

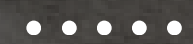
INSPIRE | EMPOWER | CONQUER

# MY MIND

MY MIND  
VOYAGE



MY INSPIRATION NEVER DIES





## MIND REVOLUTION

"We care about those who care.  
My MIND Voyage Journal is the  
language translator between you  
and your client"

# MY MIND VOYAGE JOURNAL



## THE WHY

As clinicians, practitioners and coaches we focus on our specialty, however this journal allows you to tailor and integrate the missing pieces of someone's mindset and motivation, drawing on sociology not psychology. It's not a journal that tells you what to do but helps guide, challenge and question your clients internal state, inspiring progress.

Imagine being able to help your clients on a deeper level with an empathetic view, by provoking them to confront their ego. They will feel empowered and you have unknowingly given them the tools to conquer what you can't see.



# COMMON LANGUAGE

## *THE HOW TO GUIDE*

The chapter titles are used as triggers that ask the questions we would usually tip toe around or avoid. The titles alone provide direction and begin the spiderweb of discussion.

The content then provides depth and a sticking point for you to always refer back to. By consistently speaking the same language and circling back, it provides a cycle which can be used at relevant moments in a clients life.

It's not expected that they complete "homework", but when you continue to poke the raw nerves it provides clients with more accountability and can refine your program design and direction.



# HOW WOULD YOU TELL THE STORY?

Imagine creating twenty-four challenges, resources or inspiring personalised resources to your clients on the foundation of these topics .

## YOU

1. My Story
2. Why | Goal
3. A Call to Adventure
4. Power of Choice
5. Commitment
6. Pattern | Habits
7. Problem V Barriers
8. Calm V Chaos
9. Life - Work Balance
10. Fear | Unknown
11. Overcoming Trauma
12. Resilience | Mountains
13. Future - proof | Capacity

## WORLD

14. Environment
15. Evolve or Revolve
16. Culutre
17. Society | AI | News
18. Minded

## REFLECTION

19. Relationships
20. Change V Adapt = Growth
21. Life V Seriousness
22. Empowerment
23. Legacy
24. Then V Now



“THERE WILL BE VERY PAINFUL MOMENTS IN YOUR LIFE THAT WILL CHANGE YOUR ENTIRE WORLD IN A MATTER OF MINUTES. THESE MOMENTS WILL CHANGE YOU. LET THEM MAKE YOU STRONGER, SMARTER AND KINDER. BUT DON'T YOU GO AND BECOME SOMEONE THAT YOU'RE NOT. CRY. SCREAM IF YOU HAVE TO. THEN YOU STRAIGHTEN OUT THAT CROWN AND YOU KEEP MOVING.”

– Erin Van Vuren<sup>19</sup>

WHAT'S YOUR

# NAVIGATION

## COMMANDING THE VOYAGE AHEAD

You don't have to start from page 1, the versatility allows you to find a chapter title that resonates with the clients current state. The titles can always be recycled which keeps the client on track and allows you go to back and forth.

This journal is your backbone and you can integrate it within your current program or use it to develop what the next 24 weeks looks like. Start at different stages and go through 1 chapter a week.

The possibility is endless and there are a 1000 different ways you can structure it.

### UNSURE OF WHERE TO START?

Below I explore 2 different scenarios.

#1 Ground Control to Major Tom | For any clients who are feeling overwhelmed, dealing with anxiety on a daily basis and unable to distinguish between a bad day and a chaotic moment.

#2 True North | I generally start this way with any clients who are looking to be "better" or make a change. They don't have a razor focused goal or destination but know there is something more they want to explore.



# GROUND CONTROL TO MAJOR TOM

Feeling lost and like you don't have much control in life?

Start with Chapter 2, 8 and 4. Refocus on your purpose, understand the stress and demands life is putting on you and figure out ways to handle these pressures. Once you've got your grip back and you realise you have power of choice, head back to Chapter 1 | My Story and begin again.



## 2 | WHY GOALS

What is your underlying motivation?

What lights you up and gets you out of bed in the morning?

What makes you smile?

What matters to you?



## 8 | CALM V CHAOS

"When you come out of the storm you won't be the same person who walked into it. That's what the storm is all about. When you can't control what's happening to you, you can control how you respond to it. That's where the power is. Deal with the storm." - Unknown



## 4 | POWER OF CHOICE

" There are two things you get everyday... a chance, and a choice." - JPrince

What do I need to embrace about myself in order to make bold and courageous decision in my life?



# TRUE NORTH

Starting the MMV with a focus and target on self - evaluation and self - discovery.

Identify your authentic self. Outgrow outdated versions and get in tune with your next adventure. It's for those who are questioning what's next and need some direction.



## 1 | MY STORY

You are born original. No one has your story, no one has lived through your pain, smiled at little moments and seen the world through your eyes.

Explore your past to know where you want to go.



## 3 | A CALL TO ADVENTURE

Trust the magic of new beginnings. Take a risk, jump two feet in and enter your new season.

Are you going to answer your call?



## 12 | RESILIENCE MOUNTAINS

The top of one mountain is the bottom of the next. There will always be mountains, but as you keep climbing you build confidence, you learn from mistakes, you survive and realise you can handle it. Keep moving forward, keep climbing and be brave enough to suck at something new. You got this.





## COMMITMENT

As an official partner of My MIND Voyage, you must commit to:

- 12 x social posts within the first three months and confirm the content of these with us in advance
- Promote a unique code that will identify that the client has come from you as a referral
- Direct EDM or direct email to primary clients to onboard them to MMV
- Commit a single proactive campaign that uses the 24 chapters as your foundation i.e. set up a “challenge” that you promote including the journal experience
- Our commitment to you, would be promotion on our social media around your campaign
- You would receive \$10 (inc tax) for every subscription referred for the MMV GWT Ed1
- If acceptable, you could write a blog/post specific to a chapter from experiences gained that refers back to you



# OUR CONTACT

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