

ATTENTION! Personal development enthusiasts, life-long learners and those committed to seriously improving their psychological health and well-being:

“Not Thriving Can Seriously Effect Your Chances of Living a Full & Satisfying Life”

How much has not Thriving cost you so far?



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FREE report exposes **7 CRITICAL STEPS** to becoming the best version of yourself at *home*, at *work* and in your *leisure time*.

KEEP THIS TO YOURSELF – THIS IS FOR YOUR EYES ONLY!

Dear fellow Thriver, (yes, that's you!)

You may not think your Thriving 100% at the moment, but I genuinely believe that there is an amazing Thriving version of yourself just waiting to be released and set free forever – I know this is what you want which is why you got in contact.

- You've tried really hard to change your life;
- You've shown energy, commitment and a determination to get what you want;
- You've spent lots of time, money and energy on trying to find what works and what doesn't.

And I know you will agree with me when I say **now is the time** ... in fact, **its way beyond your time to spread your wings far and wide and show yourself and the world just how frickin' awesome you are!**

Is this truly possible?

Yes, it is!

I know this because you're just like me ...

For years I really struggled to Thrive due to extreme shyness and crippling social anxiety.

I felt weird, awkward and out-of-place socially. I felt different - but I didn't want to be different, I just wanted to be like everyone. And I found it hard to make friends, and I really struggled on the sports field and in the classroom - and yet I knew, despite the difficulties I faced that:

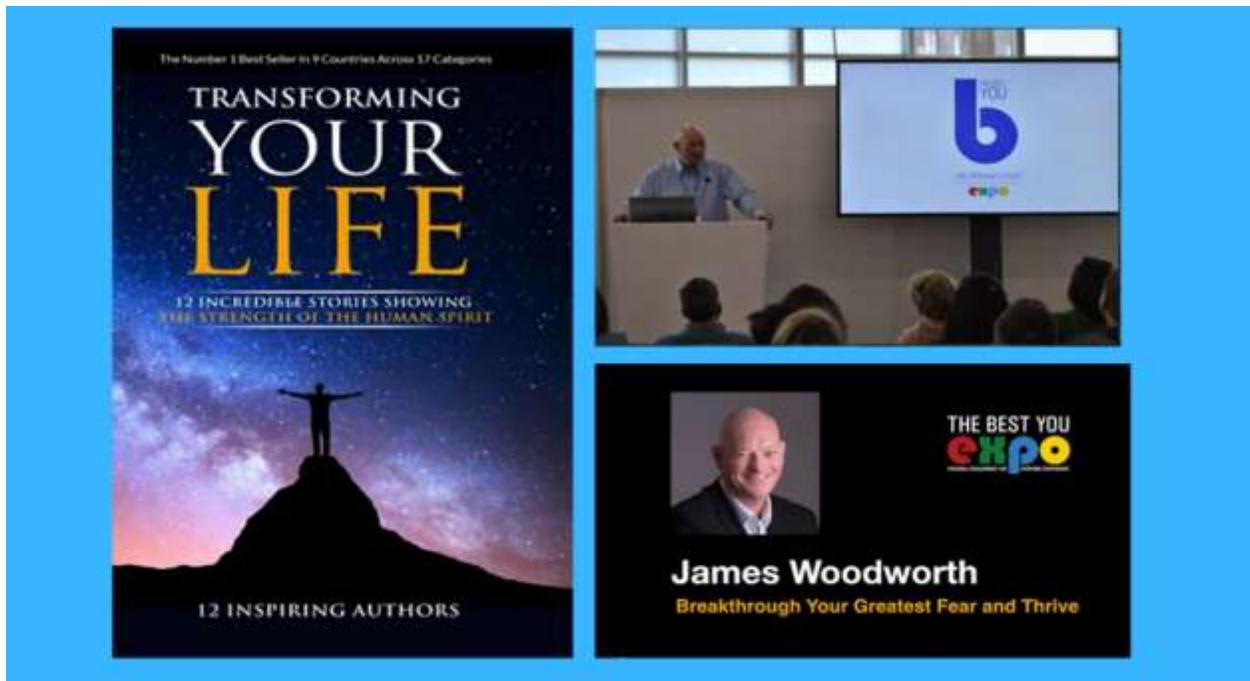
- Nobody or nothing could stop me from growing, learning and developing;
- Nobody or nothing could stop me living my dreams;
- Nobody or nothing could stop me being healthy, happy and successful.

