

NAME:



the lift project



LIFT YOUR MOOD AND YOUR LIFE

I have come that you might have life - life in all its fullness.
John 10:10

Dr Darren Morton
Dr Jason Hinze



COPYRIGHT © 2025 Dr Darren Morton & Dr Jason Hinze.
WRITTEN by Dr Darren Morton & Dr Jason Hinze.
PHOTOGRAPHY from Adobe, Unsplash, iStock, Lightstock and Dominique Cherry.
DESIGNED by Leticia Maguire.

CONTENTS

YOUR LIMBO IS LISTENING

SPEAK POSITIVELY..... 9

MOTION CREATES EMOTION

MOVE DYNAMICALLY..... 19

BLUE AND GREEN SHOULD OFTEN BE SEEN

IMMERSE IN AN UPLIFTING PHYSICAL ENVIRONMEN..... 29

TOGETHER FEELS BETTER

IMMERSE IN AN UPLIFTING SOCIAL ENVIRONMENT 39

FEELINGS FOLLOW YOUR FOCUS

LOOK TO THE POSITIVE 51

FOOD FEEDS YOUR MOOD

EAT NUTRITIOUSLY 67

REST TO FEEL YOUR BEST

SLEEP..... 83

STRESS LESS

DE-STRESS 93

GIVING IS LIVING

SERVE..... 103

WHAT DOES IT TAKE TO FLOURISH?

P.E.A.R.M..... 115

WELCOME

The Lift Project can help you live your best life. Let's do it!

Throughout The Lift Project you will discover fun, simple, and effective ways for boosting your wellbeing and this workbook will be your guide. As with most things in life, the more you put in the more you get out, so be sure to give The Lift Project your best effort. It really can help you live more!

We hope you enjoy this experience!

Dr Darren Morton & Dr Jason Hinze



*You make known to me the path
of life; in your presence there
is fullness of joy; at your right
hand are pleasures forevermore.
(Psalm 16:11)*



“LETS” DO IT!

“LETS” is an acronym that stands for: Learn, Experience, Think and Share. Following the LETS approach each week will allow you to get the most out of The Lift Project.

LEARN

Each week you are going to discover some amazing insights about how to achieve a mood lift.

EXPERIENCE

Each week under the “Experience” section you will be given a daily challenge and a weekly challenge that involves putting what you have learnt into practice. It is here that you get to test-and-see if what the science says about how to achieve a mood lift also works for you! We learn best by doing, so be sure to really engage with these challenges. You receive 10 points for each daily challenge completed (i.e. total of 70 points for the week) and 30 points for the weekly challenge. See if you can score a perfect 100 points for the week!

THINK

Experience + reflection = growth. For this reason, each week you will be encouraged to “Think” about what you are learning and experiencing through reflection questions.

SHARE

The best way to learn anything is to teach it. Each week you will be challenged to share what you have learnt with someone. While you’re doing this you might give them a lift too!

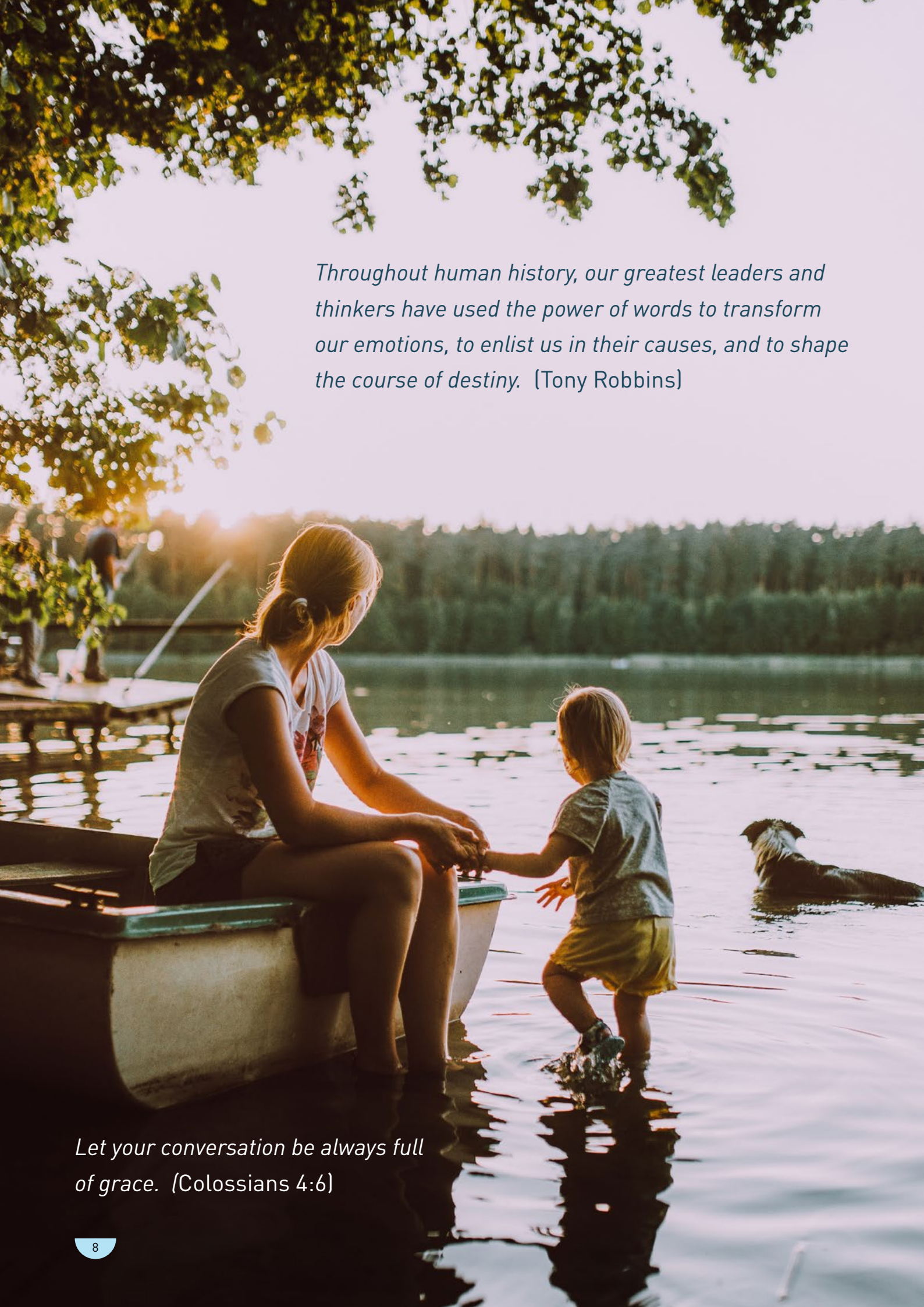
HOW TO USE THIS PDF

This is an interactive PDF. To use it, you’ll need to download and save the PDF to your computer.

If the interactive fields are not visible/highlighted, and you’re using Adobe Acrobat, you can go to *preferences* and turn on “show border hover cover for fields” to make the interactive fields visible. Alternatively, you can just click on the page in the relevant areas to make your selections or type your answers.

This PDF is designed to be viewed as a booklet. After you’ve downloaded and saved it, you can open it in Acrobat and select “View > Page Display > Two Page View” to view the PDF as a booklet.

Unfortunately, using the interactive fields will also depend on the type and version of PDF viewer you are using. If you’re having trouble with the PDF, try downloading the text-only Word document from our website instead.

A photograph of a woman and a young child sitting in a small, light-colored boat on a calm body of water. The woman is on the left, facing right, and the child is on the right, facing left. They are holding hands. The sun is low on the horizon, creating a warm, golden glow. In the background, there are trees and a distant shoreline. A dog is swimming in the water to the right of the boat. The overall mood is peaceful and serene.

