



# EMOTIONAL FITNESS FORMULA

It is inevitable in life that we will be faced with uncertainties, ambiguities, and forks in the road.

We will face challenges in our relationships, career and life in general.

To successfully navigate through these challenges, we need to become emotional fit.

Becoming emotionally fit equips us with the resilience, strength and courage to face life's obstacles.

Emotional fitness is vital to enjoying great relationships. The quality of our lives is determined by the quality of our experiences.

The ultimate amplifier of all experiences is the quality of our relationships.

This program is centred on 5 core principle focus areas: Identity, Life Stage, Values, Emotional Flexibility & Perspective.

## IDENTITY

Gain clear understanding of how you are wired and why you do what you do. Our identity is our self concept.

Everything we experience in life is through the concept we have of who we think we are. In this module we explore the 4 identity phases we all journey through. We also explore the wiring of our personalities which significantly flavours how we experience each identity phase.

## LIFE STAGE

Understand which one of the 4 life stages you are experiencing. Discover how to successfully navigate the journey of ambition to meaning.

Learn how to apply the fulfilment formula in every part of life. Learn to how integrate ambition into meaning which leads to deeper connections and a sense of purpose and direction.

## VALUES

Values are our emotional compass. When we live aligned to our values, we emotionally feel amazing. This is because we are following our compass, our true north. When fail to follow this compass we begin to feel very ordinary, emotionally speaking.

The ambition to meaning journey is a values shift. This values shift is different for men and women. Learning the difference will bring us closer to the men and women in our lives. You will gain clarity on how to discover what matters most to you and how to live it.

## EMOTIONAL FLEXIBILITY

Learn the difference between emotions and feelings, discover the 7 key abilities to managing our emotions, learn the 6 needs of the ego and discover the emotional universal drivers within us all.

## PERSPECTIVE

Learning how to create a healthy perspective is crucial in the foundations of emotional fitness and creating a healthy mindset.

Discover our chief desire so we can experience true fulfilment, the 3 crucial decisions we are making on a daily basis, the 5 universal choice points available to all of us. Learn how we create our inner worlds and how to change it.