I started from scratch – I had no experience, no qualifications and no money but what I did have was a deep-rooted desire to develop myself and serve others – to make a contribution to their growth and development.

I wanted to make a difference in the world. And, so I became a teacher and then a trainer, mentor and coach and here I am today, after 30-years working in education and training, running my own business as Thrive Programme Consultant.

I've helped literally 1,000s of people over the years to Thrive not only through my work as a teacher, mentor, coach and consultant but more recently as a professional speaker and international best-selling author.

I'm living the dream helping others Thrive!



Here's the thing - If I can do it so can you. There's nothing special about me but I am very determined, I work hard and I don't give up easily ... just like you.

Of all the skills you need to have to live a full, and satisfying life – the one skill, that stands head and shoulders above all the others is the *ability to Thrive.*

And you can learn to Thrive using **THE THRIVE PROGRAMME** just like ... **Nell, Matt,** and **Jana** ... who went through the programme with me recently.



And because you're reading this now I know this is what you want for you. You're totally committed to significantly improving the quality of your life and you want to do so *now!*

And you're looking to me to help you in the same way I was able to help ...

Julian, Sharon and **Jean** ...



That's why you're here today reading this.

And because I respect your commitment I've written this book just for you – a short book which will introduce you to ...

The 7 Critical Steps you need to take to become the best version of yourself in every area of your life.

I sincerely hope you benefit from reading the book and that it helps prepare you for the programme:

Here is what we are going to be covering ...

STEP #1: Those who Thrive ... Believe in themselves and in their ability to Achieve and Succeed

STEP #2: Those Who Thrive ... Like Themselves and Accept Themselves Unconditionally

STEP #3: Those Who Thrive ... Are Positive, Optimistic and Forward Looking

STEP #4: Those Who Thrive ... Are Robust, Resilient and Not Afraid to Fail

STEP #5: Those Who Thrive ... Take Responsibility for themselves and the Life They Live

STEP #6: Those Who Thrive ... Are Appreciative and Grateful

STEP #7: Those Who Thrive ... are Thriving!

So, lets dive in and explore the 7 steps to thriving ...

STEP #1: Those who Thrive ... Believe in themselves and in their ability to Achieve and Succeed

In order to achieve you need to believe - you need to believe in yourself and in your ability to make good things happen.

Many people, it seems to me really want to achieve and do well in life but they fail to succeed, not because they're lazy or lacking in motivation because they're not, they struggle simply because they don't believe change is possible for them.

A lack of self-belief can result in us feeling helpless, hopeless and stuck where we are - this is why it's so important to have self-belief.

Self-belief relates to how much confidence we have in our ability to achieve, succeed and do well in life.

Motivating ourselves to take on potentially difficult and challenging tasks can be really difficult if we don't believe in ourselves and in our ability to pull through in the end.

One of the most effective ways of building self-belief is to focus, not on our weaknesses, misdemeanours and misgivings but on our strengths, qualities and virtues. Rather than reminding ourselves of all the things we get wrong we can remind ourselves instead of what we've accomplished and achieved instead.

We can all do this, through bringing-to-mind, on a regular basis what we've done well particularly those tasks that we thought were potentially difficult

and demanding. We need to focus on our strengths, successes and accomplishments not our weaknesses and the things we get wrong.

Set yourself challenges on a regular basis – activities you currently don't feel confident about doing but which, if you did see an improvement would give you a real thrill. You can set yourself any task you like from complimenting an attractive person on their appearance to learning a second language, a musical instrument or a new skill such as ball-room dancing, public speaking, or a new sport.

Challenging ourselves and taking a risk can be scary. After all, we might fail and make a fool of ourselves but then again, we might succeed in which case we will feel confident, empowered and proud of ourselves.

If we don't try, we can't fail but then again, we won't achieve, succeed or win either. It's no fun failing but nothing beats the joy and pride we feel when we do well. Achieving, succeeding and doing well feels good.

Try this:

- Challenge yourself to develop competence in at least one new skill – this could be a social skill such as talking to strangers or a physical skill such as joining a gym class;
- Visualise yourself in advance being a success. Talking to yourself in a positive, helpful, beneficial way also helps build self-belief;
- Record your success. Remind yourself everyday of how successful you have been – keep doing this until you start to believe in yourself more.

STEP #2: Those Who Thrive ... Like Themselves and Accept Themselves Unconditionally

People like people who *like* them, and people like people who *are* like them. We are social beings living in a social world so it's only natural we should want to get on well with others.

