

Adventure

06 MIND & BODY

Switch Perfection *to* Personal Growth

SOLEFX
JOURNEY





Adventure 06 MIND & BODY

Learn
Engage
Act
Develop

Switch Perfection to Personal Growth



Healthy leaders understand the **mind and body** connection. Their mental habits (e.g., *thoughts and feelings*) affect their physical health. In turn, their physical habits (e.g., *sleep, eating, and exercise*) affect their mental and emotional health.

Seeking **perfection** is unattainable and leaves you feeling you're not good enough. Social media also emphasizes posting to prove one's value by being flawless.

Personal growth is about being better than you were the day before. Understanding that your worth is not tied to appearance or achievements, you feel satisfied knowing you've given your best effort.

Negative **FX** Perfectionism and negative self-talk increase physical health risks and lead to feeling inadequate, anxious, depressed, and stressed.

Positive **FX** Focusing on personal growth and positive self-talk makes you more confident, courageous, successful in school and work, and less stressed.

Our Goal

TO CREATE HEALTH

Replace negative input
with healthier habits.



In Today's Adventure You Will:

- ▶ Assess your current habits and evaluate for personal growth.
- ▶ Identify, challenge, and reframe negative self-talk.
- ▶ Create positive affirmations to reject the need for perfection.
- ▶ Develop healthier habits for your mind and body.

MIND & BODY CYCLES

Positive MENTAL Habits

- Being your authentic self.
- Feeling energetic and happy.
- Being positive and confident.
- Striving for personal best, (not perfection).
- Thinking about the good in others.
- Coping with stress in healthy ways.

Positive PHYSICAL Habits

- Doing what you love, "Living Your Adventure."
- Developing good sleep/eating patterns.
- Getting exercise/being outside.
- Working hard, but not overdoing it.
- Being positive on social media.
- Being assertive.

Negative MENTAL Habits

- Comparing yourself with others, feeling not good enough.
- Think negatively about others.
- Feeling tired and unable to focus.
- Feeling you need to be perfect.
- Obsessing about drugs, alcohol, and food, leading to addiction.
- Not being able to cope, feeling stressed.

Negative PHYSICAL Habits

- Engaging in mindless screen time.
- Being around negative people.
- Having poor sleep habits from excessive device use.
- Misusing drugs, alcohol, food, adding to stress/health issues.
- Giving in to what "feels" good.
- Not being strong enough to ask for help/therapy.



SWITCH NEGATIVE TO POSITIVE SELF-TALK

Too much of our daily internal dialog is negative, but if we **IDENTIFY** negative comments, we can learn to **CHALLENGE** our thinking and **REFRAME** our thoughts to be more positive. Complete the visual below.



IDENTIFY

Your Negative Self-Talk

Do you...

- criticize your looks, intelligence, accomplishments, social skills, etc.?
- obsess over your body image?
- label yourself as lazy, dumb, etc.?
- use exaggerations like, always, never, totally, should etc.?
- have to be perfect?

Example: I'll never be strong enough.



CHALLENGE

With a Reality Test

Ask yourself, Is this...

- true, exaggerated, an overreaction?
- overlooking past successes?
- doable, something I can improve?
- just a feeling without evidence?

Example: 'I'm not the strongest, but I'm not totally weak, and I have been getting stronger.



REFRAME

Switch to Positive Thinking

Instead, focus on:

- personal growth, who you're becoming.
- knowing failure is an opportunity: you win or you learn.
- acknowledging your effort and success.
- adding "yet" to your thoughts; it's about growth.

Example: I'm not as strong as I want to be YET, but I'll keep working to improve.

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SELF-COMPASSION

One thing I like about the way I look is...

1

Two people that uplift and support me are...

2

Three healthy things I want to do each day for myself are...

3

Four things I like about myself (not appearance-related) are...

4

Five things I'm extremely grateful for are...

5



TEAM DISCUSSIONS



1. MIND & BODY CYCLES

- ▶ Share a **healthy** habit and how it impacts you mentally and physically (e.g., *when I exercise, I'm less stressed*).
- ▶ Share an **unhealthy** habit and how it impacts you mentally and physically (i.e., *When I'm eating poorly, I obsess over being too fat/skinny*).
- ▶ For personal growth, share simple changes to overcome this habit.

2. SWITCH NEGATIVE TO POSITIVE SELF-TALK

- ▶ How was this activity challenging for you?
- ▶ How does social media impact what we say to ourselves?
- ▶ Share your negative self-talk phrases, and help each other reframe these.

3. SELF-COMPASSION

- ▶ Share a few of your responses.
- ▶ Why do you think it's hard to acknowledge the good in ourselves?
- ▶ What negative input can we change to develop healthier actions and thoughts?

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MIND & BODY

Switch Perfection to Personal Growth

Step 1

Choose a strategy that will help you to focus on growth over perfection.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 06 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**

TO CREATE HEALTH

Strategies to Develop Healthier Habits

- ☐ Replace negative self-talk with positive.
- ☐ Give my best effort, don't obsess about the results.
- ☐ Accept that my personal best is enough.

Switch the Story *Live* Your Adventure