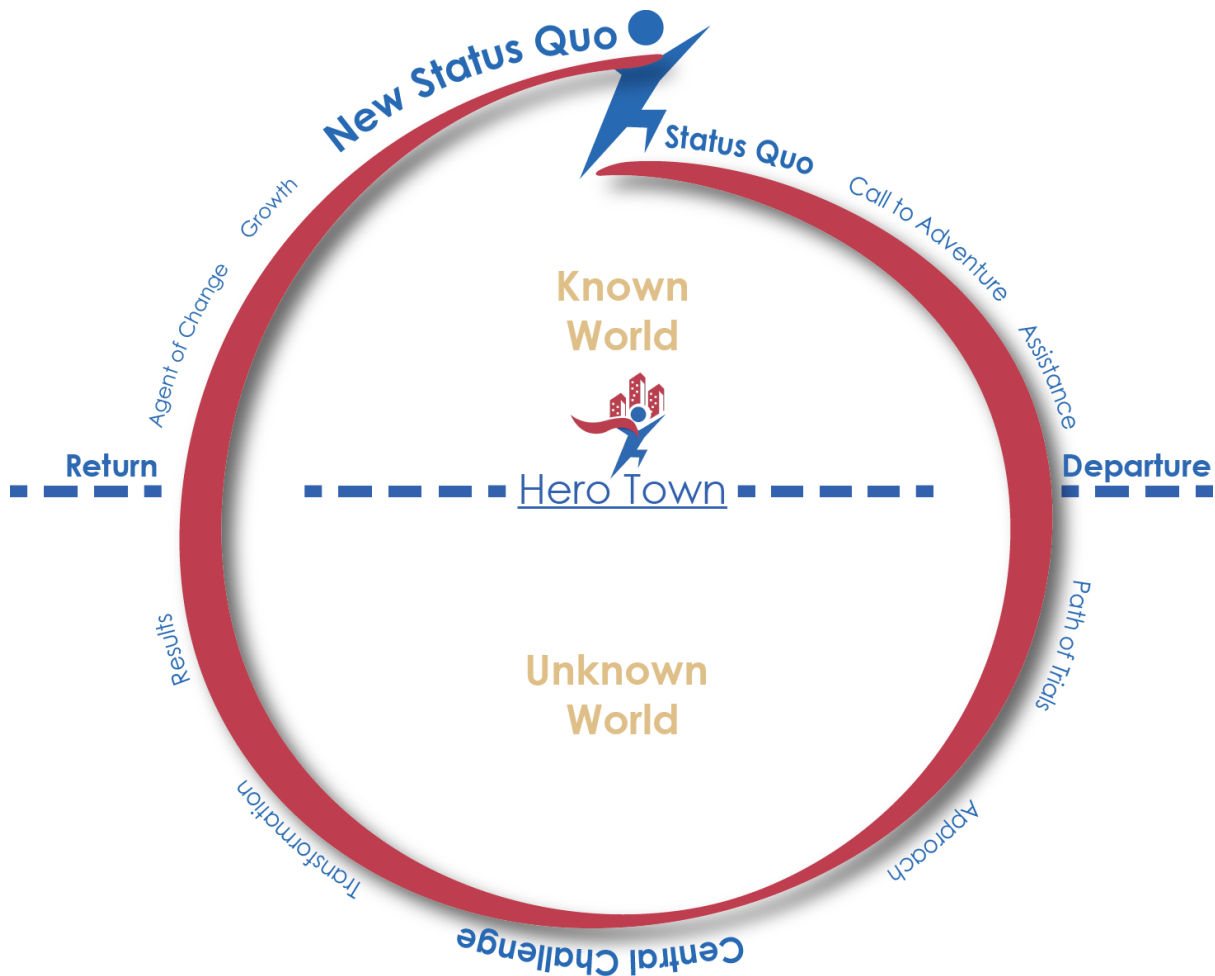


**GEELONG LEADS THE
WAY FOR WELLBEING:
SESSION FOUR**

THANK YOU

Thank you for attending the talk and expressing interest in the complementary resources. Attached you will find 3 samples of activities from our main topics: Hero's Journey, Mindset, and Social Resilience.

An everyday hero is
an individual who voluntarily creates positive change
on behalf of themselves or others,
with acceptance of potential risks and/or sacrifice.



Consider a past major change, challenge, or opportunity you have encountered. This may have been a Hero's Journey. What was each stage like? What did you learn from each stage? What skills have you learned recently that change the way you live, work, or play? The change is your New Status Quo.

Where are you on a current Hero's Journey (major change/challenge/opportunity)? What's it like to be in that place? What can you use to get to the next stage of your journey? What did you learn in a previous experience that may help you in this journey?

CHANGE YOUR WORDS CHANGE YOUR MINDSET

Instead of...

I'm not good at this.

I give up.

This is too hard.

I just can't do math.

I made a mistake.

She's so smart. I will never
be that smart.

This is good enough.

That plan didn't work.

I can't do it.

Try...

What am I missing?

I'll try some other strategies.

This may take more effort.

I'm going to train my brain.

Mistakes help me improve.

What does she do? Maybe
she can help me learn.

Is this really my best work?

What's the next plan?

I can't do it... yet.



HERO TOWN

Acts of Kindness

Increase social connectivity

Donate old clothes

Donate food to
Geelong Food Relief

Donate socks and undies
to women's shelters
(Geelong Inclusive)

Pay it forward

Donate blankets and
pet food to Geelong
Animal Welfare Shelter

Write a note or letter of gratitude and
appreciation to someone special

Bake special treats for
those you appreciate
(e.g., doctors and nurses,
firefighters and police)

Leave spare change
at a laundromat

Loan money on Kiva

Mentor someone

Visit the elderly

Help someone carry
their groceries

Be fully present
with someone

Invite someone having a
hard time to grab a coffee

Read to a child



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**A SIMPLE HELLO
CAN LEAD TO
A MILLION THINGS.**

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