

THE 5-MINUTE THRIVING HABIT AND PSYCHOLOGICAL NOISE:

Decrease neuroticism and increase optimism, internal locus of control, self-esteem, and extroversion

(2 day course with 3,403 PowerPoint slides)



Happier
Horizons

HOW DOES THIS COURSE MAKE YOU THINK MORE EFFECTIVELY, PERFORM BETTER, AND BE HAPPIER?

This course teaches you the essential elements of five personality styles summed up by the acronym NOISE (Neuroticism, Optimism, Internal locus of control, Self-esteem, Extroversion), how to create a NOISE Sentence and a NOISE affirmation, and how to perform three relaxation exercises, two cognitive techniques, and the 5-minute Thriving Habit. After a brief introductory session, we focus on neuroticism and emphasise Greek philosopher Epictetus's opinion. Next, you learn diaphragmatic breathing and how to perform it in a chair, on your back, and on your stomach. Optimism is the next focus, with insights from Muhammad Ali, West Germans knocking down the Berlin Wall, and a speech by Winston Churchill. Then you are taught a 60-second whole body progressive muscular relaxation (PMR) routine and how Michael Phelps' uses PMR. Internal locus of control is discussed next, with an emphasis on "action causes reaction," I-Messages, and not buying into "luck." Day 1 ends with learning five simple meditation techniques, discussing meditation research, and demystifying meditation. Day 2 starts with self-esteem, its relationship with rejection and happiness, and Martin Seligman's opinion that low self-esteem is an epiphenomenon. The next session, extroversion, emphasises being sociable and not impulsive. Now you internalize all the NOISE research to create your NOISE sentence and a private NOISE affirmation. Then you learn to handle negative thoughts with a 3-step thought stoppage technique, along with mental imagery via nine exercises, combining it with Thought Stoppage and future "difficult" situations, and seven tips. Finally, you learn the five-minute Thriving Habit and how regular usage will result in more positive thoughts; focused, goal-directed behaviour; and happier emotions. To test the effectiveness of the Thriving Habit, you might like to do the following test. Place some paper clips in one of your clothes pockets. For the next two hours, every time you notice that you have a negative thought, take one of the paper clips out of your pocket and place it in another pocket. At the end of the two hours, count the number of paper clips in the second pocket. Then divide that number by two to determine your average negative thoughts per hour. Write down the average negative thoughts per hour somewhere you won't lose or forget. Then practice the Thriving Habit every day for a few weeks. Once you are fully comfortable with the Thriving Habit, then conduct the test again, however, this time do the Thriving Habit first and then do the 2-hour test. Then compare your average number of negative thoughts after the Thriving Habit with your previous average score (without the Thriving Habit). As a client (Mike of Staten Island, New York) noted, having completed this course, "You're mind's power is an under-used tool. We do physical practice, but not mental practice. People at the top of their game, however, do mental practice as well."

9 COURSE OUTCOMES:

By the end of this 2-day course you will:

1. Decrease your neuroticism,
2. Increase your optimism,
3. Increase your internal locus of control,
4. Increase your self-esteem,
5. Increase your extroversion,
6. Perform diaphragmatic breathing, progressive muscular relaxation, and meditation easily,
7. Use visualisation, NOISE affirmations, and Thought Stoppage,
8. Complete the daily five-minute Thriving Habit, and
9. Put yourself into the ideal mind-set to achieve your goals and dreams.

THE THRIVING HABIT:

1. Preparation for the Thriving Habit,
2. 60 seconds of diaphragmatic breathing,
3. 60 seconds of whole body progressive muscular relaxation,
4. 60 seconds of meditation,
5. 30 seconds of mentally imaging altering a future situation with thought stoppage,
6. 30 seconds of mentally imaging living in accordance with your values,
7. 30 seconds of mentally imaging participating and achieving 5 long-term goals, and
8. 30 seconds of mentally imaging achieving 5 things in the next 24 hours.

DAY 1**9:00AM - 9:10AM****SESSION 1: WHAT IS THE THRIVING HABIT AND PSYCHOLOGICAL NOISE?**

- 3 mins - Key point of course
- 1 mins - Course overview
- 1 mins - 9 course outcomes
- 1 mins - Logistical information
- 4 mins - 5 + 1 questions

9:10AM - 10:20AM**SESSION 2: NEUROTICISM**

- 12 mins - Characteristics of neuroticism, emotional stability, and anxiety
- 13 mins - Disadvantages of neuroticism and anxiety
- 4 mins - Neuroticism is incompatible with happiness
- 6 mins - Can we learn from Stuart Thompson?
- 13 mins - How neurotic are you?
- 9 mins - How can you increase emotional stability?
- 13 mins - Is some neuroticism good for you?