Throughout human history, our greatest leaders and thinkers have used the power of words to transform our emotions, to enlist us in their causes, and to shape the course of destiny. (Tony Robbins)

Let your conversation be always full of grace. (Colossians 4:6)

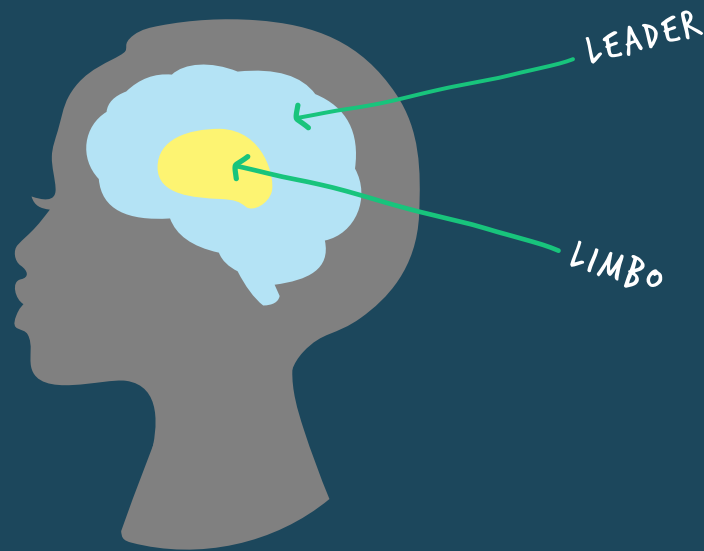
SPEAK POSITIVELY



YOUR LIMBO IS LISTENING

SMILLERS

SPEAK POSITIVELY



LEARN

Your Limbo is your “emotional brain” so it is responsible for how you feel—glad, bad, mad, or sad. If you treat it right it can be your “Home of Happy”!

While mood is your Limbo’s main function, it is also involved in:

- ▶ Memory
- ▶ Motivation
- ▶ Many automatic processes in your body including heart function, gut function and even your immune system (that’s why how you feel affects how you heal!).

Your Limbo relies on what it is told from other parts of your brain and your body in order to know how to make you feel.

One of the areas your Limbo is wired to is the language area of your thinking brain (the “Leader”) so to give your Limbo a lift “Speak Positively”!

Studies suggest that you should aim to say at least five positive things for every one negative.

WHAT THE BIBLE SAYS

Words are powerful. James 3:5 says, “A word out of your mouth may seem of no account, but it can accomplish nearly anything – or destroy it!” Given the power of words, it is not surprising that the Bible has many references to speaking positively and using our words to build others up.

Can you think of some passages in addition to the ones below?

“Kind words are like honey - sweet to the soul and healthy for the body.” (Proverbs 16:24).

“A person’s words can be life-giving water; words of true wisdom are as refreshing as a bubbling brook.” (Proverbs 18:4).

“Words satisfy the soul as food satisfies the stomach; the right words on a person’s lips brings satisfaction.” (Proverbs 18:20).

Because God designed us in such a way that the area in our brain responsible for speech and language is wired to our Limbo, memorising passages from the Bible can be personally uplifting and inspiring. Here are a few inspiring verses from the Bible.

“I can do all things through Christ who strengthens me.” (Philippians 4:13).

“Fear not, for I am with you.” (Isaiah 41:10).

It is interesting that Jesus is described in the Gospel of John as the “Word”—“In the beginning was the Word” (John 1:1)—and John describes how the Word is our source of light and life. Certainly, the Word of God can make us come fully alive. What are your favourite bible verses?

For further insights, look up:

Proverbs 15:4, Proverbs 21:23, Psalms 141:3, Proverbs 18:21, Ephesians 4:29, Proverbs 12:6, Colossians 4:6, Luke 4:22, Matthew 12:34-35, James 3:4-5

A wise old Indian teacher instructs his grandson: “each of us,” he says, “has two wolves within our head that fight each other. One is a black wolf and it tells us things that bind and destroy. The other is a white wolf that liberates and sets us free.” “Which wolf wins the fight?” asks the grandson. The teacher replies, “The one we feed”. (Old Cherokee Tale)

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: GIVE COMPLIMENTS

To experience the power of speaking positively go out of your way each day to offer a genuine compliment to someone. We often think good things about others but we don't say them enough. So let's do it. Face-to-face is by far the preferred method of delivery but you can also send an email or text if you like.

Tips for activating the daily challenge:

- ▶ Notice and congratulate the success stories of others around you.
- ▶ Identify one person in your life you really value and tell them.
- ▶ Tell a complete stranger such as the bus driver, cleaner, cashier or anyone, that you appreciate what they do.
- ▶ Identify skills and talents in others and bring it to their attention.
- ▶ Publicly affirm someone (this way your Limbo, and every Limbo in the room is uplifted).

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: INGRAIN INSPIRATION

This week "ingrain inspiration" by memorising an inspirational text or saying (or several). Practice reciting it until you know it by heart and every time you do remind yourself that your Limbo is listening. Let it become your response to negative self-talk. When you catch yourself engaging in negative self-talk, stop, and recite back the inspirational text or saying you've memorised.

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another — and all the more as you see the Day approaching. (Hebrews 10:24-25)



THINK

Complete the following questions related to this lesson.

1. What percentage of your enduring happiness do scientists believe you get to choose (i.e. not the part determined by your circumstances and genetics)?
 - a. 10%
 - b. 20%
 - c. All of it
 - d. Roughly half

2. In the Study of 230 Major League baseball players, how much longer did the players who smiled the most live than those who didn't smile at all?
 - a. 1 year
 - b. 3 year
 - c. 5 year
 - d. 7 year

3. Your Limbo (which is your emotional brain) has three other functions: motivation, and many automatic bodily processes. *(fill in the blank)*

4. Researchers from the University of Ohio found that blisters administered on the forearms of married couples took % longer to heal after an argument with their spouse.
 - a. 0% (it actually didn't take any longer)
 - b. 10%
 - c. 20%
 - d. 30%

5. Professor John Gottman's research found that for couples to thrive they needed how many positive things said for every negative one?
 - a. 1
 - b. 2
 - c. 5
 - d. 10

WHAT'S THE BIG IDEA?

Imagine you are in an elevator with someone and you have 30 seconds to explain the Big Idea from this lesson. Write below what you would say and include the following words in your response:

Limbo (*feeling brain*) | **Leader** (*thinking brain*) | **Highly impressionable** | **Speak positively**

THAT REMINDS ME...

Explain one time in your life where the Big Idea from this lesson has been very evident in your own experience.

SHARE

Tell someone you know about the Positivity Ratio and why it is a great idea to
SPEAK POSITIVELY!

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

What is the most noteworthy compliment you offered this week? How did the recipient respond and how did it make you feel?

Write down your favourite inspirational quote below.

Why did you choose this quote? Describe how it helped you this week.

