

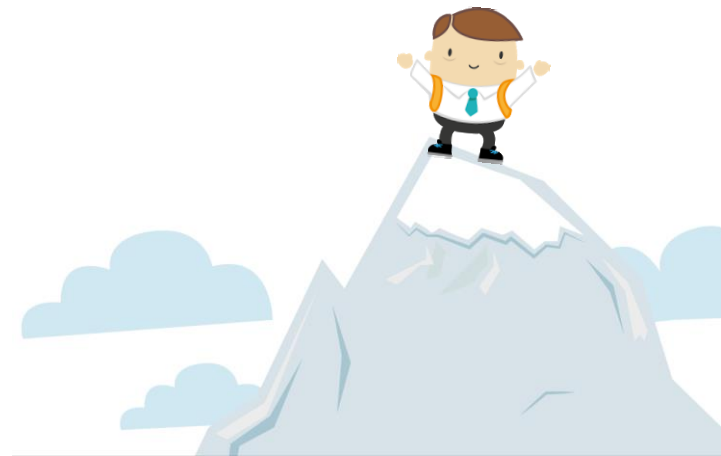


# LIFEUP MINDFULNESS CHALLENGE

ARE YOU UP FOR IT?



FROM SURVIVE TO THRIVE



# LIFEUP BENEFITS

LifeUp helps you maximise your experience of life by providing the education and tools of mind, body and attention management

## Live life to the fullest

- Enhance your life experience
- Less rushing, more fun
- Navigate life's ups and downs

## To be 'successful'

- Improved decision making
- Connect with your values
- Prioritise the things that matter

## To create lasting change

- Switch off the autopilot
- Be more present in your life
- Foster positive relationships



# CHALLENGE OBJECTIVES



## Education

Re-discover how you think, feel and behave  
Switch off your autopilot

## Life Skills

Learn simple, effective tools to manage your wellbeing and enhance your resilience, connection and authenticity

## Outcome

Improved mental wellbeing. Feel alive and energised!  
Tap into a fuller, richer experience of life regardless of external circumstances



# BUILD MINDFULNESS MUSCLE

**Increased density of grey matter** in brain regions for learning, memory, emotion regulation and empathy

**Neuro-plasticity:** Neural networks: Re-wire and build mental muscle e.g. cultivates attention skills



Mindful State:  
**Restorative healing**, more tranquil and happier way of being. Improved sleep

Lowering of the psychological wall: leading to a 'state of oneness' a **sense of harmony** between oneself and surroundings (*joie de vie*)



# LIFEUP MINDFULNESS



**LifeUp** is a mission-first social enterprise established to help build life skills and mental muscle for everyday wellbeing

## Approach

*Mindfulness* and the concept of 'living in the present moment' can feel quite intangible

*LifeUp* helps you to access mindfulness skills in 6 simple steps

Take the *LifeUp Challenge* by climbing the 6 steps up the Mindfulness Mountain



# LIFEUP MINDFULNESS MOUNTAIN



# LIFEUP CHALLENGE



The LifeUp Challenge is delivered through short **daily** email tutorials & guided audio practicals straight into your inbox

Training starts at Basecamp where you'll get the essential mindfulness introduction & toolkit to prepare you for the challenge ahead.

You'll then climb the 6 steps through the remaining 3 mountain stages of Resilience, Connection and Authenticity.

Each stage is a course in its own right, that builds on the previous stage. How far you climb and which stages you complete will depend on your own objectives and time commitment.



# STAGES & STEPS UP THE MOUNTAIN

STAGE	BASECAMP	RESILIENCE	CONNECTION	AUTHENTICITY
	<ul style="list-style-type: none"> <li>1 Week Duration</li> </ul>	<ul style="list-style-type: none"> <li>2 Weeks Duration</li> </ul>	<ul style="list-style-type: none"> <li>2 Weeks Duration</li> </ul>	<ul style="list-style-type: none"> <li>2 Weeks Duration</li> </ul>
WHAT	<ul style="list-style-type: none"> <li>Mindfulness Introduction</li> </ul>	<ul style="list-style-type: none"> <li>Navigate life's ups and downs</li> <li>Feel equipped to approach any situation</li> </ul>	<ul style="list-style-type: none"> <li>Connect, in the moment</li> <li>Experience life directly – reduce the background noise</li> </ul>	<ul style="list-style-type: none"> <li>Bring the best of yourself to any situation</li> <li>Live with purpose</li> </ul>
WHY	<ul style="list-style-type: none"> <li>Life hack - antidote for 24 x 7 digital modern life</li> </ul>	<ul style="list-style-type: none"> <li>Ability to 'bounce back' from adversity</li> <li>Restorative: better sleep, physical health</li> </ul>	<ul style="list-style-type: none"> <li>Better life experience</li> <li>Feel more focused and energised</li> <li>Self-regulation</li> </ul>	<ul style="list-style-type: none"> <li>Better relationships</li> <li>Live with passion, compassion &amp; joy</li> <li>Self-awareness</li> </ul>
HOW	<ul style="list-style-type: none"> <li>Thought Break, Attention Training</li> </ul>	<ul style="list-style-type: none"> <li><b>DISARM</b> unhelpful thought, create <b>SPACE</b></li> </ul>	<ul style="list-style-type: none"> <li>Monitor how you <b>ACT</b> and your attention</li> <li>Stay in the <b>FLOW</b></li> </ul>	<ul style="list-style-type: none"> <li>Clean the lens through which you experience yourself, others &amp; life: <b>BE, I</b></li> </ul>
WHEN	<ul style="list-style-type: none"> <li>Quick fix to settle mind</li> <li>To train focus</li> </ul>	<ul style="list-style-type: none"> <li>Neg. mental 'noise'</li> <li>Cyclical thoughts</li> <li>Fear / anxiety / worry</li> <li>Angry / defensive</li> </ul>	<ul style="list-style-type: none"> <li>Low energy / interest</li> <li>Rushed / burned out</li> <li>Decision making</li> <li>Poor relationships</li> </ul>	<ul style="list-style-type: none"> <li>Apathy / discontent</li> <li>Self-Esteem dependent</li> <li>To nurture happiness</li> <li>To be yourself, now</li> </ul>





