



Enjoying Life Workbook

Getting the most out of life

FORTY+PLUS

FORTYPLUS

The Enjoying Life Workbook

The Enjoying Life Workbook is a companion to the Enjoying Life Online Module. Record your notes in the Workbook as you go through each topic in the Module. The Module is part of the Mid-Life Matters Program.

About the Mid-Life Matters Program

The Mid-Life Matters Program is about thinking ahead and creating the future you want. The Program covers these important topics:

- ✓ Planning ahead for your working life
- ✓ Enjoying your best health
- ✓ Taking control of your finances
- ✓ Getting organized, and
- ✓ Enjoying life.

Disclaimer

The information in this Workbook is provided as educational material only. Any recommendations made are general in nature and do not take into account specific needs and circumstances. You should assess your own situation and may wish to seek professional advice before you make any major decisions.

If you have concerns about your mental health and well-being you should seek the advice and support of a qualified professional.

FortyPlus does not accept any liability, direct or indirect, arising from any person relying either wholly or partially on any information shown or omitted in this Workbook.

Forty Plus believes this information to be correct at the time of compilation, but does not warrant the accuracy of the information.



PART 1 – IMPROVING LIFE ENJOYMENT



MAIN IDEAS

Most people want to be happy and enjoy life, but it can be hard to know what will bring lasting happiness and well-being. You may wonder whether you are getting the most out of life, and whether others are enjoying life more.

The good news is that research suggests there are 5 basic things that help people enjoy life. These are like keys that unlock life enjoyment. Focusing on these 5 Keys will allow you to create your best life, regardless of your circumstances.

The good news is that you don't need the biggest bank balance, the best job or the most friends in order to really enjoy life.

The 5 Keys to Life Enjoyment



© Copyright FortyPlus Pty Limited 2019



MAIN IDEAS

Connection means your relationships and interactions with other people, including family, friends, people in the community, and the workplace. Social connection is a fundamental human need, and one of the most important ingredients for a happy, enjoyable life. Your relationships with others provide friendship, support and a sense of belonging. When you are socially connected you tend to –

- ✓ Recover more quickly from illness
- ✓ Experience less anxiety and depression, and
- ✓ Enjoy better self-esteem.

There are two types of relationships that are important for building and maintaining well-being:

Strong and Deep Relationships – these are your closest relationship and take time to develop. They are relationships with people who know you well, and are a source of support, enjoyment, encouragement and meaning. You share the tough times as well as the good times.

Broad Relationships – these are more superficial relationships and often are with people you work with or interact with in your neighbourhood or community. Although they are not close relationships, they are still important for enjoying a sense of familiarity, belonging and connectedness.

www.5waystowellbeing.org.au



REFLECT

Think about your current social connections in the following areas. Tick the boxes below to show where you have Broad Relationships and Deep Relationships.

Area	Deep Relationships	Broad Relationships
Immediate Family		
Work or Professional Life		
Local Neighbourhood		
Church or Spiritual Group		
Extended Family		
Sports, Hobby or Interest Group		
Long-Term Friends		
Other		

Notes about your Broad Relationships

Notes about your Deep Relationships

SELF ASSESSMENT

How are you using the **Connection Key** at the moment to help you enjoy life?

- Not using this Key at all
- Making limited use of this Key
- Making use of this Key, but not as much as I could
- Making full use of this Key to enjoy life.





MOVE FORWARD

Now think about a goal that could help you enjoy your life more.

Are there any areas where you would like to expand your social connections?

If so, in what area of your life?

Would you like to grow more Close Relationships or Broad relationships?

YOUR GOAL

YOUR NEXT STEP

TIPS! Consider these tips for growing your social Connection -

- Spend regular quality time with your family and friends
- Put effort into maintaining friendships you value
- Have some regular alone time with your spouse, without the children
- Consider professional help to resolve any difficult issues, and
- Maintain a social life outside the family. For example, being involved with your community.