SELF ASSESSMENT

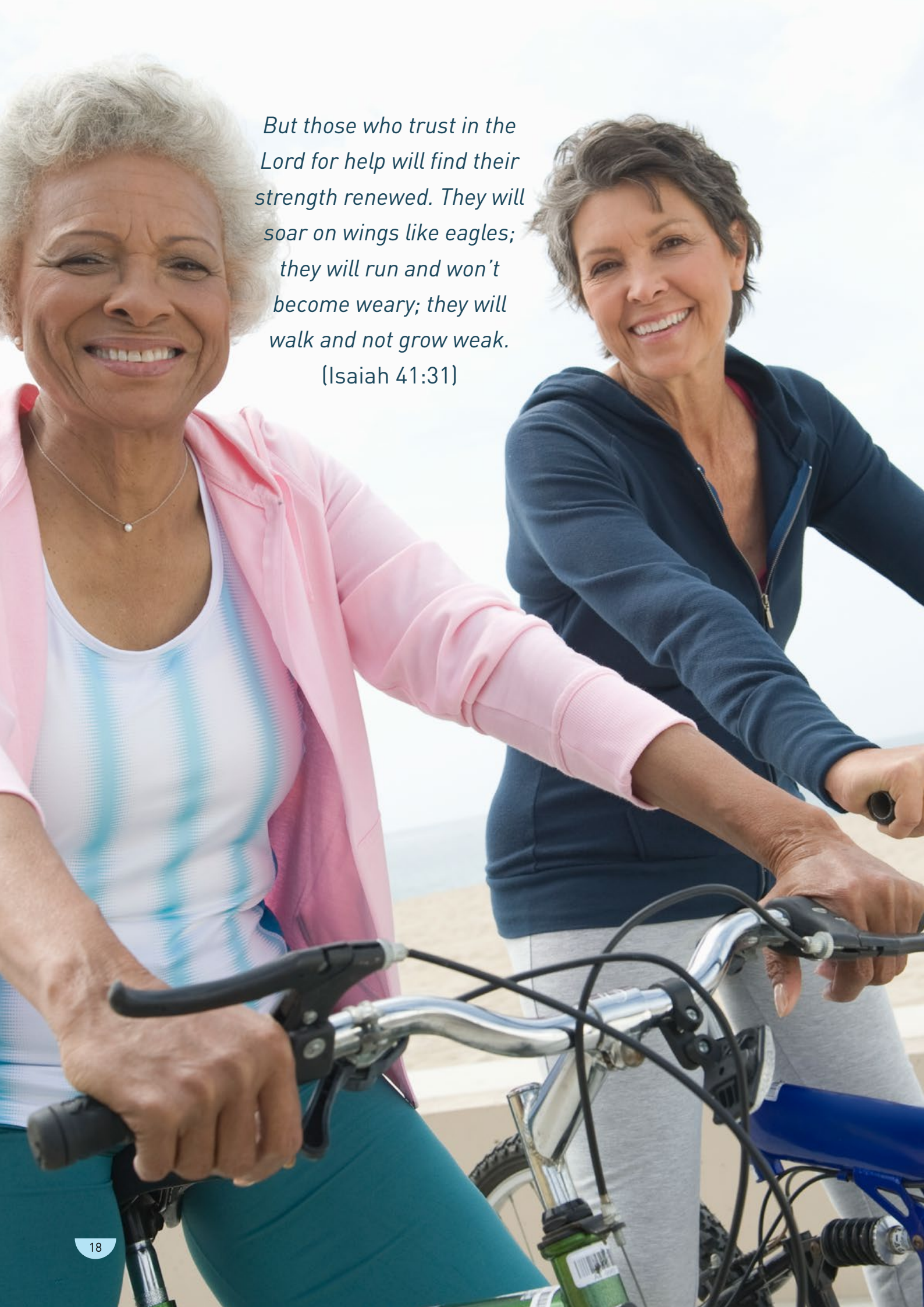
Indicate below how this week's challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

Speak ill of no man, but speak all the good you know of everybody. (Benjamin Franklin)



A photograph of two women riding bicycles outdoors. The woman in the foreground is an older Black woman with short, curly grey hair, smiling broadly. She is wearing a pink zip-up jacket over a white and blue patterned tank top and teal leggings. She is holding the handlebars of a green bicycle. Behind her is a younger woman with short brown hair, also smiling. She is wearing a dark blue zip-up hoodie and grey leggings, riding a blue bicycle. The background is a bright, slightly overcast sky and a sandy or light-colored ground.

*But those who trust in the
Lord for help will find their
strength renewed. They will
soar on wings like eagles;
they will run and won't
become weary; they will
walk and not grow weak.
(Isaiah 41:31)*

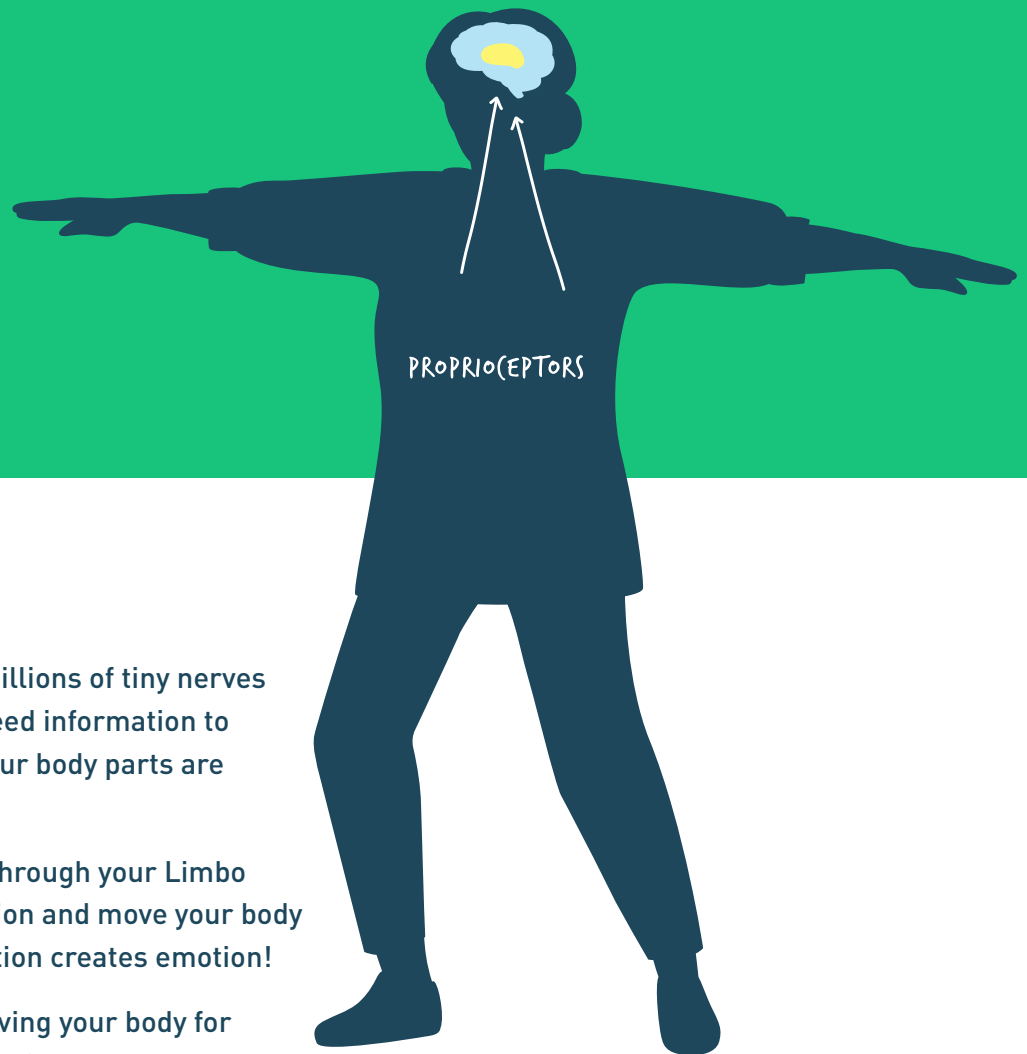
MOVE DYNAMICALLY



MOTION CREATES EMOTION

SMILERS

SPEAK POSITIVELY
MOVE DYNAMICALLY



LEARN

Throughout your body are millions of tiny nerves called proprioceptors that feed information to your brain to tell it where your body parts are and how they are moving.

These proprioceptors pass through your Limbo and therefore how you position and move your body influences how you feel. Motion creates emotion!

Studies have shown that moving your body for just 10 minutes is enough to lift your mood, so “Move Dynamically”.

Exercise is the most potent, under-utilised antidepressant. (Bill Phillips)

WHAT THE BIBLE SAYS

The more I learn about how the human body works, the more I marvel at the creativity of God. Every moment there are millions of processes and reactions occurring within our bodies that allow us to exist. The sustenance of life is a constant miracle.

1 Corinthians 6:19-20 says, “Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought with a price; therefore, honour God with your bodies.” When we care for our bodies we honour God because we are His creation.

One of the best ways to care for our bodies is to be physically active because God designed our bodies to move. Eric Liddell, the inspiration for the classic *Chariots of Fire*, once said: “When I run, I feel God’s pleasure”. God created us to enjoy vitality, and this is expressed through movement—just watch the “happy dance” performed by an excited child.

