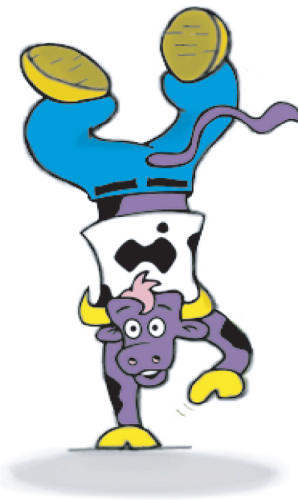


ACTIVITIES BOOK

Prep - Stage 2

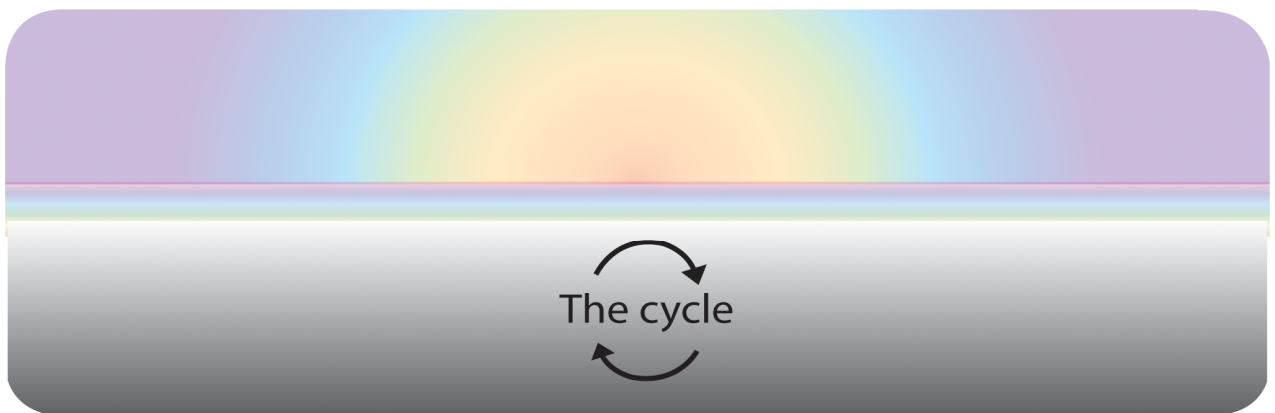
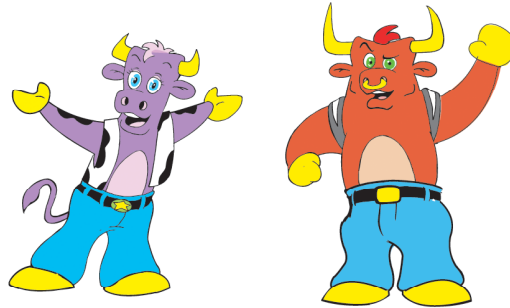
DISCOVER



tully
TOONS
©

There are three steps to prepare for a new world.

There are no right or wrong answers.



1. *Do you think you would like to change something?* Yes No

2. *Do you remember feeling happy 'above the line?'* Yes No

3. *Are you willing to do your best?* Yes No

★ *Turn the page* ★



★ Congratulations ★

You're finding your inner strength.

Join the dots and imagine how it feels to see from 'above the line'.

'Above the line' includes our challenges 'below'.

Balance is the key.

RISE ABOVE THE HERD
Discover - A New World.



Awareness wrist bands are available.



To remind you of the message.



www.AnudderWorld.com.au

Feeling good on the inside.

- 1) Eating fresh healthy foods.
- 2) Drink plenty of water.
- 3) Exercise and play outside.
- 4) Get plenty of sleep.

The secret to 'above the line' is?

A w _ r _ ne _ _ H _ ne _ t _ Res _ _ n _ i _ il _ _ y

Draw the Chainsaw 'above the line'.

This is your home base.

This is your unique self.