FIND OUT MORE

Find out more about -

The research and benefits of **social connections** at:

<https://www.psychologytoday.com/au/blog/feeling-it/201208/connect-thrive>

<https://5waystowellbeing.org.au/5-ways/connect/>

Broad and deep relationships at:

<https://5waystowellbeing.org.au/5-ways/connect/>

Making new **social connections** at:

<https://5waystowellbeing.org.au/5-ways/connect/>

<https://mensline.org.au/mens-mental-health/social-connections-past-present-future/>

<https://www.smh.com.au/lifestyle/life-and-relationships/the-art-of-making-new-friends-as-a-grownup-20180201-h0rr2n.html>

Fact sheets and advice about relationships at:

<https://www.relationships.org.au/relationship-advice/relationship-advice-sheets>

Building your **support network** at:

<https://mensline.org.au/mens-mental-health/the-power-of-a-good-support-network/>





MAIN IDEAS

The Mastery Key is about the things that you do well. When you do things that you are good at, you are reminded that you are competent and able. This improves your self-esteem and makes you more likely to aim for the things you want in life and believe you can achieve them.

Using your strengths also builds your sense of self, and has been linked to

- ✓ Greater levels of happiness,
- ✓ More vitality and positive emotions, and
- ✓ Greater resilience.*

* Source: PERMA+ Report, South Australian Health and Medical Research Institute, and <https://www.theresilencedoughnut.com.au/>

Mastery often relates to things that you are naturally good at, but also involves making an intentional effort to develop your abilities. This leads to an even deeper sense of satisfaction.

Authentic happiness comes from identifying and cultivating your most fundamental strengths and using them every day in work, love, play, and parenting.

Martin Seligman, Authentic Happiness

DID YOU KNOW?

Some psychologists recommend doing more of the things you are good at when you are facing new challenges. The positive feelings you get from doing the things you are good at help you face challenges in other areas of your life.



REFLECT

WHAT'S YOUR AREA OF MASTERY?

Now take time to reflect on the things you are good at. To get started, try ticking the general areas below where you have a level of mastery.

- | | |
|---|--|
| <input type="checkbox"/> Work | <input type="checkbox"/> Home |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Parenting |
| <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> Music |
| <input type="checkbox"/> Financial Management | <input type="checkbox"/> Relationships |

Now write down any specific things that come to mind that you are good at.

If you're not sure, try asking a friend. Often you don't see the skills and traits others see in you.

TIP! Don't forget skills like organisation or being a good listener. These skills could be used in many of the above areas.

SELF ASSESSMENT

How are you using the **Mastery Key** at the moment to help you enjoy life?

- Not using this Key at all
- Making limited use of this Key
- Making use of this Key, but not as much as I could
- Making full use of this Key to enjoy life.



MOVE FORWARD

Now think about a goal that could help you enjoy your life more.

What is something you would like to try, or something that you would like to spend more time mastering?

How could you benefit from furthering your education, knowledge or skills?

YOUR GOAL

YOUR NEXT STEP

TIPS! Consider these tips for improving your Mastery -

- Don't be afraid to make mistakes and learn from them
- Don't get frustrated if learning takes more time than it did when you were younger, and
- Maintain a positive attitude towards learning and a healthy level of curiosity.

DID YOU KNOW?

Studies show that learning throughout life can help you enjoy life more, and improve your knowledge, thinking skills and ability to cope with stress.

www.5waystowellbeing.org.au



FIND OUT MORE

Find out more about -

Using mastery to **build resilience** and face new challenges at:

<https://www.theresiliencedoughnut.com.au/>

How learning can help **build happiness, health and well-being** at:

<https://5waystowellbeing.org.au/5-ways/keep-learning/>

Opportunities for **adult learning** at:

<https://ala.asn.au/find-a-course/>

Free online courses across a range of topics at:

<https://www.open.edu/openlearn/>





MAIN IDEAS

The Value Key relates to the over-arching priorities that guide your life. Your values provide a compass to help you get the most out of life by steering you towards what’s most important to you.

No one has the time and energy to do everything they might want, but if you make conscious choices based on your values then you will likely experience more meaning, satisfaction and contentment in life.

