

7 Tips for Health, Abundance & Wellbeing - COVID-19 Coping Strategies



Benefactors – Requesting and Giving Help

Remember that it's OK to ask for help and tell others if you are not coping and are feeling overwhelmed. You will find that many of your friends, family and colleagues are most likely feeling the same right now. Write down 3 people you are going to ask for help today, and help them in return.

1. _____
2. _____
3. _____

Health - More important now than ever before is staying physically and mentally

fit. Write down your 3 key steps towards your goal this week. Will this be the start of an online yoga class? Better eating?

1. _____
2. _____
3. _____



Abundance

Wealth is relative, and not all about money in your bank account. Use of the term 'abundance' makes you stop and think about how fortunate we are to have our loved ones, spring flowers, and good health. Learning to live on our means, while still maintaining a sense of ambition to achieve great things with our lives, are both essential to feeling a sense of achievement. Aim big, and work on your personal and business growth from a seed of an idea into a tall tree. Abundance will also come with all the learning that comes from walking along this pathway, maybe another new one for you.

1. _____
2. _____
3. _____

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Exponential Growth

So, using the Three Things Rule, think of three ways in which you can help someone else, three ways in which you can improve your business skills, three ways in which you could become better at what you do or add another product or service into your business model. Exponential growth will come from a single step starting point, $3 \times 3 = 9$, $9 \times 3 = 27$ and so on.



1. _____
2. _____
3. _____

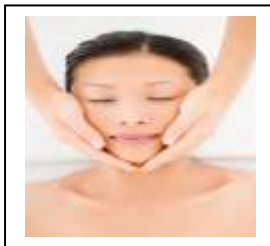
Pay It Forward



You could use a mutually beneficial arrangement meaning you help someone in return for helping them. However, if someone does a good deed for us, with no expectation to return that good deed back to them personally, you can pay this forward to 3 people. If they pay forward to 3 people this becomes 9 people, if they pay this forward to 3 people each, this becomes 27 people etc. Which 3 people can you help today? Spread this around the world.

1. _____
2. _____
3. _____

Random Acts of Kindness



Write down 3 random acts of kindness you can carry out today, e.g., calling a neighbour to check they are OK, giving a family member a face massage.

1. _____
2. _____
3. _____

Daily Positive Affirmations

Write down your 3 positive affirmations for your office and for yourself that help to keep you positive and upbeat.

1. _____
2. _____
3. _____

