

# FunLife Wellness

Make a positive lasting change | Individual | Family | Business

## Our Ethos

In our diverse planetary community, awareness education is needed to support one's experiences and to develop the ability to communicate effortlessly between one another; whether at home, work or on vacation.

## Positive Thought

The power of positive thought practices, to affect one's experience of life, has long been recognized. Positive thinking has been credited with the success of many people, families & organizations globally. Most recently, research has proven the power of this ability to impact our health, well being and motivation.

## Knowledge

Every single experience you have, through your senses of sight, taste, hearing, touch and smell, is recorded as a memory in your brain tissue. When you experience similar events over and over, your brain records a multitude of patterns.



## RATIONALE

Self awareness is a fundamental part of the human experience. It brings us joy, defines who we are, facilitates our learning and helps us to understand and appreciate lifestyles & experiences of all cultures.

### *Why choose a FunLife?*

All of our feelings, beliefs and knowledge are based on our internal thoughts, both conscious and subconscious. We are in control, whether we know it or not! We can be positive or negative, enthusiastic or dull, active or passive. Our present attitudes are habits, built from the feedback of parents, friends, society and experiences; these everyday situations form our self-image and our world-image. Your outlooks are maintained by the inner conversations you constantly have within yourself, both consciously and subconsciously.

**The first step in changing our perspective is to change our inner conversations.**



## Seminar overview

Our seminars focus on active involvement in vocal, hands on and role playing activities- focusing through on-site, rural & residential zones, small group and individual activities. In this type of learning experience, attendees receive optimum change and engagement tools to enhance their life.

**WHO AM I?**

**WHAT IS MY FORMULA?**

**WHAT IS POSITIVE THINKING?**

**UNDERSTANDING OUR THINKING**

**WORDS THAT AFFIRM vs WORDS THAT DECLINE**

**ASSIGNING YOUR ENERGY - HOW & WHY?**

**THE DIFFERENCE BETWEEN NEEDS AND WANTS**

**WHAT ARE MY GOALS?**

**FINDING AND STAYING IN YOUR ZONE**

**KEYS TO CREATIVE ENGAGING**

**AFFIRMATIONS - How and When to Apply**

**The expectations of our seminars is to support the development of:**

- 1) An in-depth overview on the foundations of self awareness and self-care through understanding balances in our bodies and practices.
- 2) The introductory ability to focus on issues, both individually and in various group situations; without creating isolation.
- 3) The ability to collaborate with others, to share from each others skills & individualities:
  - a) **Strengthen creative thinking.**
  - b) **Encourage participation through speaking, listening & improvising.**
  - c) **Focus on self perceptions and the basic elements which allows each participant to accept their individual keys to better life choices.**
  - d) **Embracing issues of diversity, abilities and disabilities.**
- 4) Understanding and integrating problem solving techniques.
- 5) In-depth discovery of the current agendas that are being promoted through various media channels (Visual Culture); ie. TV, Radio, Gaming and Internet.
- 6) Ability to understand Focus, Determination, Commitment and Application.
- 7) Increased personal ability to communicate vocally, in and out of each individuals comfort zone.

**When you make the first step towards change, that choice will be a fundamental part of you; as is your own heart.**

