THE SKILL OF HAVING AN ADVENTUROUS AND FUN MINDSET

- How will you (AND YOUR CLIENTS)benefit?
- What does it mean?
- How do you develop this skill?





DonnaLisa Albini-Knowles Coach, Your Coaching Matters



Let's look at SOME of the ways having an adventurous and FUN mindset benefits YOU!





Your confidence keeps evolving.

A sense of flow develops.

Life is much more fulfilling.

Your creativity is enhanced.

Changes come more easily.





People who are drawn to thrill-seeking activities have a higher tolerance for uncertainty and creatively adapt to change rather than fearing

They are simply more FLEXIBLE



ITJUST INAKES YOU FEEL GOOD





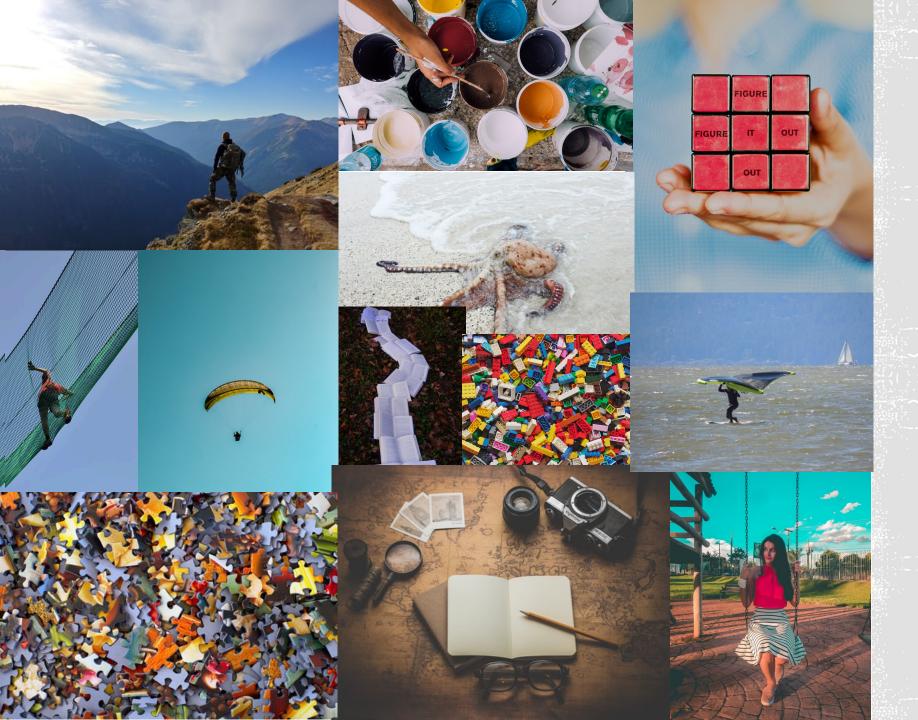
WHAT COMES TO MIND WHEN YOU THINK OF ADVENTURE OR FUN?





"Interestingly, the word <u>adventure</u> means something different to everyone"

according to Frank Farley, Ph. D., a professor at Temple University and a former president of the American Psychological Association.



SOME ADVENTUROUS ACTIVITIES:

Sky diving

Puzzles

Water sports

Painting

Playground activities

Hiking

Walking on a beach

Reading

Photography



WHAT IS ADVENTUROUS TO YOU?



Take a few minutes to write down some things that YOU feel are adventurous.



There is no right or wrong.



Just jot down some of your ideas.



Try to think of 4-8 things that you consider to be adventurous for you.



REFLECT & JOURNAL

- Take a moment to reflect on a time when you or someone you know has had an adventurous experience where they flourished as a result. Think about that story.
- Now please write down your thoughts about:
- What was it about the experience that allowed them to flourish? Perhaps there was excitement, interest or a new curiosity that developed?
- In what ways can you apply this to your real estate career?







For example, I have used outdoor adventure to continue to develop my confidence and get more comfortable doing cold lead generation (risk taking!)

Go ahead and finish answering the questions now, and then we will have a paired share in the breakout rooms.

BREAKOUT PARTNER SHARE

- SHARE for about 1-2 minutes about your story with your partner(s)
- What's your story about? How does it relate to Real Estate?
- How can it help you up-level your business?
- Be prepared to share your story or your partner's story, when we come back together. One way to consider what you want to share could be using a statement such as "What meant the most to be about what (partner's name) said is..."
- Please type it in the chat if you don't get picked to share out loud.





- Seek out situations that feel adventurous to you
- This might be something like taking a drawing class online
- Signing up for a workout you've never done
- Taking an adventure travel trip



Reflect on the benefits

- Did you meet new people?
- ❖ Learn a skill?
- Push past your trepidation?

- LIST 2-3 things you are willing to do.... Things that excite you... that you find Adventurous... but maybe it would be a little hard or cause you to think in new ways.
- Share with your partner when we put you into rooms in a moment.
- Partners encourage ideas! Think FUN and ADVENTUROUS!

WHAT DID WE COVE UP WITH?

Please type your answers in the chat box.



The definition of Success starts with doing what you said you would do... you just said you'd do something. DO YOU WANT SUCCESS?

Great.

Report back in the YCM MEMBERS ONLY Facebook Group.



• Final Step!

- Post your Action when you take it... on our FACEBOOK GROUP!
- I will make a post and YOUR Action is to Post a text or better yet PICTURE of your Action!
- Celebrate your success and we will celebrate with you!

