

Make this your best year yet

Reflection, goal setting & manifestation



InsideOut®



The InsideOut wellbeing model

At InsideOut we look at mental health and the way that we think, feel and act alongside our physical, financial and nutritional health needs.

Having a holistic view to health, enables us to become and remain physically fit, ensures we nourish our bodies; and makes sure we manage our finances to live appropriately within our means.

The ways in which we move, fuel and rest our body and manage our finances impacts our moods.

Our mental wellbeing index

We use an 11 pillar index when we look at mental wellbeing. We understand that emotions we have are derived from the pillars below.

Adopting healthy habits and behaviours across all 11 pillars will help you to achieve your potential, feel your best and live your best life, free of future mental health struggles. Setting realistic and attainable goals gives the best chance of success.



Ability to cope



Physical Health



Diet



Relationships



Exercise



Self-esteem



Finances



Sleep



Happiness



Work



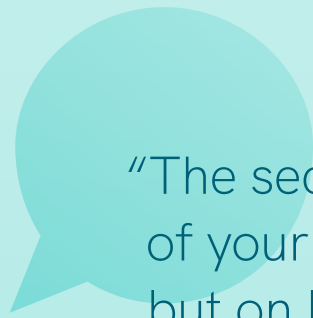
Gratitude



Section 1

The Past: Reflection

Reflective practice and goal-setting is a powerful tool in building self-awareness, which is a key element of emotional intelligence. It can also help develop our creative thinking skills and enable us to realise our past and current achievements.



“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

— *Socrates*

Reflection Time: The last 3 years

Think back to where you were three years ago
and answer the following questions:

Where were you?

What were you doing?

Who were you with?

How did you feel?

What were you most proud of?

Who was in your life then?

How happy and content did you feel?

Reflection Time: The last 12 months

Now it's time to reflect more deeply on the last 12 months:

What (if anything) has changed?

What has been your greatest accomplishment?

Which parts of your life were you most happy with?

What was your biggest success last year?

What has been your biggest failure?

Reflection Time: The last 12 months

Now it's time to reflect more deeply on the last 12 months:

What did you learn from it?

What are you most grateful for?

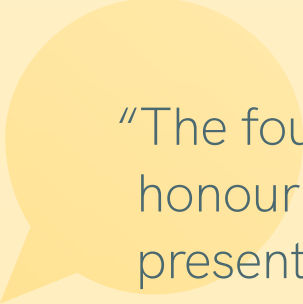
What or who has made you feel happy?

What is your biggest regret?

How have you grown?



Section 2
The Present: Observation



“The foundation of greatness is honouring the small things of the present moment, instead of pursuing the idea of greatness.”

— *Elkhart Tolle*

Evaluating your Pillars

Considering and evaluating all aspects of our life allows us to grow into richer, more balanced and happier people. On a scale of 1(😓) to 5(😄) how happy are you with the following pillars of your life as of today?

Ability to Cope					
<hr/>					
Diet					
<hr/>					
Exercise					
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Finances					
<hr/>					
Happiness					
<hr/>					
Gratitude					
<hr/>					
Physical Health					
<hr/>					
Relationships					
<hr/>					
Self-esteem					
<hr/>					
Sleep					
<hr/>					
Work					
<hr/>					

Observing the Present

Next consider the following: remember to answer truthfully and honestly as this will help you. In the next section when we look at our future wants and desires.

What or who makes you feel happy?

What do you love doing?

What are your priorities?

How happy are you with your life right now?

Is there anything or anyone missing from your life right now?

Identifying areas for growth

Are there any pillars of your life that you would like to improve and why would you like to change them?

Ability to cope

Diet

Exercise

Finances

Gratitude

Identifying areas for growth

Are there any pillars of your life that you would like to improve and why would you like to change them?

Physical Health

Relationships

Self-esteem

Sleep

Work

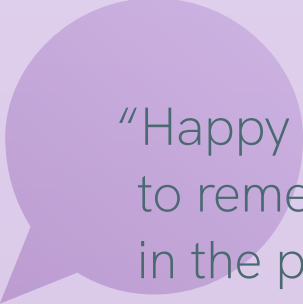
Happiness



Section 3

The Future: Planning & Goal Setting

Planning for the future and setting goals gives this long-term vision and short-term motivation. It helps us to organise and identify what we want to achieve and what we need to do in order to get the most out of life. Setting goals helps to trigger new behaviours, guide or focus and create new, healthy habits.



“Happy is the person who knows what to remember of the past, what to enjoy in the present, and what to plan for in the future.”

— *Arnold H. Glasgow*

A 12 month and 3 year plan

It is time to plan where you would like to be in the future.
What would you like to achieve in the next 12 months and three years?

	12 months	3 years
Where are you?		
What are you doing?		
Who are you with?		
How do you feel?		
How is your life now?		
What will make you proud?		
What will make you feel happy and content?		

Setting smart goals

Setting goals helps to keep us on track and make sure that we are working towards the things that we want to achieve in life. Goals can help us to remain focused and create new healthy habits.