Unfortunately, some people struggle to relate effectively to others, not because they're anti-social because they're not – they simply worry a great deal about what other people think of them.

The problem is, those who lack confidence in social situations don't like themselves very much and they also believe, incorrectly in my opinion, that the negative view they have of themselves is shared by others. This is rarely true.

Having a negative opinion of yourself will hold you back. You'll fall into the trap of assuming others don't like you, respect you or want to be with you. These negative thoughts and feelings may lead to feelings of isolation, loneliness and frustration.

Those with a low opinion of themselves, in a futile attempt to make themselves feel a little bit better will seek out praise, positive feedback and validation from others. The problem is, it doesn't matter how much attention they get its never enough to fill the empty void they feel within themselves due to the low opinion they have of themselves.

The key to feeling really good about yourself lies in your ability to truly like, accept and respect yourself *for who you truly are* – that despite any flaws

or limitations you may have you can genuinely say that you really like yourself just as you are. A perfectly normal human being who is gloriously imperfect and prone therefore, to making mistakes and getting things wrong from time to time.

It's good to be ambitious, to want to succeed and do well but it's also important to know that the motivation to do well isn't due to the need for external validation – that you will like yourself wholeheartedly whether you win or lose.

You may feel awkward about cultivating unconditional positive self-regard – you may feel that focusing on yourself is selfish and egotistical, but nothing could be further from the truth. Self-confidence, you need to understand is a very attractive quality – people feel safe and secure with people who feel good about themselves. You will also find that it's easier to like, trust and respect others when you like, trust and respect yourself.

Try this:

- Make a commitment to be kind to yourself and to accept yourself, all-of-yourself, all-of-the time regardless as to whether you win or lose. Don't berate yourself when you get things wrong – forgive yourself, learn from your mistakes and move on with your life being kind and charitable towards yourself.
- Stop comparing yourself to others and worrying about what other people might think of you – nobody is liked by everybody. Remind yourself daily that you are more than good enough just as you are;

- Make a decision about what's important to you and set yourself the goal of achieving this. Do this for you. You're not being selfish or self-centred – your being assertive, authentic and true to yourself.

STEP #3: Those Who Thrive ... Are Positive, Optimistic and Forward Looking

Is your glass half empty or half full? Do you find yourself lamenting what you've lost or looking forward to what you got to come? Are you expecting to win or lose? In other words, how optimistic are you?

People vary enormously with regards the expectations they have for themselves – whether they expect, for example to do well in life or not. Optimists, have a tendency to feel confidence about themselves and their future – they *expect* good things to happen. And as such they're highly likely to seek out new and stimulating opportunities – they look forward to the future believing they can directly influence outcomes.

Pessimists, by contrast are characterised by having a generalised sense of doom, gloom, and despondency – they doubt themselves, are hesitant and tend to avoid and seek safety from the challenges of life assuming that nothing good is going to happen to them.

Pessimists anticipate bad things happening, and as such have a poor quality of life compared to optimists. Pessimists experience more stress, anxiety and low mood particularly when facing a potentially difficult or challenging event, they struggle to set aspirational goals and are often poor at following through on the goals they do set themselves. In other words, they have a tendency to give up easily.

Pessimists also tend to be less productive at work and are less healthy physically and emotionally compared to optimists. So, as you can see its worth being an optimist.

I firmly believe that optimism can be learned so if you do find you're prone to seeing situations in a negative, pessimistic way all is not lost. You can learn to be positive and optimistic.

I will explain what I mean with reference to question I asked at the beginning of this section - is your glass half empty or half full? The glass is neither one thing or the other. In other words, you have a choice as to how you see the glass – you can see the glass as half full or you can see it has half empty. It's your choice.

You have a choice as to how you see every situation in life – whether you see situations optimistically or pessimistically.

We all have what's called 'an explanatory style' – this represents the way we personally see, interpret or explain situations to ourselves and others. We can explain situations, events and experiences in a positive, optimistic or not. Pessimists have a tendency to explain their experiences in a very unhelpful, unbeneficial disempowering way. When things go wrong they blame themselves taking the situation personally (*"I caused this, it's all my fault"*), they assume the event is never-ending (*"I am the way I am. It is the way it is. I'm stuck like this forever"*) and they see their negative experiences permeating ever area of their life (*"This will effect everything. Bad things like this are always happening to me"*).

