

ONLY HUMAN

SIMPLE STEPS TO
RESHAPE YOUR LIFE

workbook



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Welcome To The Only Human Resources Workbook

This workbook can be used in conjunction with reading 'Only Human' and is intended to support you on your personal development journey.

Here are some top tips to help you make the most of the exercises:

- Set aside some time where you won't be distracted and move through the exercises slowly and thoughtfully.
- Be intentional with your responses and challenge your answers in a compassionate and helpful way.
- Use your findings to take positive and helpful action.
- Take action. Awareness is just the first step, the transformation occurs when you change existing habits and replace them with more congruent ones that support your growth.

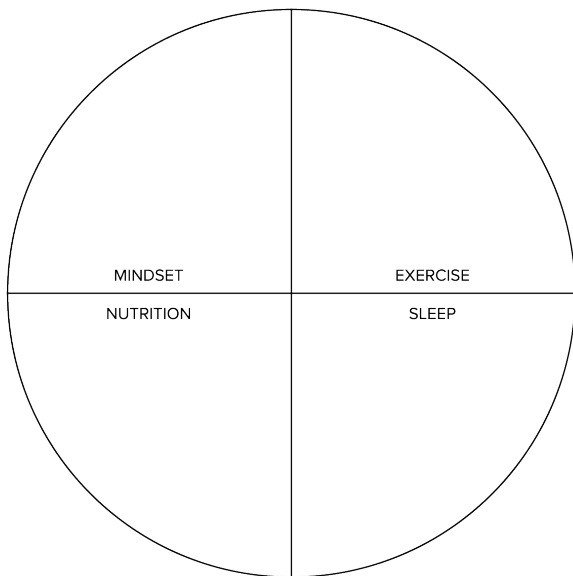


Chapter 1 WHY MENS?

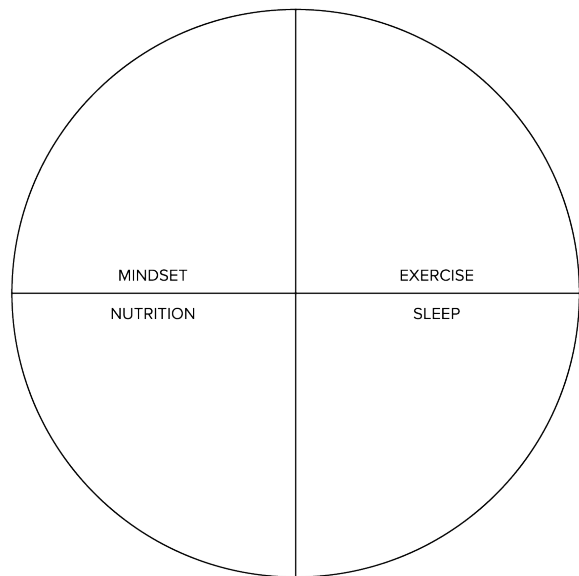
Below are two circles. The one to the left is where you're at currently. The one to the right is to use to mark your positive progress in 12 weeks' time.

In the first circle, shade in the areas where you currently sit for each of the MENS. Be completely honest about how much time you spend getting these fundamentals right on the daily. If you have let any of the areas slip down the list of priorities, you aren't alone. Simply colour in the proportion of time you currently spend taking care of each element. In an ideal world, all four areas would be completely shaded. There's no need for excuses or blame; simply notice where you're at.

TODAYS DATE



DATE 3 MONTHS FROM NOW



I COMMIT TO STOPPING _____ I COMMIT TO STARTING _____

I COMMIT TO CONTINUING _____ to move me towards my values and goals.

Chapter 4: Values - your playbook for life

Imagine you are stuck on a remote desert island, with your family and friends back home holding a funeral in your honour. A few weeks later, you're rescued and fly home to a happy reunion. Sometime later, you get the opportunity to watch a video of the funeral. As you are watching, you listen to a handful of the people you love the most talking about your life.

What would you love to hear them say about:

- The sort of person you are.
- Your greatest strengths and qualities.
- The way you treated them and made you feel. Make some notes here:

Below is a non-exhaustive list of common values. Look and reflect on the words, highlighting any that deeply resonate with you. Once you have done this, trust your gut and choose your top four.