Values are also a source of motivation. For example, if you value friendship, then this can motivate you to make the effort to plan a get together with friends.

When you go through life guided by your values, not only do you gain a sense of vitality and joyfulness, but you also experience that life can be rich, full and meaningful, even when bad things happen.

Dr Russ Harris, The Happiness Trap

VALUES VS GOALS

A goal is something that can be achieved. For example, finding a new job. Once it is achieved it is complete. Living out your values is a continual process. For example, being a generous person.

Dr Russ Harris, The Happiness Trap

Try the activity below to see what values-based living looks like. Draw a line to connect the statements that will help Peter live out his values.

PETER’S VALUES

I value friendship

...so I spend most of my weekends sleeping late and relaxing on my own.

I value learning

...so I watch mostly sitcoms on TV.

...so I set some of my income aside to give to charities.

I value generosity

...so I make sure I reach out to friends I have haven’t heard from in a while.

...so I host extended family occasions at my home.

I value family

...so I watch documentaries about subjects that interest me.



Sometimes our lives get switched around, and the things we do get out of line with our values. At any time you can make big and small changes to align your life more with your values.

? REFLECT

Now take some time to reflect on your values. If you need help getting started, consider your values in the following areas of life.

Your Relationships – What are you like when you're being the best you? What sort of qualities do you want to show in your friendships, your family relationships and at work?

Your Physical Needs – What do you value about food, rest, health and taking care of yourself and others' physical needs?

Your Work – What are your priorities about how you use your skills, earn an income and contribute to society?

Your Environment – What's important to you about your environment – your home, where you work and where you spend your recreation time? For example natural light, fresh air, order or aesthetics.

Your Community – Where do you see yourself belonging in your broader community? What do you value about community, and in what ways is it important for you to contribute?

YOUR VALUES

List three of your values below.

Value 1

Value 2

Value 3

Look for opportunities to live by your values. Even if there are a lot of things in your life that are not the way you would like them to be, living by your values can still provide meaning and fulfilment.

If you don't make a conscious effort to visualize who you are and what you want in life, then you empower other people and circumstances to shape you and your life by default.

Steven Covey

SELF ASSESSMENT

How are you using the **Values Key** at the moment to help you enjoy life?

- Not using this Key at all
- Making limited use of this Key
- Making use of this Key, but not as much as I could
- Making full use of this Key to enjoy life.

➔ MOVE FORWARD

Now think about a goal that could help you enjoy your life more.

What is the most important area of your life where you have lost touch with your values?

What's one simple thing you can do to start living more in line with your values?

YOUR GOAL

YOUR NEXT STEP



FIND OUT MORE

Find out more about -

Discovering your **core values** at:

<https://www.psychologytoday.com/au/blog/changepower/201811/6-ways-discover-and-choose-your-core-values>

Deciding **what is most important** in your life at:

https://www.mindtools.com/pages/article/newTED_85.htm

<https://www.psychologytoday.com/au/blog/changepower/201811/6-ways-discover-and-choose-your-core-values>

Creating a vision for your life at:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/set-your-purpose-reach-your-goals/art-20269956>





MAIN IDEAS

How much you enjoy life is also related to how engaged or connected you are with your life. This shows up in two ways: How **Present** you are in your day to day living, and how often you are in **Flow** doing things that you get totally absorbed and lost in.

BEING PRESENT

When you are present, you are tuned in to where you are, what you are doing, and to the people around you. You are able to let go of distracting thoughts, and fully engage with your life. When you live this way, rather than living in your head, you are able to gain more enjoyment from life – even in the simple things.

One way to become more present in your life is to practice Mindfulness.

MINDFULNESS

Mindfulness involves paying full attention to what is going on in you and outside you, moment by moment, and being aware of your thoughts, feelings, and the sensations of taste, touch, smell, sight and sound. Mindfulness takes practice, but it can help you improve your concentration, reduce stress and improve your overall well-being.

www.healthdirect.gov.au

BEING IN FLOW

When you are in Flow you are highly present in an activity and so absorbed that time passes without you even knowing it. Being immersed in an activity like this makes you feel good, and positive neurotransmitters and hormones are released into your body. This improves your sense of well-being and happiness.

