

**BC**

LEARNING

# Life MOT



Level up your life

# List it!!!

**Five things you are fed up with in your life...**

- 1.
- 2.
- 3.
- 4.
- 5.

**Three biggest priorities for the year...**

- 1.
- 2.
- 3.

**Area of personal development you want to focus on...**

The aim of this short course is to help you audit your life; identify what is and isn't working and implement changes in time and effort allocation to restore balance to life.

**Don't leave your life up to chance!**

# The Woodsman

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“A woodsman had a new axe. The first day he was able to cut down twenty trees. With each passing day he worked longer and harder, while chopping down fewer trees. A friend wandered by and suggested “why don’t you sharpen your axe? The woodsman replied: “I’m too busy. I’ve got to chop down more trees!”

**What do you think is the moral of the story?**

# Content areas:

Cantril Self-Anchoring  
Striving Scale

Advantages and  
disadvantages of  
current situation

The gap and the gain

Wheel of Life

Action Planning

Novelty and variety

Balance of fear and  
excitement

Tolerating uncertainty

Future Self



# Benefits

- ✓ Reorient life view to recognise the advantages of the current situation.
- ✓ Deal with restlessness and feelings of boredom.
- ✓ Develop a personal action plan to increase activities that reinforce a positive self-identity.

**If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.**

**Jim Rohn**



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