### CONSTRUCTING EXCELLENCE

**BUILDING A FOUNDATION WITH POWERFUL** 

**MENTAL SKILLS & HABITS** 





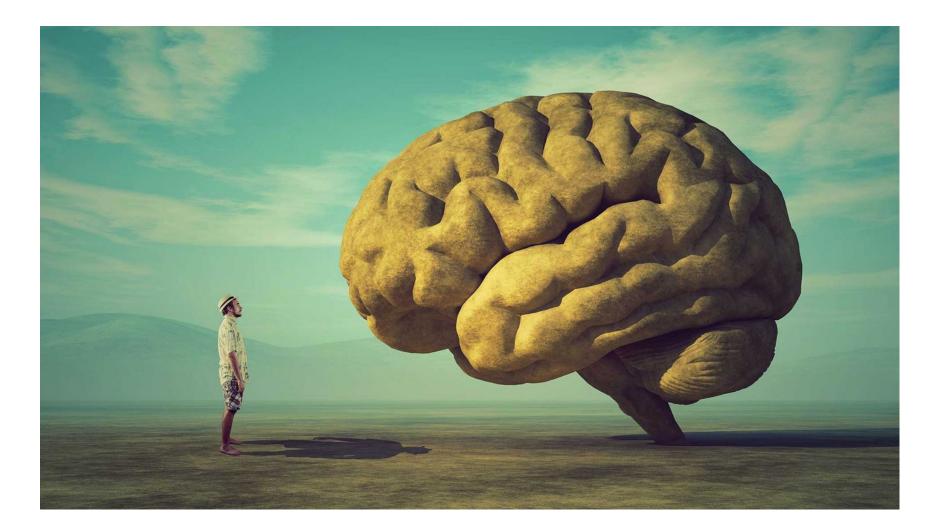
#### **Please be upstanding!**

This presentation is standing friendly. Please feel free to take standing and stretch breaks at the back of the room and break up that sedentary time.