When you are in Flow -

- ✓ You are intentionally doing an activity
- ✓ The activity requires all or most of your attention
- ✓ You feel energised (not drained) from the activity, and
- ✓ You feel like you are being the real you.

WHAT'S YOUR FLOW?

When it comes to experiencing Flow, different things work for different people. Consider the 7 general Flow Types on the following page. Which ones do you gravitate to?

FLOW TYPES



Physical

You find Flow in activities and experiences that involve your body. For example, exercise, sports, dance, yoga, gardening, stretching, walking or other activities involving nature.



Creative

You find your Flow expressing yourself through activities like arts, music, drama and cooking. This Flow Type also includes creative thinking.



Learning

You find Flow in learning about new information and ideas, and sharing those things with interested, like-minded people. Your Flow could be in activities like reading, research, study, listening to speakers or podcasts, or watching documentaries.



Project-Based

Your Flow is found being involved in a project. You thrive on things like organising, planning, and executing a project that has a tangible result. It might be building or fixing something, re-organising something, shopping or planning an event.



Imaginative

You find Flow getting lost in your imagination, with activities like reading fiction books and imaginative writing. This is also related to Creative Flow.



Explorer

Your flow is found exploring new places and observing the world around you. You are drawn in by places, cultures and environments, finding energy in what you can discover. This could be in new places, or even places close to home that you haven't fully explored.

Flow Types © Copyright FortyPlus Pty Limited 2019

MY FLOW TYPE

DID YOU KNOW?

There is a difference between pleasure and enjoyment. Pleasure relates to satisfying basic bodily needs – such as thirst, hunger, and sleep. Enjoyment is a far richer emotion and comes from intellectual stimulation and creativity. Enjoyment can provide more deep and lasting satisfaction than purely seeking pleasure.

Find out more at - <https://positivepsychology.com/perma-model/>

SELF ASSESSMENT

How are you using the **Engagement Key** at the moment to help you enjoy life?

- Not using this Key at all
- Making limited use of this Key
- Making use of this Key, but not as much as I could
- Making full use of this Key to enjoy life.

? REFLECT

When are you most present in your life?

And when are you least present?

➔ MOVE FORWARD

Now think about a goal that could help you enjoy your life more.

What's one area where you can work on being more present?

What can you do to create experiences when you are highly engaged in your life and in a state of Flow?

YOUR GOAL

YOUR NEXT STEP

TIPS! Consider these tips and ideas as you work towards being more engaged -

- Be present for 5 minutes with a family member or friend. Listen without interrupting or getting distracted
- Say a sincere thank you to someone
- Get outside into nature. Go for a walk, sit in a garden or walk on the beach, and
- Take time to remember the good things that happen each day.

FIND OUT MORE

Find out more about -

The benefits of **engagement** at:

<https://positivepsychology.com/perma-model/>

Flow at:

<http://positivepsychology.org.uk/living-in-flow/>

https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow?language=en

Mindfulness at:

<https://www.healthdirect.gov.au/mindfulness-and-mental-health>

<https://www.beyondblue.org.au/personal-best/pillar/wellbeing/yes-mindfulness-is-really-a-thing>

<https://5waystowellbeing.org.au/5-ways/be-aware/>

The **effects of mindfulness** on the brain at:

<https://www.beyondblue.org.au/personal-best/pillar/in-focus/the-effect-of-mindfulness-on-your-brain>



MAIN IDEAS

Self-care includes all the things that support your physical, mental and emotional well-being.

PHYSICAL WELL-BEING

Eating well, getting regular exercise and getting enough sleep are basic ingredients for looking after yourself. Each of these things will affect how you look and feel, how likely you are to get sick, and how you experience life.

Often you can be so used to feeling less than your best, that you start thinking this is normal. But being proactive about caring for your body can make a real difference in the way you experience and enjoy life.