LEGACY	SECURITY	DIVERSITY
SIGNIFICANCE	CONTENTMENT	FAITH
ENERGY	SUCCESS	COOPERATION
FREEDOM	RECOGNITION	LEARNING
ACHIEVEMENT	COMFORT	COMPASSION
RECOGNITION	FINANCES	GENEROSITY
TRAVEL	INDEPENDENCE	INTIMACY
FAME	DECISIVENESS	INSPIRE
BELONGING	CHALLENGE	COURAGE
KNOWLEDGE	DISCIPLINE	EXCELLENCE
SELF ACTUALISATION	NATURE	FRUGALITY
UNIQUENESS	INSPIRATION	GRATITUDE
FAIRNESS	FINANCIAL FREEDOM	FUN
CAREER	VISION	MINDFULNESS
FAMILY	ENVIRONMENT	DEPENDABILITY
FAITH	FRIENDS	DISCOVERY
KINDNESS	POWER	EMPATHY
HEALTH	AMBITION	ENCOURAGEMENT
LOVE	PROFESSIONALISM	GROWTH FLEXIBILITY HOPE
DETERMINATION	RESPECT	INTEGRITY
BALANCE	JOY	INTUITION
WEALTH	STRUCTURE	OPTIMISM
HAPPINESS	BEAUTY	PASSION
SUPPORT	VARIETY	RESILIENCE
EQUALITY	CREATIVITY	TRUST
COMMITMENT	STABILITY	OPENNESS
FRIENDSHIP	TOLERANCE	ORIGINALITY
COMMUNITY	BOLDNESS	PERSUASIVENESS
SPIRITUALITY	PATIENCE	SACRIFICE
INNER PEACE	CALL TO ACTION	SIMPLICITY
PURPOSE	CONTRIBUTION	

Now that you have your top values, write down what they mean to you personally and how you will behave so you live in integrity with them.

VALUE 1:	
What it means to me:	How I will live in integrity with this value:
VALUE 2:	
What it means to me:	How I will live in integrity with this value:
VALUE 3:	
What it means to me:	How I will live in integrity with this value:
VALUE 4:	
What it means to me:	How I will live in integrity with this value:

What is taking me away from living a life that is true to my values?

Who do I need to become to live by these values?

What will be my identity? What habits, behaviours and actions will help align me to living with this playbook for life?

How can I apply these behaviours in my life right now?

Who will benefit from these changes?

Chapter 6 Stress

How will forgiving _____ give me peace?

What would my life look like if I were to let go of this resentment?

How would my life be different if I wasn't carrying this feeling?

What would my interactions with others be like?

How will forgiving a certain person move me towards living my values?

What's weighing you down?

On the following pages are three backpacks.

The first backpack represents the responsibilities and the energy thieves that are weighing you down and not serving you. The shoulds, the need-tos, the have-tos. In this first image, write down all the things that are stopping you from living life to the max – from the little things to the big things.