My oldest son’s name is Elijah, and one of the reasons I wanted to give him this name is because I love the story found in 1 Kings 18:46: “The power of the Lord came on Elijah; he fastened his clothes tight around his waist and ran ahead of Ahab (and his chariot) all the way to Jezreel.” It is estimated that this run might have been up to 40 kilometres. What an incredible feat of energy and vitality!

Elijah performed a supernatural act, but there is a promise to all of us that dwell in the Kingdom. Isaiah 40:31 says, “But those who trust in the Lord for help will find their strength renewed. They will soar on wings like eagles; they will run and won’t become weary; they will walk and not grow weak.”

God created us to enjoy energy and vitality, and by being physically active this is expressed and grows. Have you ever experienced God’s pleasure through movement?

For further insights, look up:

Corinthians 9:25-27, Philippians 4:13, 2 Timothy 4:7, Proverbs 24:5, 1 Timothy 4:8, Proverbs 31:17, Romans 12:1, Hebrews 12:11-12



Take action! An inch of movement will bring you closer to your goals than a mile of intention. (Steve Maraboli)

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: STEP IT UP!

To experience the emotional benefits associated with physical activity you are challenged to use a step counter and achieve 10,000 steps every day this week. If you don't have a step counter, 30 minutes of moderate-intensity physical activity (that's a 3 to 4 out of 10 in effort) will do it. Remember, you can break the 30 minutes up into three 10 minute segments during the day! That way you get three mood lifts! So let's do it and find out for yourself if moving more really does lift your mood.

Tips for activating the daily challenge:

- ▶ After dinner, invite someone in your household to go for a short walk. Why not intentionally use this time to speak positively to give your Limbo an extra lift!
- ▶ Break up long stretches of sitting and studying with movement.
- ▶ Substitute sitting with standing when possible.
- ▶ Consider becoming involved in a team sport.
- ▶ Choose active travel options like walking or riding a bike.
- ▶ Take the stairs.

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: LIFT IT!

To experience the power of moving dynamically, perform the resistance exercise session demonstrated at <https://vimeo.com/373870214>.

If you want to challenge yourself to "Lift It" more than once this week that is great, however, just make sure you have a day off in between to give your muscles a rest.

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

THINK

Complete the following questions related to this lesson.

1. Distributed throughout your body are millions of tiny nerves that send information up to your brain to tell it where your body parts are in relation to each other (ie; your posture) as well as how your body parts are moving. These nerves are known as:
 - a. Proprioceptors
 - b. Movement sensors
 - c. Touchy-feely things

2. When researchers placed electrodes on people's faces to cause them to pull an involuntary smile, the people reported feeling happier. This is a phenomenon referred to as:
 - a. Sounds painful
 - b. Forced smile
 - c. Facial feedback

3. National Physical Activity Guidelines suggest that adults should aim to be active for minutes or more each day.
 - a. 10
 - b. 30
 - c. 60
 - d. 120

4. Pedometers (step counters) are a great way to keep track of how much you are moving throughout the day. A commonly recommended goal is:
 - a. 2,000 steps per day
 - b. 5,000 steps per day
 - c. 10,000 steps per day
 - d. 20,000 steps per day

5. Over 25 scientific studies have demonstrated that physical activity is associated with better mood and lower rates of depression. This testifies that movement is a powerful antidepressant. There is no doubt about it that, as suggested in the title to this lesson, "motion creates
(fill in the blank).

WHAT'S THE BIG IDEA?

You are alarmed by the fact that the average adult today is 60-70% less active than those living a few generations ago. Write a catchy bumper sticker that communicates one of the “Big Ideas” from this session.

THAT REMINDS ME...

Explain one time in your life where you can remember feeling more emotionally “up” as a result of being more physically active.

SHARE

Invite at least one person this week to do something physically active with you.

MOVE DYNAMICALLY!

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

Describe the effect that being more physically active had on how you felt this week at the following times:

▶ During and immediately after the physical activity.

▶ For the rest of the day after the physical activity.

SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

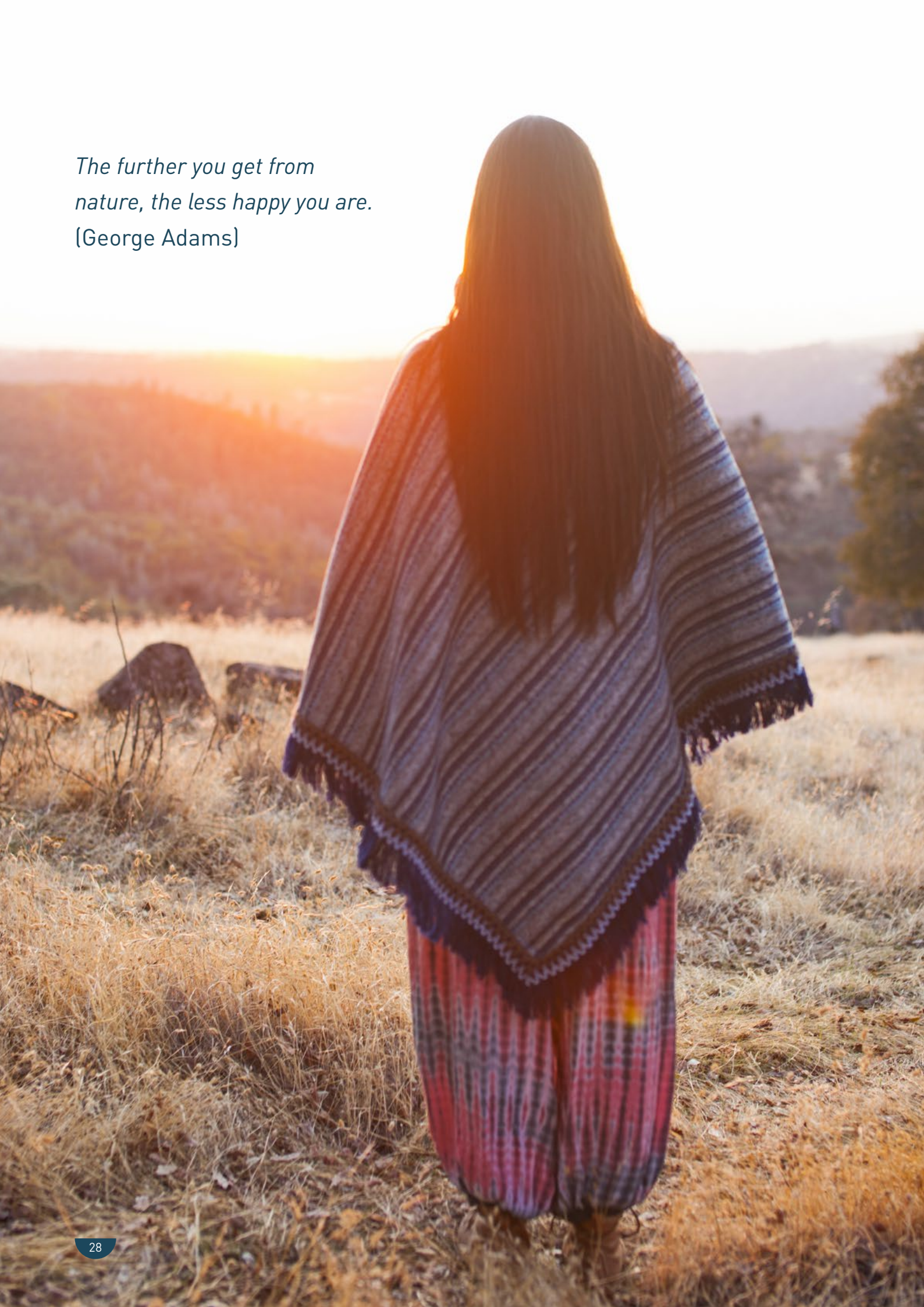
NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

A photograph of an elderly couple walking away from the camera on a city street. The woman, on the left, has short blonde hair and is wearing a floral patterned top, a dark blue skirt, and dark sneakers. She has a light-colored bag slung over her shoulder. The man, on the right, has white hair and is wearing a purple polo shirt, grey trousers, and white sneakers. They are holding hands. In the background, there are parked cars and a building with a red facade.