# LIFEUP STEPS = ACRONYMS = LIFE SKILLS!

Each of the 6 steps up the mountain is an **acronym**. Each letter in the acronym relates to a mindfulness tool that is useful in it's own right...

...And, when combined in the given order of the acronym they make up a powerful mindfulness **life skill!**



The tools and life skills are learnt through email educational activities and audio guided practice.





# DISARM



DISCOVER unhelpful thoughts - 'Thought Snap'

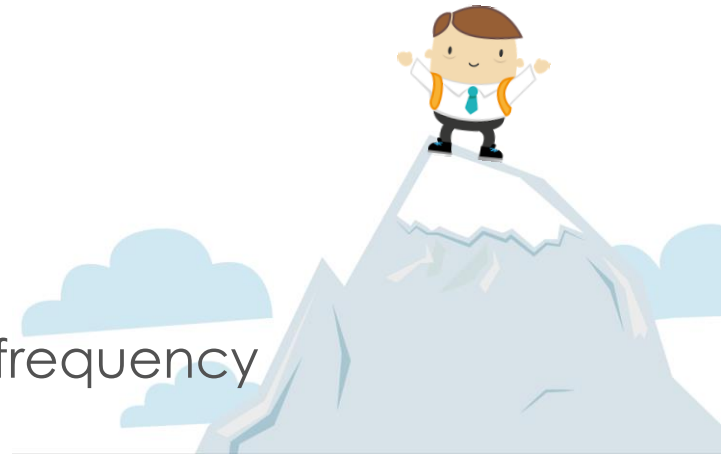
IDENTIFY the underlying script

SEPARATE yourself from your thoughts

ALLOW thoughts and emotions 'to be'

RECOVER your mind - 'Thought Break'

MOMENTUM mastery – Get on the solution frequency





# SPACE



BUILD PERSPECTIVE AND CREATE SPACE FROM EMOTIONS.

SMILE - scientifically proven to make you feel good

PERSPECTIVE - time to get some

APPRECIATION (and forgiveness) - the keys to joy and freedom

CONNECT - get back in touch with your body

EMOTIONS - make space for your emotions





# FLOW



FOCUS on what you are doing

LISTEN to your body and notice any tension or stress

OBSERVE your behaviour for signs of resentment or judgment

WATCH where your attention is





# ACT

ACCEPT the situation

COMPASSION to yourself and others

TAKE ACTION aligned to values





BE



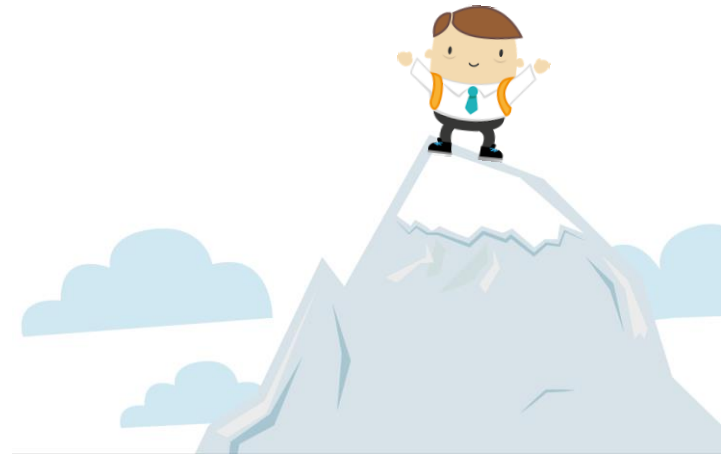
BE 'Just Be' in the state of Acceptance, Enjoyment or Enthusiasm

ENLIGHTENMENT Align your inner and outer purpose





 'I am' - State of connected oneness



# LIFEUP APP





# GET IN TOUCH!



**Jo Living**



[jo@lifeup.be](mailto:jo@lifeup.be)



**Scott Perry**



[scott@lifeup.be](mailto:scott@lifeup.be)



[www.lifeup.be](http://www.lifeup.be)



[@lifeupbe](https://twitter.com/lifeupbe)