You can learn more about things like the recommended amount of exercise and dietary guidelines at the end of this section.

■ ***You don't just have a body, you are a body!***

MENTAL AND EMOTIONAL WELL-BEING

Dealing with stress, managing unhelpful thoughts and finding regular time to unwind and recharge are all essential to maintaining good mental health. Many people find it helpful to access professional help, particularly in times of crisis, relationship and other life stressors.

Many of the Life Enjoyment Keys in this Module will also help support good mental and emotional health.

■ ***Self-care involves taking a holistic perspective and recognising that your mind and your body are connected, and that you need to tend to all your needs in order to get the most out of life.***

WARNING SIGNS!

Consider these warning signs that you are not taking enough care of yourself. Do you -

- Ignore or put off meeting your physical needs like hunger or tiredness
- Ignore feeling unwell
- Skip regular health checks
- Say yes to things you won't realistically have time or energy for
- Go for several days without properly unwinding, or
- Expect more from yourself than you would expect from others?

SELF ASSESSMENT

How are you using the **Self-Care Key** at the moment to help you enjoy life?

- Not using this Key at all
- Making limited use of this Key
- Making use of this Key, but not as much as I could
- Making full use of this Key to enjoy life.

THINK SPOT

Imagine you were a friend of yours, what advice would you give about how to take better care of yourself?

➔ MOVE FORWARD

When it comes to self-care it can be hard to know where to begin. Start with a small, realistic goal. Tick one (or more) of the suggestions below, or write your own goal in the spaces below.

- Increase the amount of fresh food you eat (fruit and vegetables)
- Start working towards 30 minutes of exercise each day
- Get to bed earlier
- Make time to wind down each day and do something you enjoy
- Review your to-do list and see how you could reduce or simplify your commitments

YOUR GOAL

YOUR NEXT STEP



FIND OUT MORE

Find out more about -

Healthy eating at:

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

<https://www.healthdirect.gov.au/healthy-eating>

The recommended amount of **physical activity** at:

[https://www.health.gov.au/internet/main/publishing.nsf/Content/266671FEE21DF643CA257C760017107F/\\$File/FS-Adults-18-64-Years.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/266671FEE21DF643CA257C760017107F/$File/FS-Adults-18-64-Years.pdf)

Tips for **being more active** at:

[https://www.health.gov.au/internet/main/publishing.nsf/Content/3E1E612D573C2B7CCA257C7500202177/\\$File/Tips&Ideas-Adults-18-64years.PDF](https://www.health.gov.au/internet/main/publishing.nsf/Content/3E1E612D573C2B7CCA257C7500202177/$File/Tips&Ideas-Adults-18-64years.PDF)

Physical activity and **mental health**:

<https://5waystowellbeing.org.au/5-ways/be-active/>

The How Healthy Are You **Quiz** at:

<https://www.makehealthynormal.nsw.gov.au/finding-new-normal/quiz>

Healthy lifestyles at:

<https://www.makehealthynormal.nsw.gov.au/>

Mental health at:

<https://headtohealth.gov.au/>

<https://www.mentalhealth.gov/basics/what-is-mental-health>

Mental health crisis support at:

<https://www.lifeline.org.au/>

Managing **anxiety** at:

<https://www.beyondblue.org.au/the-facts/anxiety>

Recognising and treating **depression** at:

<https://www.beyondblue.org.au/the-facts/depression>

Sleeping better at:

<https://mensline.org.au/wp-content/uploads/2017/10/MLA-Self-Care-Toolkit-Better-Sleeping.pdf>

<https://www.healthdirect.gov.au/healthy-sleep-habits>

Activities to help you relax at:

<https://www.beyondblue.org.au/personal-best/pillar/wellbeing/15-stress-busting-activities-to-help-you-relax>



PART 2 – LIFE ENJOYMENT BOOSTERS



MAIN IDEAS

These things are like the icing on the cake of life enjoyment. They can add richness and pleasure to life, and also be helpful when life is challenging.