*Emotion is created
by motion. Whatever
you're feeling right
now is related to how
you're using your body.
(Tony Robbins)*

*The further you get from
nature, the less happy you are.*
(George Adams)



IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL ENVIRONMENT

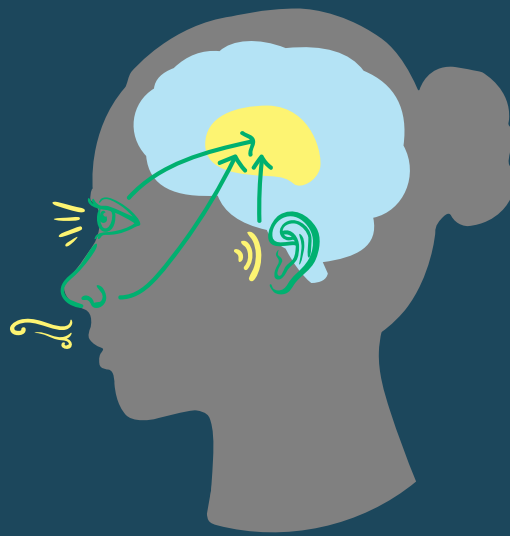


BLUE & GREEN SHOULD
OFTEN BE SEEN

SMILERS

SPEAK POSITIVELY
MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL ENVIRONMENT



LEARN

- ▶ Your Limbo receives messages from your senses—sight, sound, smell, and taste.
- ▶ To give your Limbo a lift you need to “Immerse yourself in an uplifting physical environment”!
- ▶ Your Limbo loves “blue and green” spaces, such as those that can be found in the Great Outdoors, so it is good to spend time outside.
- ▶ Your Limbo is especially lifted by bright light and needs about 10,000 LUX for 30 minutes each day. You can only find that kind of light intensity outside so, once again, you should aim to spend time outside each day while the sun is shining!

The best remedy for those who are afraid, lonely or unhappy is to go outside. (Anne Frank)

WHAT THE BIBLE SAYS

I enjoy reading and listening to the perspective of the ‘new atheists’ like Richard Dawkins and Sam Harris. However, after considering their arguments, I simply can’t move away from a deep belief—even a ‘knowing’—that there is a Creator and Designer. God makes sense to me both intellectually and emotionally. In fact, I wouldn’t have enough faith to be an atheist.

The opening verse of the Bible (Genesis 1:1) commences with “In the beginning, God created the heavens and the earth”. These words are profound and powerful and they succinctly summarize the creation story told in the first two chapters of Genesis. In the Genesis account, humans are portrayed as the capstone of creation, and there are two important considerations that arise from this.

Firstly, since humans were last on the scene, it follows that we were designed to ‘fit’ with the established creation. It is hardly surprising therefore that the natural world is the place God designed us to thrive and enjoy optimal health and happiness.

Secondly, while humans might have a place of privilege in creation, with that comes responsibility.

We humans are charged with the responsibility of being good stewards of God’s creation by taking care of the natural world. This is perhaps more relevant today than any other time throughout history.

Indeed, we live in a remarkable world—one that “declares the glory of God” (Psalm 19:1). Do you feel closer to God in nature?

For further insights, look up:

Genesis 1 & 2, Psalm 8:3-4, Psalm 23:1-2, Psalm 96:11-12, Psalm 96:11-12, Psalm 104:24-25, Psalm 145:5, Nehemiah 9:6, Isaiah 55:11

*In the beginning, God created the
heavens and the earth. (Genesis 1:1)*



EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: GO AND PLAY OUTSIDE!

To experience how blue and green can make your senses come alive and reinvigorate your Limbo, your challenge is to immerse yourself in an uplifting natural environment for at least 30 minutes each day this week. Remember that your Limbo needs 10,000 LUX for at least 30 minutes each day so try to be outside while the sun is shining. While outside, why not do something physically active to maintain the good work from last week! So let's do it and find out for yourself if the sights, sounds, and smells of natural environments really can lift your mood.

Tips for activating the daily challenge:

- ▶ Eat your lunch outside.
- ▶ Challenge someone in your household to see who can take the most beautiful photo of nature on a 30-minute walk together.
- ▶ Appreciate the beauty of nature by collecting 10 natural items that demonstrate a wide variety of colours and textures.
- ▶ Search for local bike tracks and invite a friend to go for a ride.
- ▶ Take notice of the different smells of a variety of leaves and flowers.

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: ENJOY A SUNRISE OR SUNSET

When was the last time you intentionally set your alarm with the purpose of watching the sun rise? This week, choose a day that the weather is expected to be good and go somewhere beautiful to enjoy a sunrise. You may like to invite a friend to share this experience with. See if the morning light gives your Limbo a special lift!

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

THINK

Complete the following questions related to this lesson.

1. In parts of the world of high latitude where there is low lighting for extended months during winter it is common for people to become depressed. This condition is referred to as “SAD” which is an acronym that stands for:
 - a. Seasonal Affective Disorder
 - b. Silent Action Disorder
 - c. Sick As a Dog

2. On a bright, sunny day outside the intensity of the light can beam up to 100,000 LUX, whereas a brightly lit indoor space is normally less than 500 LUX. To keep your Limbo happy so you can be emotionally well it is estimated that you need to be exposed to LUX for 30 minutes a day. This is why getting outside is so important!
 - a. 1,000
 - b. 5,000
 - c. 10,000
 - d. 50,000

3. One of the biggest inputs to the Limbic region of the brain comes from the olfactory nerve which is responsible for which sense? *(fill in the blank)*

4. Many people spend too much time indoors where they are alienated from natural landscapes and this can cause many health problems. The term NDD has been used to explain this condition. NDD stands for:
 - a. Noise Deficit Disorder
 - b. Nature Deficit Disorder
 - c. Nocturnal Deficit Disorder

5. A New Zealand study found that for every 1% increase in the amount of green space close to an individual's home there was a lower prevalence in anxiety and mood disorders. *(fill in the blank)*

WHAT'S THE BIG IDEA?

Pretend a friend has messaged you to find out what the Big Idea of this lesson was. Write below how you would respond to this message.

THAT REMINDS ME...

Describe one of your most memorable experiences in nature. Where were you? Who were you with? What was so incredible about it?

SHARE

Tell at least three people why natural light is so important for helping you to feel upbeat. **IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL ENVIRONMENT!**



*In all things of nature there is something
of the marvelous. (Aristotle)*

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

Where did you get out in nature this week? What did you notice about how it affected your mood?

SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)



Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. (1 Corinthians 13)

IMMERSE YOURSELF IN AN UPLIFTING SOCIAL ENVIRONMENT



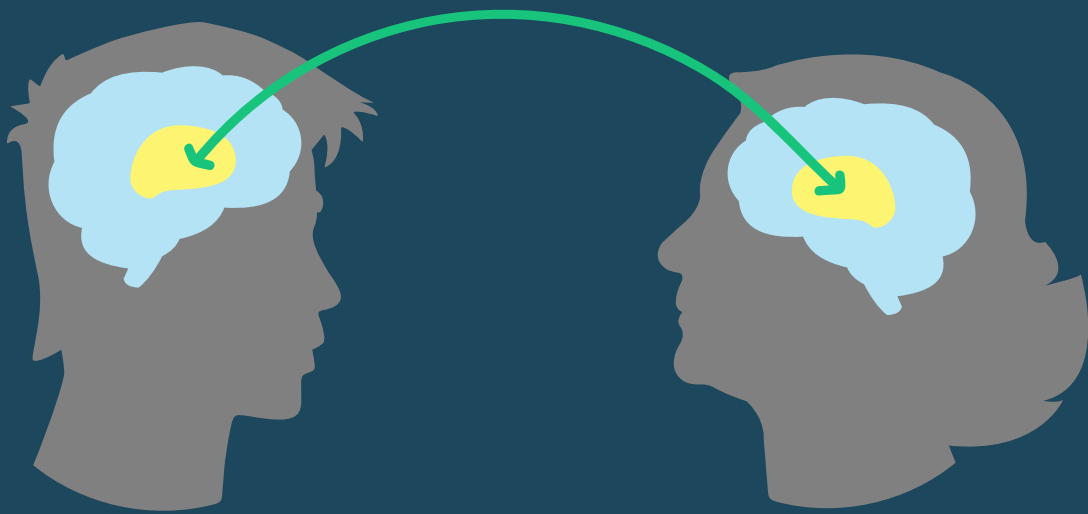
TOGETHER FEELS BETTER

SMILERS

SPEAK POSITIVELY

MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT



LEARN

- ▶ Our Limbos seem to have a “secret language” that they use to communicate with each other. That’s why to give your Limbo a lift you should immerse yourself in an uplifting social environment.
- ▶ We can help create positive social environments by making uplifting new friends (the “old school way”) and by strengthening our existing relationships.
- ▶ Two ways to strengthen our existing relationships are to “love first” (by speaking the love language of others) and “forgive” (by choosing to give up our right to hurt someone else for hurting us).
- ▶ While not easy, these things can give us a lift because “Together Feels Better”!