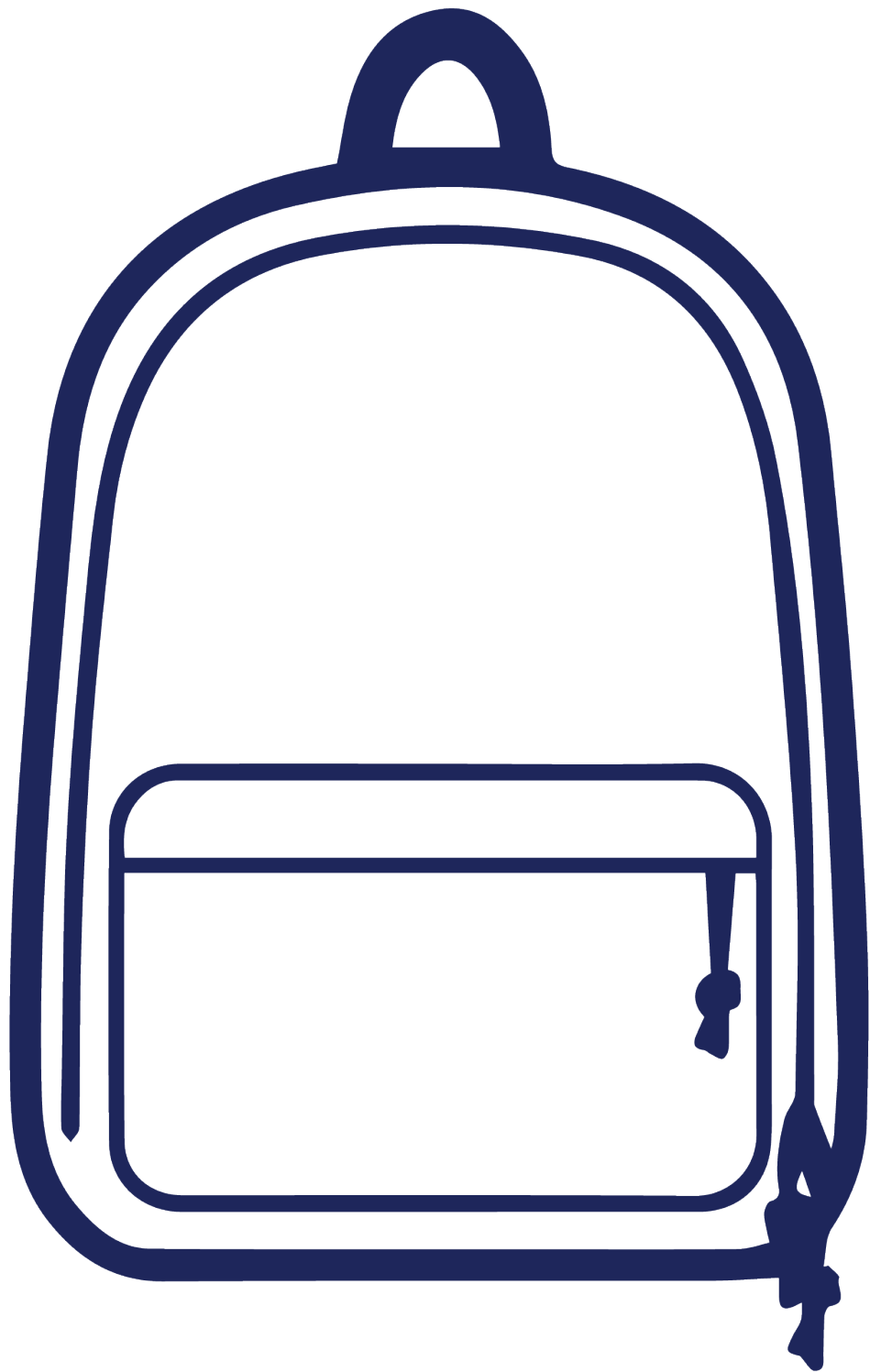
The second represents all the emotional baggage you are carrying. Some of it might not even be yours.

The final backpack, the Osprey of all packs, represents the life you want and deserve. Write down the actions and areas in your life that will give you energy, that will help you make the very most of your life, so you go to your grave with no regrets. The items in this backpack mean something. They are worth the weight. What you put in here has meaning. It has grit. It is worth the pain.