First, divide the page in half and make a list of your personal goals on one side of the page and your professional goals on the other side. You may like to aim for several large goals, or 5-10 smaller goals - having too many can be overwhelming.



It's also helpful to set **SMART** goals so you can easily access and monitor your progress:

S	M	A	R	T
is for specific	is for measurable	is for achievable	is for realistic	is for timely



When you are setting your goals there are two things to consider:
Are you ready to change and if so how ready to make the change are you?



You may also like to consider the following questions when setting your goals:

- What are your personal priorities?
- How happy are you with your life right now?
- Is there anything or anyone missing from your life right now?
- Are there any areas you would like to improve?



Once you have written down your goals, using the scale below, rate how ready you are to start to change and build new habits against each one.



Then look at your score and ask yourself the following questions:

- What would it take to move my score from X to Y?
- What resources do I need to help me move my score from X to Y?
- Who can help me move my score from X to Y?
- Is now the right time for this goal?

Setting smart goals

Personal

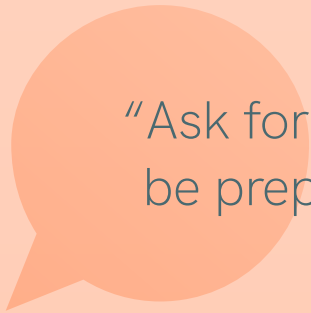
Professional



Section 4

Manifestation: Making Things Happen

Planning for the future and setting goals gives long-term vision and short-term motivation. It helps us to organise and identify what we want to achieve and what we need to do in order to get the most out of life. Setting goals helps to trigger new behaviours, guide or focus and create new, healthy habits.



“Ask for what you want and
be prepared to get it!”

— *Maya Angelou*

Achieving Your First Goal

What is going to be the first goal you will achieve?

How will you measure success?

How will you go about achieving it?

What will you do once you've achieved it?

The Year Ahead

What word(s) describe how you want to feel each day for the next 365 days?

What are you wholeheartedly committed to achieving?

What is your mantra for the next 12 months?

What resources or tools do you need to make this happen?

Visualising Your Goals

Vision boards, otherwise known as mood boards, are a great way of visually representing your goals. Visualisation is a powerful tool for increasing self confidence, career success and achieving what you want from your relationships and personal life.

Below is an example moodboard. Seeing yourself succeed helps you to believe that it can — and will — happen. It helps to harness feelings of success and get your mind and body ready to take those steps in real life.



Visualising Your Goals

Create a vision board for one or all of your goals and take note of the changes that occur or events that happen that contribute to your achieving of that goal.



The Power Of Affirmations

For this exercise you will need to write down some affirmations. These affirmations are intentions and encouraging statements that are designed to encourage a positive outcome.

Write down 1 to 3 phrases that summarise what you would like to manifest. Say these phrases five times out loud to yourself whilst looking at yourself in the mirror. Repeat the steps with your eyes closed whilst focusing on what the achievement of your goal would look like and feel like for you. Try to repeat this a couple of times a day.

Here are some examples to help you:

- I feel happy with my body
- I am thankful for my health
- I radiate love to others and they love me back
- My relationship is strong, long-lasting and full of love
- The perfect partner for me is coming into my life sooner than I expect
- I am at peace with all that has happened, is happening, and will happen
- I am superior to negative thoughts and actions
- Good things always happen to me

My Affirmations

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1 Year View

Imagine your life 12 months from now and complete the following statements:

I am...

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I do...

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I have...

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I live...

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It's time to let the InsideOut!

InsideOut is a mental fitness and wellbeing platform providing 360 degree mental wellbeing support in the palm of your hand.



Happy, healthy employees

Open up mental health issues that may be a blocker to individual performance and business profitability.



InsideOut Education

Our workshops and courses open up the mental health conversation and empower employees to take an active lead in supporting the mental wellbeing of colleagues.



InsideOut Mental Fitness Survey

Allows you to gain a greater understanding into the mental wellbeing and health of your organisation. Armed with these valuable data insights you can ensure your wellbeing strategy meets the needs of your organisation.



InsideOut Mental Fitness Platform

Offers early intervention and preventative mental healthcare. Supported by leading academics and clinicians, our evidenced-based mental fitness tools provide employees with 360 degree mental health and wellbeing support anywhere, anytime, any place. Data insights and analytics help you make informed organisational decisions.

Platform options



Bespoke Package

Whether you're looking for a preventative mental fitness programme or early intervention talking therapies and coaching, we've got your back. We can tailor our platform's features to meet your needs.



Holistic Care

Health is holistic. All elements are interlinked. By addressing physical, mental, nutritional and financial health we empower employees to take control of their holistic wellbeing.



Personalised

Integrated interactive tools and exercises, personalised to the employees' needs help to minimise symptoms and prevent chances of relapse.



Evidence Based

We work with leading industry experts. Using a unique range of evidenced based, clinically backed interactive tools we cater for anyone wanting to improve or maintain their mental well-being.

#itsoktonotbeok

To find out more about how InsideOut can help support you and your organisation or to book a demo email upport@lettheinsideout.com

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