Some people bring happiness wherever they go; others bring happiness whenever they go. (Oscar Wilde)

WHAT THE BIBLE SAYS

God loves community and relationships form the very fabric of who He is. Being created in His image, we humans are also designed to exist in relationships—with others and with God. God ordained this at the very beginning by saying, “It is not good for man to be alone” (Genesis 2:18).

There is a good reason why God delights in relationships. 1 Corinthians 4:8 succinctly states that “God is love”, and love can only be fully expressed when directed toward another. Of course, the act of directing love towards another requires initiative—it is proactive, not passive—and that is how we find God acting toward us in the Bible.

In the introduction to the New Testament of the Message, Eugene Peterson writes, “The arrival of Jesus signaled the beginning of a new era. God entered history in a personal way and made it unmistakably clear that He is on our side doing everything possible to save us.” This articulates the loving initiative of God. Indeed, the prevailing theme of the Bible is God’s pursuit of humanity, not our pursuit of Him.

But there is an even greater depth to the love of God as demonstrated in the Bible. “For God so loved the world that He gave His only begotten son, that whosoever believes in Him should not perish but have everlasting life” (John 3:16). God is not only proactive in showing His love, He is sacrificial.

Jesus calls us to follow His example: “My command is this: Love each other as I have loved you”.

Do you feel closer to God in community?

For further insights, look up:

Proverbs 17:17, Proverbs 18:24, John 15:13, 1 John 4:8, Romans 12:9-10, 2 Corinthians 6:14, 1 Thessalonians 5:11, 1 Peter 4:8



DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: LOVE FIRST

Each day for the next week, do something intentional to show someone in your existing social network that you care for them. To successfully show love to those around you it is important for you to first give thought to what their “love language” is: words of affirmation, receiving gifts, quality time, physical touch, or acts of service. Then act on it by loving first!

Tips for activating the daily challenge:

Words of affirmation

- ▶ What really impresses me about you is that...
- ▶ I feel blessed to have you in my life because...

Receiving gifts

- ▶ Bring a present home to celebrate a special occasion (make up the occasion if you need to!).
- ▶ Randomly buy a gift that encourages their interests.

Quality time

- ▶ Avoid multitasking and give your undivided attention.
- ▶ Turn off your phone/computer/television and talk instead!
- ▶ Ask how their day went, and then actively listen!

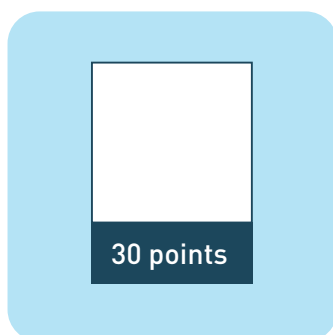
Physical touch

- ▶ Use appropriate touch to congratulate (e.g. handshake, pat on the back, etc).
- ▶ Give your special person a hug!

Acts of service

- ▶ Prepare a favourite meal or do the dishes.
- ▶ Assist with a job you know they struggle with or don't enjoy doing.

WEEKLY - Challenge Completed (tick box)



YOUR WEEKLY CHALLENGE: FORGIVE A FRIEND!

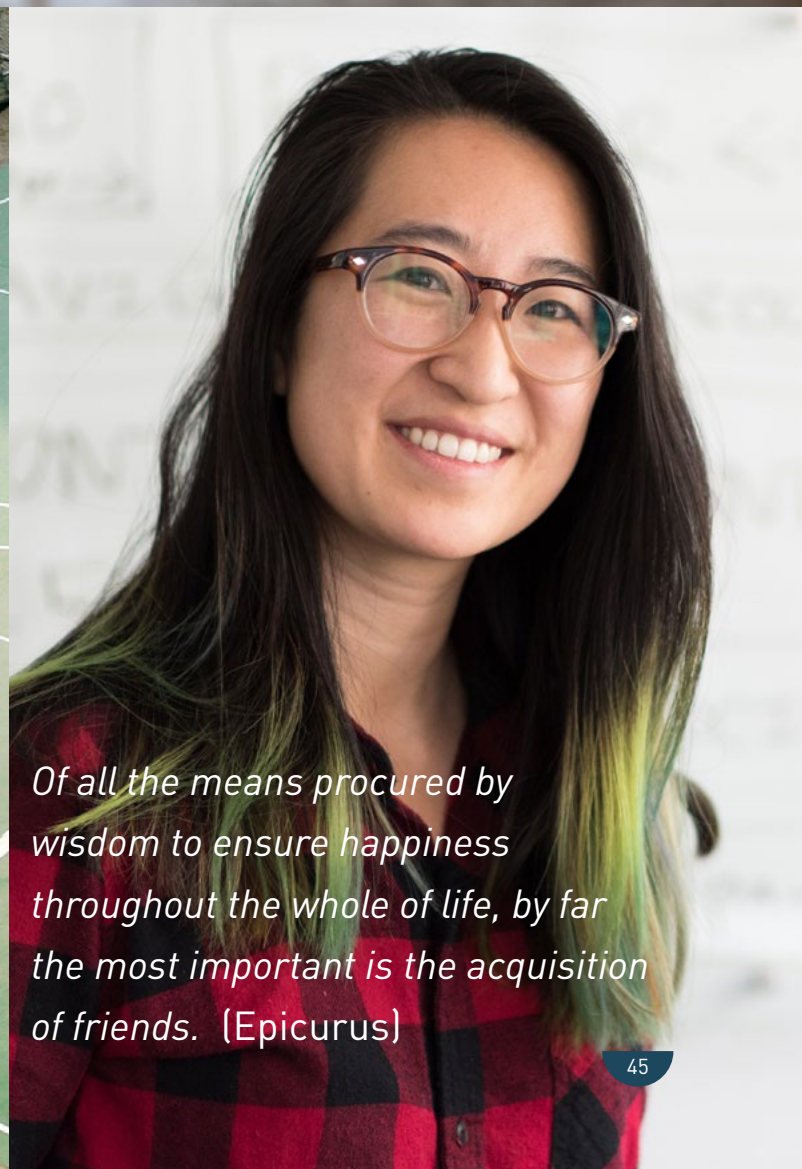
This week you are challenged to give up your right to hurt someone who has hurt you. To complete this challenge identify someone in your past who has hurt you in some way and who you still carry some resentment for. Don't forget that the person you may need to forgive most is yourself. Choose this week to be a circuit breaker of the vicious cycle that unforgiveness creates. You may decide whether you need to communicate with the individual or not. Regardless, allow yourself to put the past behind you so you can experience the power of moving from a negative place of revenge and retribution to a positive place of freedom!



TOTAL POINTS

(Daily + Weekly Challenge Points)

THOUGHTS



Of all the means procured by wisdom to ensure happiness throughout the whole of life, by far the most important is the acquisition of friends. (Epicurus)

THINK

Complete the following questions related to this lesson.