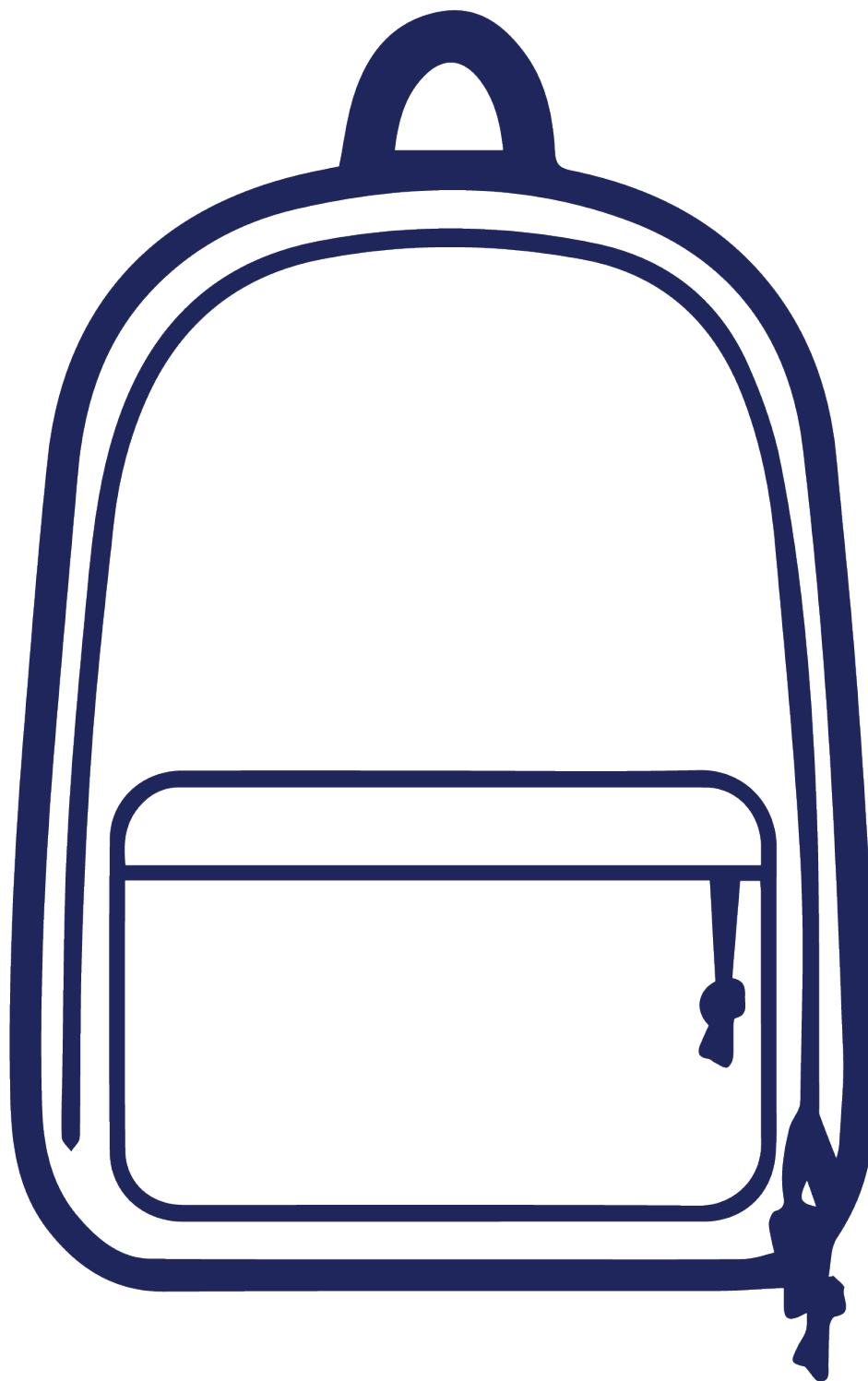
Print off the final backpack and put it somewhere you can see it.

Your fridge, bathroom mirror, the ceiling in your bedroom, in your car