Optimists, because they feel empowered and in control of their experiences feel happy, excited and energised – they feel motivated believing they can positively influence the course their life takes.

Try this:

- Dispute the reality of any negative, pessimist thoughts you may have. You may believe, for example that you are incapable of finding a more satisfying, better paid job. Where is the evidence to support this negative, limiting and disempowering belief?
- Develop a more optimistic explanatory style – when you find yourself in a challenging or difficult situation remind yourself not to take it personally (*“I was only partly responsible for this”*), tell yourself the situation will not last forever (*“This in time will pass”*), and that the event is situational – (*“The impact of this will be limited. It will only effect me in one area of my life. This just isn’t like me”*).
- Remind yourself you always have a choice. You don’t have to see the glass as being half empty – you can choose to see glass as half full if you want to. The choice is yours.

STEP #4: Those Who Thrive ... Are Robust, Resilient and Not Afraid to Fail

Resilience is often described as the ability to bounce back quickly from setbacks – resilient people are quick to recover.

But resilience is more than this – resilient individuals also have the ability to deal effectively with challenging, difficult and tough events *as they’re*

happening. They learn from their experiences and move on quickly feeling stronger and more powerful.

It goes without saying that nobody enjoys failing, making mistakes and getting things wrong. However, if we develop a fear of failure, if we associate making mistakes and getting things wrong with negative emotions such as shame, embarrassment, humiliation and guilt then we're likely to focus on avoiding at all costs events, situations or experiences associated with emotional pain. Avoidance strategies can seriously hold us back stopping us from achieving what we say we want.

Life is tough - its full of challenges and difficulties. Bereavement, redundancy, conflict, ill-health are just a few of the adversities we may have to endure in our life. Facing the challenges of life are a part of being human.

Some people will go under when faced with a difficult event while others will cope positively because they're psychologically robust, emotionally tough and not afraid of failing, making mistakes and getting things wrong.

Resilient people don't like failing but they're not afraid of failing either – they have the ability to learn from their experience and to move on feeling wiser and stronger than before.

Resilience, like all positive states can be taught. Amongst the most important skills shown by those who are resilient is their ability to cope. Coping, however, as a strategy can be either positive or negative so it's worth making sure the coping skills you develop are positive. An individual who is struggling emotionally may try and cope with the situation that is bothering them by avoiding the situation that concerns them or they may try

and make themselves feel a bit better by drinking or eating too much. It goes without saying that coping strategies such as these are unhelpful.

Positive coping is about engaging with the issue head-on knowing you've got the skills and resources needed to tackle the problem and come through a winner.

Not feeling able to cope can lead to unhelpful, unbeneficial and even potentially harmful behaviours such as alcohol and drug abuse, engaging in destructive relationships, procrastination, day-dreaming, and hopeful, wishful thinking.

Positive coping is about feeling powerful and in control. Those who can genuinely cope with life feel positive, optimistic and confident.

Try this:

- Accept responsibility for the problem – taking ownership of the situation helps build confidence and self-belief;
- Seek out accurate information about the issue and develop a realistic, time-based action for solving the problem you're facing;
- Don't feel you have to cope alone – share your concerns and ask for help if need be. Make sure you look after yourself at all times particularly during times of difficulty.

STEP #5: Those Who Thrive ... Take Responsibility for themselves and the Life They Live

One of the key principles of living life to the full is understanding that we are not disturbed by events as such but rather the view we take of those events.

Unfortunately, some people don't seem to realise this. They believe 'life is happening to them' and as such they feel powerless and out-of-control. Those who take responsibility for their life understand that life isn't happening to them – that life is what we make of it.

Most of what is going on around us is beyond our control such as the economy, the weather and the behaviour of other people. Worrying about what we cannot influence or control can leave us feeling stressed and anxious. Recognising that we cannot control external events only our experience of those events is both liberating and empowering.

Recognise and accept that events, situations and other people cannot make us feel anything – what we feel is a personal choice – we choose what to think, feel and do in relation to our experiences. We are largely responsible for the course our life takes.

Consider for a moment all the different ways people respond to the same event. Imagine, for example, three different people experiencing rejection - one person may be hurt, one depressed while the third may be relieved! That each of these people responded differently to the same event shows that the event can never be the cause of our feelings – our feelings in relation to an event are always the result of how we choose to interpret the event.