1. Researchers have discovered that we have neurons in our brain (especially our Limbo) that “light up” when we see someone else experience or do something. This is why yawning is socially contagious! These neurons, referred to as neurons, help us to empathise with other people so that we feel connected to them.
 - a. Concert
 - b. Chameleon
 - c. Mirror
 - d. Yawning

2. Dr Gary Chapman has written a book titled *The 5 Love Languages* in which he describes how people feel cared for and loved in five different ways. They are: receiving gifts, physical touch, words of affirmation, acts of service, and quality *(fill in the blank)*
.....

3. Researchers have found that happiness is socially contagious up to degrees of separation.
 - a. It doesn't spread at all.
 - b. One
 - c. Two
 - d. Three

4. Studies suggest that strong social relationships are as important to living a long life as not smoking.
 - True
 - False

5. A fascinating study showed that when people didn't use social media for one month, their levels of wellbeing changed radically. Interestingly, their social activity and social satisfaction
 - a. Decreased
 - b. Didn't change
 - c. Increased

WHAT'S THE BIG IDEA?

In your own words, summarise the Big Idea from this lesson.

THAT REMINDS ME...

Explain one time in your life where the Big Idea from this lesson has been very evident in your own experience.

SHARE

Encourage the people you eat with not to engage with their device(s) during meal times. Talk instead! **IMMERSE YOURSELF IN AN UPLIFTING SOCIAL ENVIRONMENT.**



*For where two or three are
gathered together in my name,
there I am with them.
(Matthew 18:20)*

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

What were the love languages that you identified in others this week? How did they respond to you “speaking” to them and how did it make you feel? To what extent do you think that being more intentional about speaking the love language of those you care about strengthens your relationships?

SELF ASSESSMENT

Indicate below how this week’s challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

Positive thinking will let you do everything better than negative thinking will. (Zig Ziglar)



LOOK TO THE POSITIVE



FEELINGS FOLLOW YOUR FOCUS

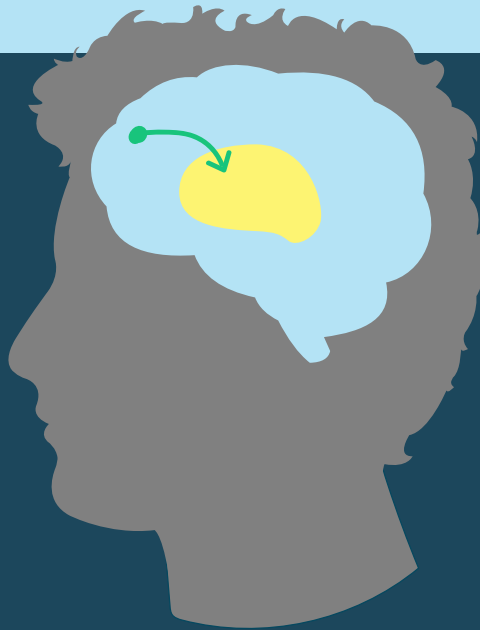
SMILERS

SPEAK POSITIVELY

MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT

LOOK TO THE POSITIVE



LEARN

- ▶ Your Limbo, which is your “feeling brain”, is wired to the front part of your “thinking brain” (the Leader) that is responsible for what you focus on.
- ▶ Because of this, what you focus on affects how you feel, or “feelings follow your focus”!
- ▶ It is possible to activate upward and downward spirals in how we think and feel (ie; Limbo loops).
- ▶ We need to “Look to the Positive” in the past, present, and future to activate upward Limbo loops!

When you think things are bad, when you feel sour and blue, when you start to get mad, you should do what I do! Just tell yourself, Duckie, you’re really quite lucky! (Dr Seuss)

WHAT THE BIBLE SAYS

Positive Psychology focuses on the scientific study of what it takes for humans to flourish. What I find intriguing about the findings of Positive Psychology is that they merely confirm what the Bible has been teaching us for thousands of years. This is hardly surprising; God designed us to thrive and so He included the best advice on how to do so in His instruction manual to us.

One of the most commonly promoted exercises in Positive Psychology is practicing gratitude. Certainly, expressing gratitude is a reoccurring theme in the Bible. Jesus—our example—is cited on numerous occasions as “giving thanks”. Similarly, in the Psalms, David repetitively urges us to, “Give thanks to the Lord, for he is good; His love endures forever” (verses 106:1, 107:1, 118:1, 118:29, 136:26).

Focusing on what we are grateful for shifts our focus from what we don’t have to what we do have, and this is transformative to our mood and our life. It is interesting that Paul writes, “I have learned the secret of being content in any and every situation” (Phil 4:12). His secret involved adopting an attitude of gratitude—focusing on what he did have and not what he didn’t. Importantly, the fact that he wrote “I have learned” hints at the science of brain plasticity—when we intentionally practice gratitude we get better at it and in doing so we are “transformed by the renewing of our minds” (Romans 12:2).

Practicing gratitude is just one way the Bible encourages us to look to the positive. Another beautiful and uplifting message of the Bible is that of hope. Hope is having positive expectations about the future and I can think of no greater expression of hope than in the promise of Jesus, “I go to prepare a place for you....and I am coming back” (John 14:3). This promise is a game-changer.

Indeed, the Bible contains rich lessons on how to look to the positive in the past, present and future. Is the Bible a source of gratitude and hope for you?

For further insights, look up:

1 Thessalonians 5:18, Philippians 4:11, Psalms 9:1, Proverbs 15:30

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: WHAT WENT WELL?

Each evening for the next week take 10-15 minutes to think about and write down three things that went well that day. Next to each positive thing identified, explain what it was that you really enjoyed about each experience. An example is provided to help you begin reflecting on three things that went well each day.

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐

30 points

YOUR WEEKLY CHALLENGE: THE GRATITUDE VISIT

This week you are challenged to complete “The Gratitude Visit” as explained in the steps below.

1. Identify someone in your past who has done something that has changed your life for the better.
2. Write a letter to that person explaining why you feel so grateful to them.
3. Plan a visit with them.
4. When you meet, express your gratefulness for their influence in your life and read (out loud) the letter you have written about them.

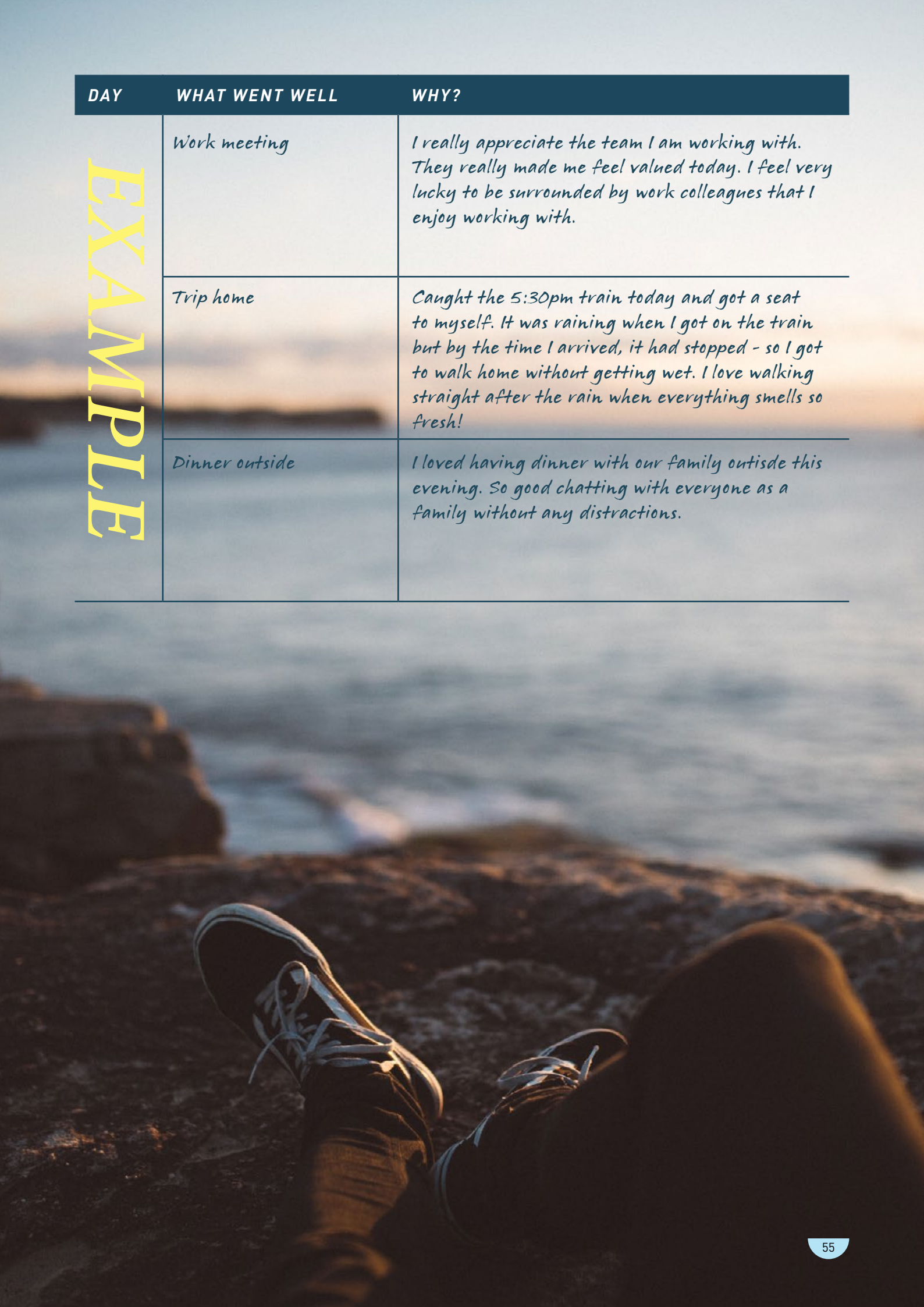
While this challenge is most powerful when completed face to face, if this is not possible you can complete this challenge over the phone.