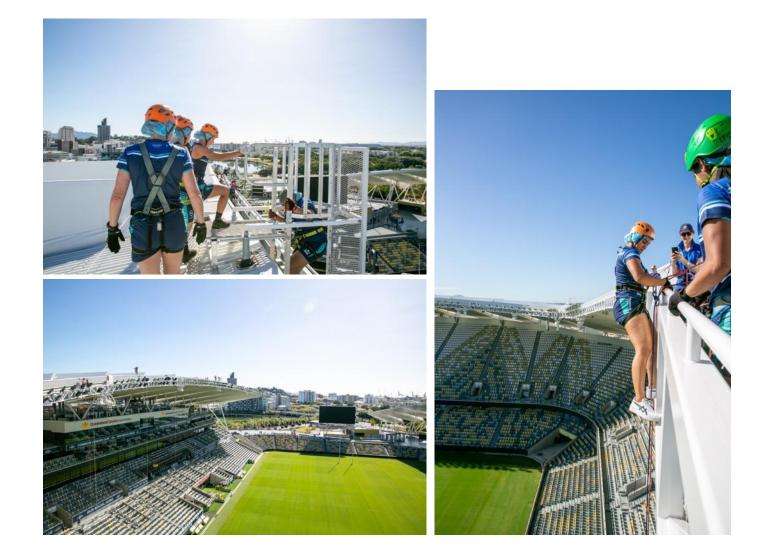




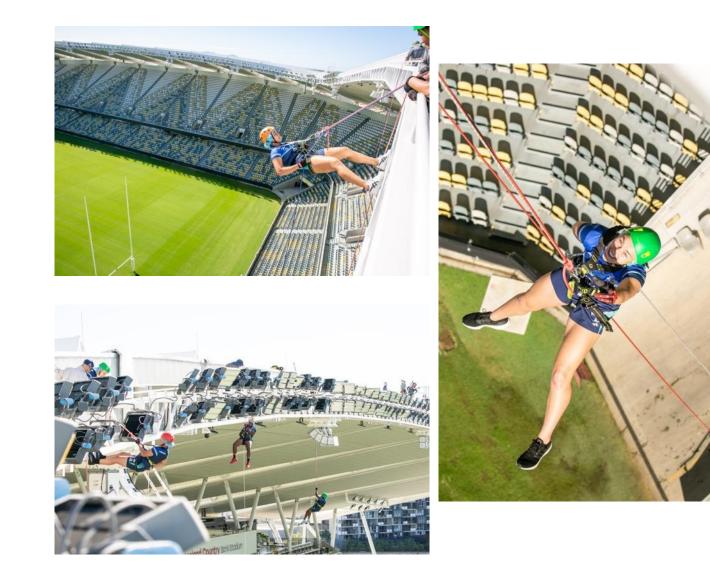












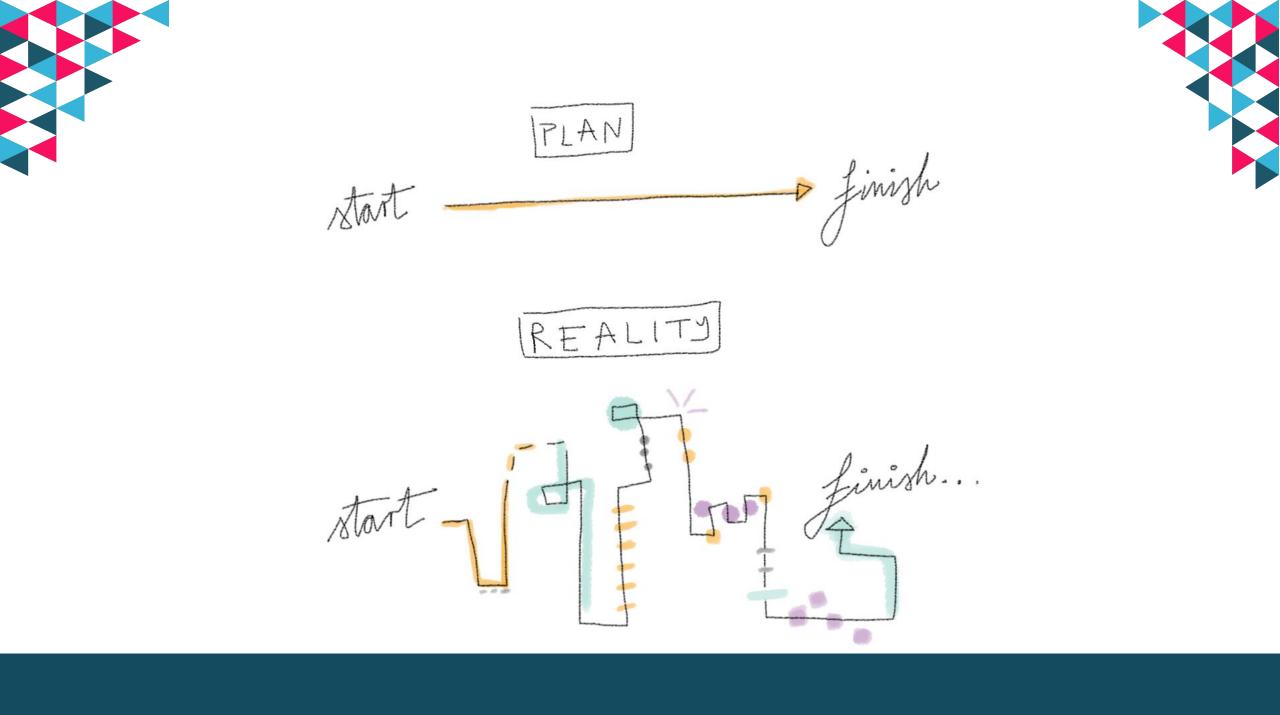




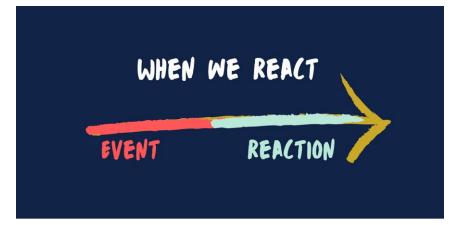








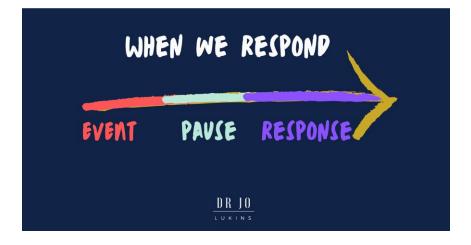






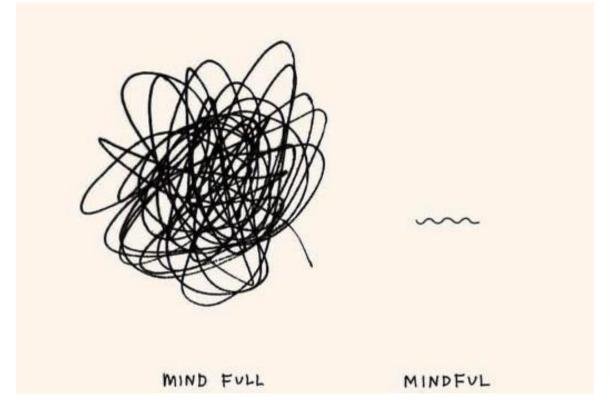




















































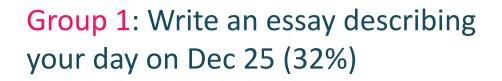
### **When/Then Planning**

#### Peter Gollwitzer Heidi Grant Halvorson





#### **HOW I SPENT CHRISTMAS**



Group 2: Write an essay describing your day on Dec 25. <u>When</u> and <u>where</u> will you work on the essay? (71%)









# The 'secret bullet' for more effective goal setting

#### When ...... Then ..... Planning





#### **New behaviour**

Reduce mobile phone use at night.

Study for course.

Exercise in the morning

Take multivitamins







When I serve up dinner ...
When its Monday night
When the alarm goes off ...
When I have my morning coffee ...









*When* I serve up dinner *then* I will put my phone on the charge.

When its Monday night *then* I will study after dinner for two hours.

When the alarm goes off *then* I will get up and exercise.

*When* I have my morning coffee *then* I will take the multivitamins out of the fridge.