10:20AM - 10:40AM*Break***10:40AM - 11:40AM****SESSION 3: DIAPHRAGMATIC BREATHING**

- 7 mins - Control fear, coping skills, and Hilary Lister
- 6 mins - Breathing test
- 9 mins - Diaphragmatic breathing in a chair
- 11 mins - Evidence diaphragmatic breathing works
- 5 mins - Time needed for diaphragmatic breathing
- 7 mins - Diaphragmatic breathing on your back
- 7 mins - Squeeze and breathe and lying-on-stomach
- 8 mins - Make cheerfulness (not anger/crying) a habit

11:40AM - 12:00PM*Break***12:00PM - 1:00PM****SESSION 4: OPTIMISM**

- 17 mins - Characteristics of optimism and pessimism
- 11 mins - Advantages of optimism
- 2 mins - Optimism, habitual naysayers, and happiness
- 7 mins - How optimistic are you?
- 6 mins - Speak optimistically
- 17 mins - The world is a better place these days

1:00PM - 2:00PM*Lunch***2:00PM - 2:30PM****SESSION 5: WHOLE BODY PROGRESSIVE MUSCULAR RELAXATION**

- 12 mins - 1 Muscle Group (Biceps) PMR
- 10 mins - Whole Body PMR
- 8 mins - How the average American, Michael Phelps, and Janice spend their time

2:30PM - 2:40PM*Mini-Break***2:40PM - 3:40PM****SESSION 6: INTERNAL LOCUS OF CONTROL**

- 17 mins - Characteristics of internal and external locus of control
- 9 mins - Advantages of internal locus of control
- 3 mins - Locus of control and happiness
- 14 mins - How internal are you?
- 17 mins - How can you increase your internal locus of control?

3:40PM - 4:00PM*Break***4:00PM - 5:00PM****SESSION 7: MEDITATION**

- 15 mins - What is meditation?
- 10 mins - Physiological effects of meditation
- 14 mins - Psychological effects of meditation
- 4 mins - Yantras and meditation
- 6 mins - How much time is needed for meditation?
- 11 mins - 2 meditation tips

DAY 2**9:00AM - 10:00AM****SESSION 1: SELF-ESTEEM**

- 18 mins - Characteristics of self-esteem
- 16 mins - Advantages of self-esteem
- 2 mins - Self-esteem and happiness
- 5 mins - How high is your self-esteem?
- 9 mins - How can you increase self-esteem?
- 10 mins - Is self-esteem an over-inflated idea?

10:00AM-10:20AM*Break***10:20AM - 11:20AM****SESSION 2: EXTROVERSION**

- 18 mins - Characteristics of introversion and extroversion
- 11 mins - Advantages of extroversion
- 3 mins - Extroversion and happiness
- 7 mins - Can you change your level of extroversion?
- 5 mins - How extroverted are you?
- 16 mins - The negative side of extroversion is really impulsivity

11:20AM-11:40AM*Break***11:40AM - 12:40PM****SESSION 3: NOISE SENTENCE**

- 6 mins - Internalise the information to improve your thinking
- 45 mins - Check your N, O, I, S, and E sentences
- 9 mins - Write your NOISE Sentence

12:40PM - 1:40PM*Lunch***1:40PM - 2:10PM****SESSION 4: CREATE YOUR NOISE AFFIRMATION**

- 5 mins - Can you do mental techniques in the difficult times?
- 15 mins - Features of effective affirmations
- 10 mins - Write your private NOISE affirmation

2:10PM - 2:40PM**SESSION 5: THOUGHT STOPPAGE**

- 8 mins - Why thought stoppage is worth doing
- 15 mins - 3-step thought stoppage technique
- 7 mins - The reasons why thought stoppage works

2:40PM - 3:00PM*Break***3:00PM - 4:10PM****SESSION 6: MENTAL IMAGERY**

- 21 mins - What is mental imagery?
- 12 mins - Research evidence supporting mental imagery
- 16 mins - Internal and external mental imagery
- 9 mins - Mental imagery with thought stoppage and NOISE affirmations
- 12 mins - 7 tips for using mental imagery

4:10PM - 4:30PM*Break***4:30PM - 5:00PM****SESSION 7: THE THRIVING HABIT**

- 17 mins - The Thriving Habit
- 1 min - Henry David Thoreau's opinion about aim
- 9 min - The stay the same or try something new exercise
- 3 mins - 3 questions