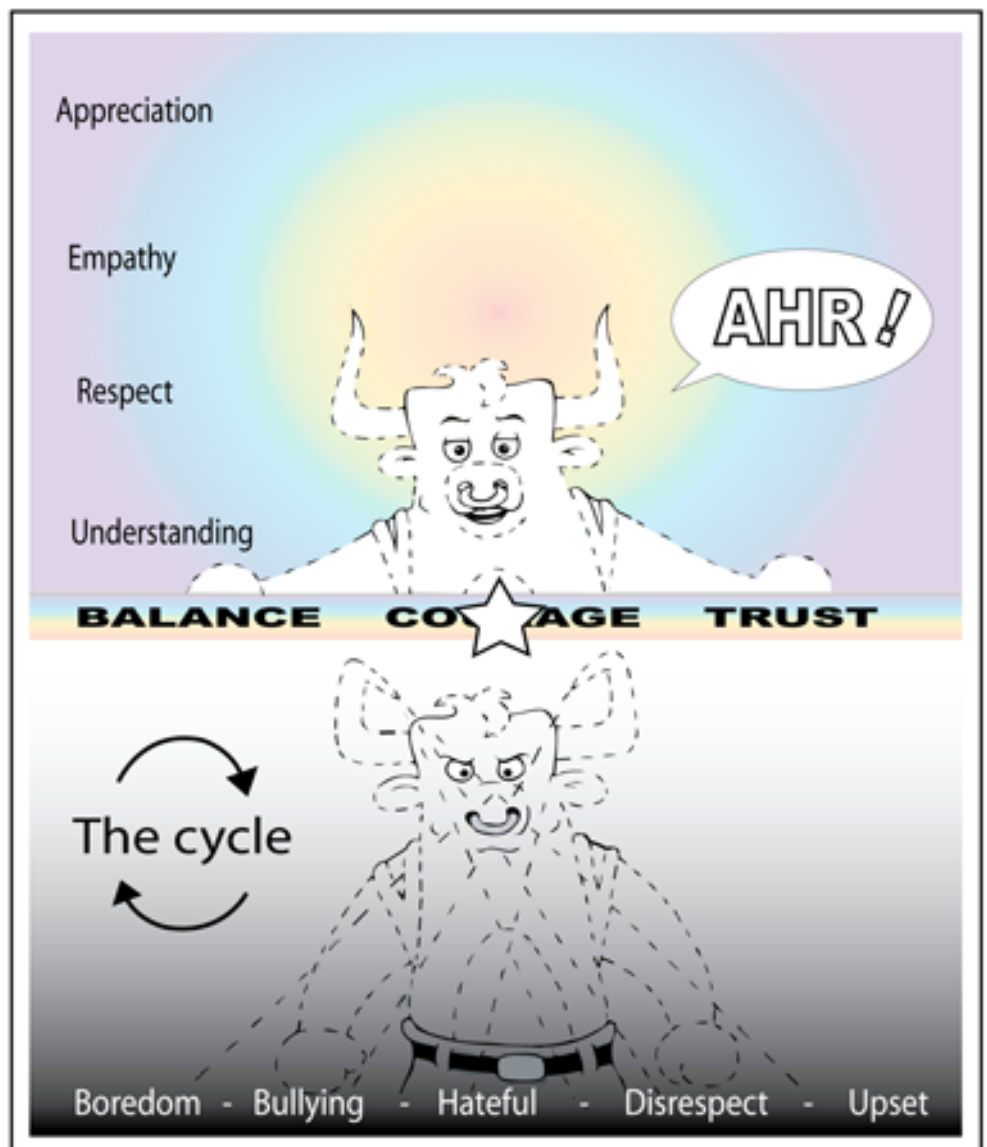
The more you trust this, the more real you become.

It's so easy to forget and fall down here. It's actually normal and even necessary at times.

Return home when you're ready.

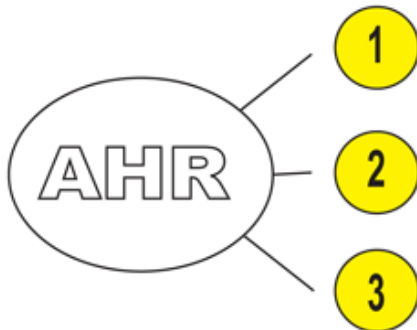
From the line, you remember.

AHR! 'Anudder World' lives inside of me.



If you fight with a friend.

Follow the 3 steps



1

How do I change the way I look at the situation?

2

How do I change the way I'm communicating?

3

How do I change the way I'm behaving.

STRENGTH
THE NUMBERS RELATE TO LEVELS OF AWARENESS

Emotional guidance system
JOY LOVE Appreciation

10 INNER HAPPINESS
9 EMPATHY
8 RESPECT
7 UNDERSTANDING
6 **BALANCE** ★ **COURAGE** ★ **TRUST**
RISE ABOVE THE HERD?
5 BOREDOM
4 BLAMING
3 HATEFUL
2 POWERLESS
1 FEAR

Rise up!
AND STAY GROUNDED

▶ Level 10: **HAPPINESS**.
A by product of helping others & feeling good about yourself.

▶ Level 9: **EMPATHY**
The ability to share similar perspectives & or feelings between individuals.

▶ Level 8: **RESPECT**
Respect for the rights of others to hold different views & attitudes from our own.

▶ Level 7: **UNDERSTANDING** AHR
Resolving issues at this level creates long term personal growth. tully

Step 1 How do I change the way I look at a situation?
Step 2 How do I change the way I'm communicating?
Step 3 How do I change the way I'm behaving?

This is a normal and necessary part of life.

I'm fly blown away!



WISE BULL



fuller
VISION