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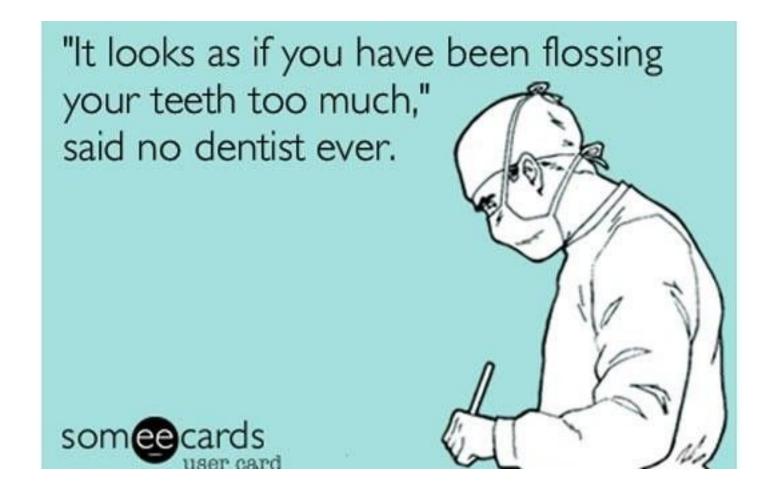
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#### What is your 'When/Then' plan?

- 1. What is the behaviour you would like to change?
- 2. Why are you currently doing something else?
- 3. What is the trigger (the When)?
- 4. What is the resulting behaviour (the Then)?







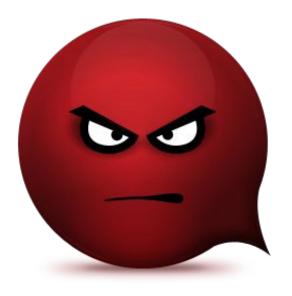






#### H.A.L.T.













## han•gry

(han-gree) adj.

a state of anger caused by lack of food; hunger causing a negative change in emotional state.





### thatonerule:#3231

What you do everyday matters more than what you do every once in a while.







#### You will not always be motivated, so you have to learn discipline.

## You will not always have discipline, so you need to create habits.



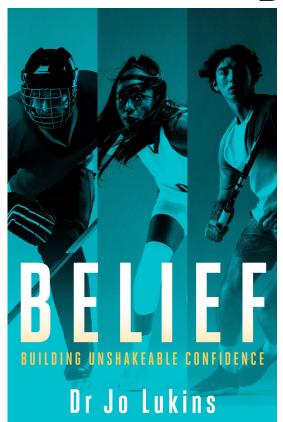
I'd look at one of my stonecutters hammering away at a rock, perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow, it would split in two, and I knew it was not that blow that did it, but all that had gone before.





he Confidence Checklist





Belief Pre-Release + free webinar



#### Release date: 04/2024