1. SEEK OUT POSITIVE FEELINGS

Research has shown that experiencing more positive feelings, like amusement, compassion and hope can improve our lives by -

- ✓ Undoing the effect of negative emotions
- ✓ Helping speed up recovery from illness, and
- ✓ Having a positive impact on our longevity.

Part of our capacity for experiencing positive emotions is genetic, but all of us have the ability to purposefully experience more positive emotion.

South Australian Health and Medical Research Institute

Think about what creates enjoyable, positive emotions for you, and keep these things in mind next time your life enjoyment needs a boost. For example, activities you enjoy, spending time with people you care about, exercising, listening to music, or watching an inspiring movie.

List some of those things below.

Learn more about **positive emotions** at -

<https://www.wellbeingandresilience.com/sites/swrc5/media/pdf/permaandcentreoverview.pdf>

2. CULTIVATE HELPFUL TRAITS

Your personality traits affect how you travel through life – how you feel and experience life. The more you are able to cultivate helpful traits the more enjoyable your life is likely to be.

While everyone has a natural temperament or disposition, there are many areas where you can cultivate helpful attitudes and actions.

Exercise

Consider each pair of personality traits below and tick one of the boxes between each pair to show where your natural temperament lies.

X		✓	
Less Helpful Qualities		More Helpful Qualities	
	<p>Set In Your Ways You have particular ways to doing things that you feel are right. You resist change and new ideas.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Open & Adaptable You are easily able to change your routines and plans to accommodate other people or new ways of doing things.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
	<p>Pessimistic You naturally see the negative side of things, and assume that things won't go well or according to plan.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Optimistic You assume that most things will turn out well and, if they don't, you are easily able to see the up side.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
	<p>Anxious You are often anxious or worried, and tend to dwell on your weaknesses and problems.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Relaxed & Accepting You try not to worry about the future, and accept your mistakes without dwelling on them.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
	<p>Lazy You often put off important tasks, and may lack the motivation to reach your goals.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Conscientious You are self-motivated and willing to put up with short term inconveniences to reach your goals.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
	<p>Difficult You often clash with people and get into heated disagreements.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Agreeable People would say that you are easy to get along with, and function well as part of a group.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
	<p>Cynical You tend to assume that people have ulterior motives or that things aren't as they seem.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Idealistic You see the good in people, and tend to think the best about their actions and motives.</p> <p style="text-align: center;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	

Find out more about -

Personality styles and **well-being** at:

[https://www.blackdoginstitute.org.au/clinical-resources/health-professional-resources/temperament-and-personality\(t-p\)-questionnaire](https://www.blackdoginstitute.org.au/clinical-resources/health-professional-resources/temperament-and-personality(t-p)-questionnaire)

THINK SPOT

Which of your personality traits would you most like to work on? Who do you know that has this personality trait? What would be a good first step to take? Use the space below to record your thoughts.

3. DEVELOP A GROWTH MINDSET

Researcher Carol Dweck has identified the Growth Mindset which can help you achieve more of what you want and enjoy life more.

The **Growth Mindset** focuses on the potential to learn, and sees your skills and abilities as the starting point for future growth and development. This mindset allows you to move beyond limiting beliefs, accept your mistakes and creates less pressure to constantly prove your abilities.

More than positive thinking

The Growth Mindset is backed up by Dweck's research which shows the neuroplasticity of the brain and the potential for people to learn, change and develop. Whatever your skills, abilities or talents are right now is not fixed. With effort, you can improve in almost any area.

Fixed Mindset

The opposite of the Growth Mindset is the Fixed Mindset which sees our personality, intelligence, skills and abilities as being fixed. This can lead to limiting beliefs about what we can do and how our life will be. This mindset can make us shy away from challenges – especially if we're not sure we will succeed.

Find out more about **mindset** at -

<https://www.habitsforwellbeing.com/carol-dweck-fixed-mindset-vs-growth-mindset/>

4. CHECK YOUR EXPECTATIONS

Your **expectations** shape how much you enjoy life. In fact, the way you see your life is almost as important as what actually happens in your life.