Knowing we have a choice as to how we interpret events, situations and experiences is incredibly liberating – it means we don't have to experience extreme stress, sadness or anxiety if we don't want to. We can break free of the tyranny of unwanted thoughts, feelings and actions by choosing to take control of our experiences rather than let experiences control us.

Try this:

- Get perspective: whenever you find yourself facing a difficulty, face up to it and develop a strategy to overcome it. Tell yourself, that although you're not welcoming the event you can tolerate it. In time, all things will pass.
- Remind yourself daily of the difficult situations you've experienced and triumphed over, i.e. moving on from a failed relationship.
- Think of inspirational people you know of who have overcome obstacles by having an empowering, constructive positive attitude. Study their story, learn from their experience. Remind yourself that you too can triumph over adversity.

STEP #6: Those Who Thrive ... Are Appreciative and Grateful

Being thankful and grateful for what we have is one of the most effective strategies we can use for building the self-belief and positive emotions needed to truly Thrive in life.

Recognising that life can be a challenge is important. We need to accept the reality of the situation we find ourselves in while also believing in our ability to solve the problems we face.

We need to assess honestly and accurately the nature of the situation we are in but focusing on the problem rather than the solution can leave us feeling worried, stressed and anxious. Focusing on the solution builds self-belief and confidence in our ability to achieve and succeed.

Showing gratitude and being appreciative for what we have is one of the best ways of combating negative emotions and a pessimistic world view – it boosts self-esteem, reduces stress, low mood and anxiety enabling us to see our experiences in a more optimistic and positive light.

Being grateful reminds us, on a daily basis of what is going well for us including the value to be found in the relationships we enjoy with the key people in our life; it reminds us of what brings us joy and satisfaction and the necessity of doing more of what thrills us rather than what bores or frustrates us. Being appreciative also reminds us on a daily basis that what really makes us happy are the things we've already got.

Try this:

- Take some time out every day, if you can, to engage in random and spontaneous acts of kindness – the act of kindness you engage with can be quite small, simple and relatively easy but even the simplest acts of kindness can make a big difference, not only to the quality of your life but the lives of others, i.e. make a contribution to the food bank in your local supermarket, let someone go in front of you in a queue, give a book you've just finished to someone else to read, give some old clothes to charity, buy a coffee and some food for a homeless person, and so on;

- Treat yourself to an attractive notebook and a pen that's really enjoyable to write with and start journaling – start with writing down 3 things for which you are grateful every-day. The things you write down can be simple and straightforward and you can repeat them if you wish but do write them down, i.e. “*Today I'm grateful for having had a good night's sleep, that my friend arrived home safely and for the shower I had this morning because it was really relaxing*” ... and so on – I'm sure you get the idea.
- Say ‘Thank You.’ Get into the habit of saying ‘thanks’ not just to other people for the kind things they do for you but to *yourself*. Thank yourself on a regular for the good things you do for yourself and for the things you do well.

STEP #7: Those Who Thrive ... are Thriving!

We all know someone who believes in themselves and in their ability to achieve, succeed and ‘pull through in the end’; someone who trusts, respects and accepts themselves absolutely for being *just as they are*; someone whose prepared to do whatever it takes to create the life they want; someone who doesn't give up easily; someone who takes responsibility for themselves and the life they live – someone, in other words, who has the qualities this book is encouraging you to develop.

Someone who has the qualities referred to above is Thriving! But here's the thing – nobody is born Thriving. We learn to Thrive and everybody, and I mean *everybody* can learn to Thrive. You just need to know how to do that which is where The Thrive Programme comes in.

The Thrive Programme teaches you everything you need to know to create the life you want because life, as you now know doesn't happen to you – it's a question of how you choose to react to life.

Those who complete The Thrive Programme learn to overcome the limiting beliefs and unhelpful ways of thinking that are stopping them being the best they can be.

So, if you want to supercharge your life with an abundance of positivity, self-determination, confidence and self-belief, if you want to see yourself prospering in your personal and professional life then now is the time for you to take control of your life – now is the time to embark on The Thrive Programme.

Summary

So, there you have it – 7 steps which if you integrated them into your daily experiences will significantly improve the quality of your life.

Here's the truth of it. In order to be happy, healthy and successful you absolutely **MUST BE THRIVING** in your personal, professional and social life ... **BUT** ... you can't do it on your own.

Here's the next step. Have a break-thorough call with me and learn more about the programme that has taught literally 1,000's of people to Thrive!

I hope you enjoyed reading the book. I look forward to speaking to you soon.

James

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Yes, James count me in!