anywhere that serves as a reminder that YOU GET TO CHOOSE what you carry around with you.

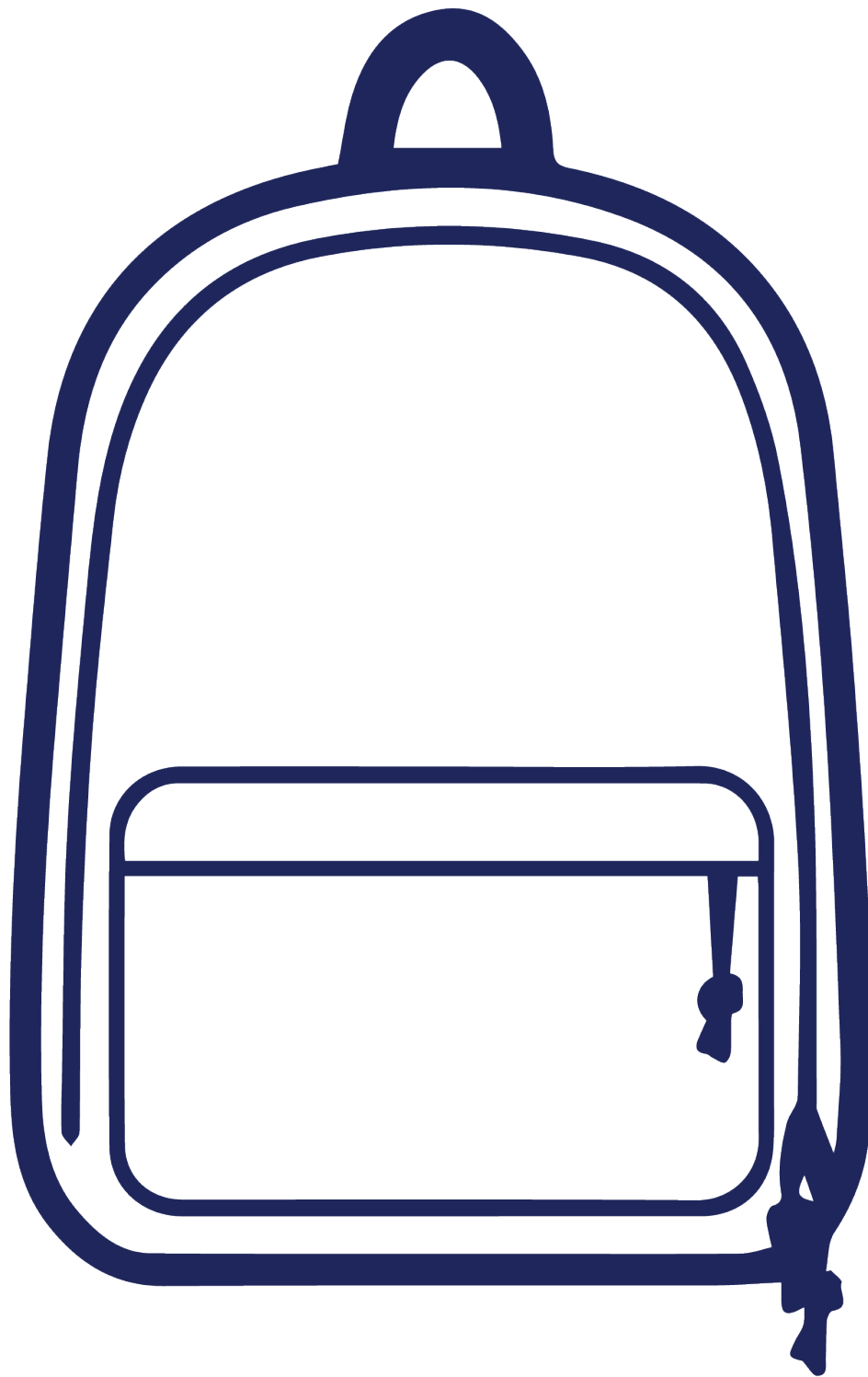
AREAS OF MY LIFE THAT ARE WEIGHING ME DOWN