Happiness depends not on how well things are going, but on whether things are going better or worse than expected.

Robb Rutledge, University College London

If you are able to hold onto realistic expectations and avoid focusing on the way you would prefer things to be, you are likely to enjoy your life more.

5. CULTIVATE GRATITUDE

Gratitude is about giving thanks and celebrating the good things in life, however small. By focussing on the positive instead of negatives, you shift your thinking, develop optimism, and increases your overall well-being.

Research shows that gratitude can also boost your life enjoyment by -

- Improving physical and psychological health
- Improving self esteem
- Creating more and better relationships, and
- Improving sleep.

Gratitude is a way of appreciating what we have, rather than reaching for something new in the hope that it will make us happier.

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

TIP! Some people find it helpful to grow their gratitude by sending thank you notes, keeping a gratitude journal, or talking about the things they are grateful for.

Find out more about the research and **benefits of gratitude** at -

<https://www.psychologytoday.com/au/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>



PART 3 – LIFE ENJOYMENT TRAPS



There are a number of things that can get you off track as you work towards your best life. Consider the following things and how they may be affecting your enjoyment of life.

1. COMPARING YOURSELF

Research shows that your overall life satisfaction is influenced by how you think you compare to others.

■ ***In fact, more than 10% of our daily thoughts involve comparing ourselves.***

These comparisons can either discourage you or make you complacent. This is because people usually compare themselves with others who have either an unusually high or unusually low amount of what is being compared. For example, the super fit neighbour or the couch potato friend. If you 'run your own race' you are likely to be more content and satisfied with your life.

Learn more about **comparisons** at -

<https://www.psychologytoday.com/us/blog/multiple-choice/201903/is-comparison-really-the-thief-joy>

DID YOU KNOW?

Bronze medalists have been shown to be happier with their achievement than silver medalists. Bronze medalists tend to compare themselves with those who didn't receive a medal, while silver medalists tend to compare themselves with the gold medal recipient.

The Scientific American, August 2012

Exercise

Try looking at your own life from the outside, from the point of view of a stranger or an acquaintance.

What would others see as being good or desirable about your life?

2. PRIORITISING MONEY

Money is essential for meeting your basic needs, and having more money can certainly help you pursue things that bring pleasure and enjoyment. For example, holidays and material comforts. However, pursuing money can also harm your well-being. For example -

- A person who chooses to work a lot of overtime may miss out on leisure time, and enjoying relationships with family and friends
- The stress of work commitments can reduce your enjoyment of life, and
- You can lose the opportunity for job satisfaction if you choose the job that pays the most rather than the job that is most satisfying.

Research shows that people who pursue 'extrinsic' goals like money and fame are more anxious, depressed and dissatisfied than people who value 'intrinsic' goals like close relationships with loved ones.

Better Health Victoria

Find out more about **wealth and life satisfaction** at -

<https://www.betterhealth.vic.gov.au/health/healthyliving/wellbeing>

3. NEGLECTING SELF-CARE AND BOUNDARIES

It can be tempting for many people, especially those in caring roles, to feel that they can't take time for themselves. However, caring for your own needs is essential to enjoying life, and keeps you fresh and energised to meet whatever challenges and demands life brings.

Self-care is not selfish. You cannot serve from an empty vessel.

Eleanor Brown

No one can say yes to every demand. When you try and live without a healthy awareness of your own limits (and the limits of others) you wear ourselves out and lose your enjoyment of life. Learning to take responsibility for yourself, and resisting the pressure to take undue responsibility for others can set you free to enjoy life more.

THINK SPOT

One of the most important questions we can ask ourselves is Do I really want to live an over-extended life?

Find out more about **setting boundaries** at -

<https://mensline.org.au/wp-content/uploads/2017/10/MLA-Self-Care-Toolkit-Setting-Boundaries.pdf>



YOUR NOTES



FORTY-PLUS

Suite 03, Level 15, 45 Clarence Street, Sydney NSW 2000

P 02 9252 5405 **E** info@fortyplus.com.au

www.fortyplus.com.au