

# sukha

Realising Your Potential | Programme Overview



<b>Module One</b> Getting Started	<p>This first module begins with an introduction to the psychology of success; whether we believe that we can or we believe that we can't, both are true, that success in essence is a self-fulfilling prophecy. The first step for each individual is to begin with identifying what success means to them and their strengths for positive change.</p>
<b>Module Two</b> The Mind Games We Play	<p>With an introduction to how our habits, attitudes and comfort zones can help or hinder what we aspire to do and the changes we might seek to make in our lives, it is important to reflect on and identify our self-talk. Understanding our self-talk (our inner most thoughts), where they came from, and the impact these have on our feelings and behaviours can help us to understand how these can help build or undermine our own self-esteem and confidence.</p>
<b>Module Three</b> Living a Purposeful Life	<p>Where we spend our time is critical to realising our ambitions. Identifying where time and effort is being spent is essential to keeping our focus. This module asks how to address the relationship between current action and future result. Beginning with the end in mind, is a simple technique that allows the individual to think about their personal values and fulfilment, keeping the big picture in mind even when everyday focus is on the granular detail.</p>
<b>Module Four</b> Dream It, Dare It, Do It	<p>Using visualisation is a powerful tool to build a vibrant and resonant picture of our future. Based on research that suggests the most successful individuals hold a precise picture of their goals, this module asks the individual to create a detailed picture of their goals in order that this acts as a compass to guide their thinking and decision making into the future.</p>
<b>Module Five</b> Resilience	<p>Our ability to bounce back from setbacks is vital to our success. Understanding what resilience is and how it is sustained in the face of the trials and tribulations that go with getting started in and maintaining the life we want is critical. This module focuses on the importance of resilience and how to enhance it.</p>
<b>Module Six</b> Maintaining Momentum	<p>Knowing who in your life can help and how they can do that is vital to taking personal responsibility in shaping those relationships. This final module focuses attention on the need to build a supportive structure that can help build and sustain goals and aspirations into the future.</p>