OTHER PEOPLE'S EMOTIONAL BAGGAGE I AM CARRYING



THE LIFE I WANT AND DESERVE
(MY BACKPACK ESSENTIALS)



Chapter 7 Exercise

Take some time to write down some ideas on how to make exercising so easy that you can't fail: (e.g. Prepare exercise clothes the night before, get a walking buddy, hire a personal trainer, 10 press-ups before I have my breakfast, walk up the stairs instead of taking the escalator.)

Use the space below to write about how exercise will directly tap into what matters the most.

How will being fit, healthy and strong bring me more of what I desire in life?

What systems will I build into my day to ensure I succeed?

Brainstorm exercise and activities you would like to do and why.

Exercise: _____

Why I'd like to participate:

Local clubs near me that I can look to join:

Someone I could go with:

When I'll go and try it out:

Exercise: _____

Why I'd like to participate:

Local clubs near me that I can look to join:

Someone I could go with:

When I'll go and try it out:

Exercise: _____

Why I'd like to participate:

Local clubs near me that I can look to join:

Someone I could go with:

When I'll go and try it out:

Can you think of a handful of people you could ask to train with?

Write a list here:

Write the date by which you will have set up your first session: _____

Chapter 8 Nutrition

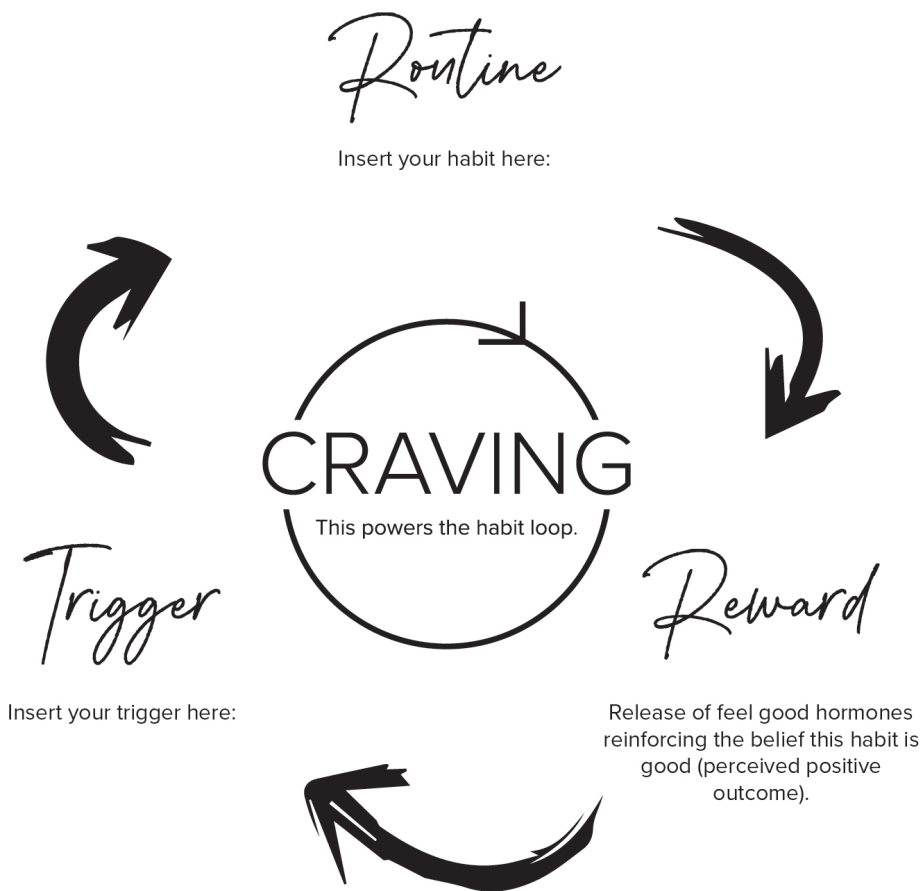
Spend some time over the next few days noticing where extra calories you're eating are coming from.

What foods do I pick at mindlessly?

What am I noticing about my eating habits that are helpful to my health goals?

WATER GOALS	
Current daily water intake:	Current daily caffeine/energy drink/fizzy drinks/cordial:
Goal:	How I will reach my intended water consumption goal:

Use the habit loop to ascertain your routines when a craving strikes.



From today, what will you stop, start and continue when it comes to your nutritional needs?

I will STOP _____
I will START _____
I will CONTINUE _____

What nutrient-dense foods do you currently, consistently fuel your body with?

What do you crave and feel attached to that gives you emotional comfort but might be holding you back from feeling your best?

If you rely on coffee, tea, chocolate and energy drinks, how about cutting the amount you drink down by half and having your last mouthful by 12:00 pm for two weeks and see how you feel?

How many cups of coffee/tea/caffeinated drinks I currently consume	I commit to reducing that amount down to	Results after two weeks

Alcohol

The following questions can be applied to your relationship with food, cigarettes and other substances that you rely on. Take time to answer them honestly and objectively so we can build a game plan together.

My beliefs about alcohol:

(e.g. I need a glass of wine to relax. My friends will think something is wrong with me if I don't drink. Not drinking is boring.)

Alcohol gives me:

(e.g. Peace in the moment, a moment to myself, confidence).

Drinking too much alcohol stops me from:

(e.g. Getting up in the morning and exercising, spending time with the kids, being intimate with my partner).

What would happen if I reduced my alcohol intake/quit alcohol?

What wouldn't happen if I didn't reduce my alcohol intake/quit alcohol?

What am I pretending not to know about my relationship with alcohol?

What values do you see reflected in your answers?

Spend some time writing down what habits are stopping you from using food as a source of connection. (e.g. eating dinner on my lap watching TV, having my phone at the table, travelling a lot for work)

What processes will you implement to create togetherness? (e.g. Invite friends for dinner once a month, have a family MasterChef competition, schedule.)

How will this improve your relationship with food? How does creating these new rituals align with your values?

Chapter 9 Sleep

My beliefs about sleep:

(e.g. I've never needed much sleep. I can't sleep. I sleep better after I've had a couple of drinks. Caffeine doesn't affect my sleep.)

How would my life be different if I slept better?

What's holding me back from sleeping well?

Chapter 10 Bringing it all together with Ayurveda

Circle the new routines that you will start to leapfrog you to energy, vitality and success.

Dinacharya I commit to:

Wake up when the sun rises (or use Lumie alarm)

Wash my face

Tongue scrape with a tongue scraper (copper)

Brush teeth

Sip herbal tea or warm lemon water

Elimination of bladder and bowels

Self-massage to stimulate lymphatic flow

Five big deep breaths in and out of the nose or five minutes' meditation

Yoga (sun salutations) or a walk in nature

Shower

Breakfast