This challenge might take you outside your comfort zone but it will be incredibly uplifting (for everyone involved).

100

TOTAL POINTS

(Daily + Weekly Challenge Points)



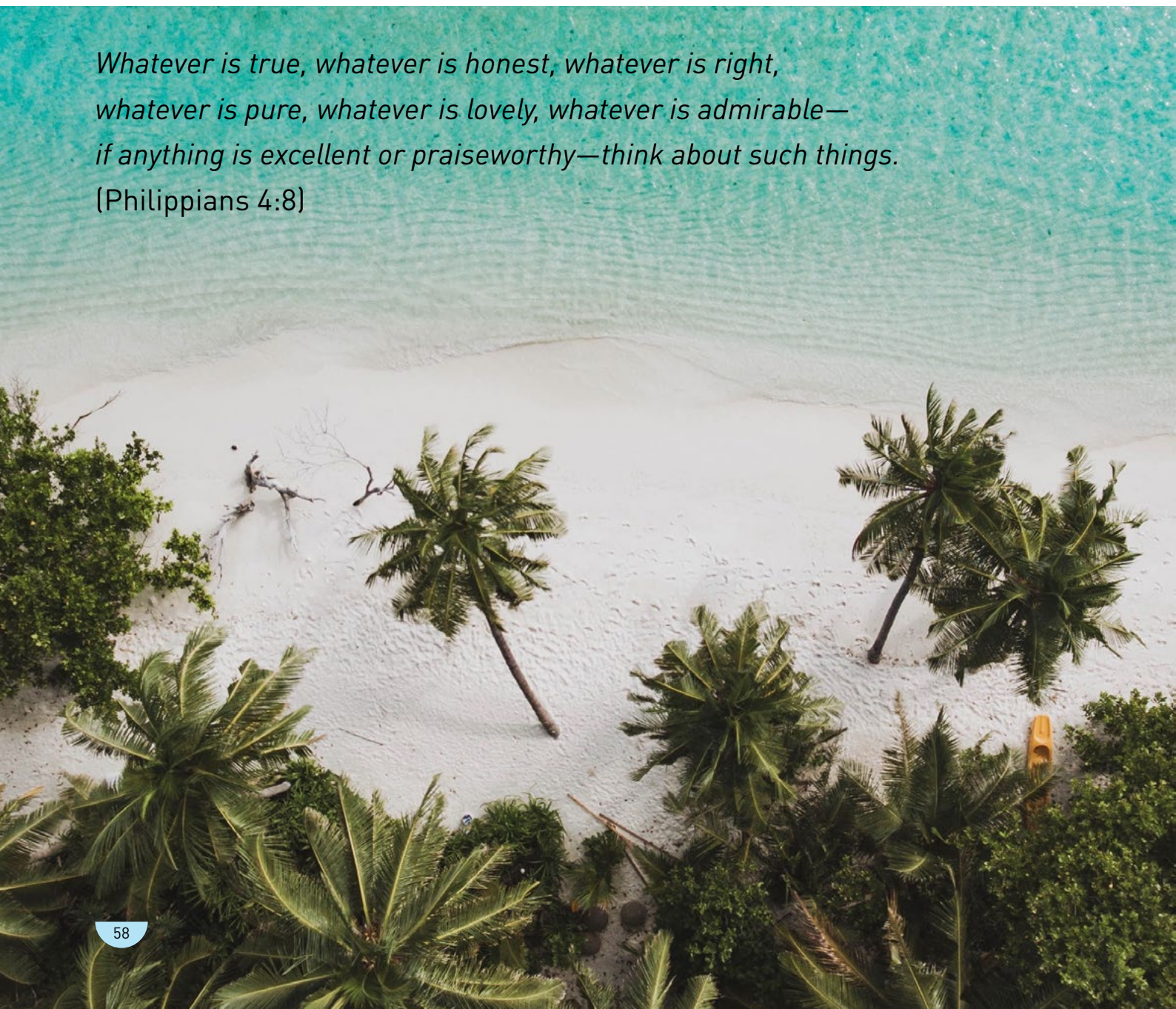
DAY	WHAT WENT WELL	WHY?
EXAMPLE	Work meeting	<i>I really appreciate the team I am working with. They really made me feel valued today. I feel very lucky to be surrounded by work colleagues that I enjoy working with.</i>
	Trip home	<i>Caught the 5:30pm train today and got a seat to myself. It was raining when I got on the train but by the time I arrived, it had stopped - so I got to walk home without getting wet. I love walking straight after the rain when everything smells so fresh!</i>
	Dinner outside	<i>I loved having dinner with our family outside this evening. So good chatting with everyone as a family without any distractions.</i>

DAY	WHAT WENT WELL	WHY?
1		
2		
3		

DAY	WHAT WENT WELL	WHY?
4		
5		
6		

DAY	WHAT WENT WELL	WHY?
7		

Whatever is true, whatever is honest, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy—think about such things.
 (Philippians 4:8)



IDEAS FOR YOUR GRATITUDE LETTER:

THINK

Complete the following questions related to this lesson.

1. Because of the way your Limbo is wired to the front part of your Leader (which is your thinking brain), it is possible to get on upward (and downward) loops in thinking and
 - a. Ruminating
 - b. Feeling
 - c. Eating
 - d. Sleeping

2. Studies have shown that when people perform the “..... visit” (*fill in the blank*) it can increase their level of happiness for one month afterwards. This activity involves: identifying someone who has had a significant, positive influence on your life; writing a few paragraphs about that person and the difference they have made in your life; and then going and reading it to them.

3. Brain scientists have discovered that our brains have the ability to change throughout our lifespan (even into old age!). Just like a muscle, parts of our brain can get better at doing certain tasks (and even get bigger) when we use them. This exciting field of scientific research, referred to as “Brain”, indicates that even old dogs can learn new tricks!
 - a. Writing
 - b. Changing
 - c. Wish mine could remember this
 - d. Plasticity

4. Dr Victor Frankl spent time in a World War II concentration camp and noted that there was one thing essential for survival. Anne Frank, a young girl who endured the same hardship, made a similar observation and wrote, “Where there’s, there’s life. It fills us with fresh courage and makes us strong again”. (*fill in the blank*)

5. About how much of our “thought flow” each day is undirected? (In other words, how much of the time does our brain just wander off to think about whatever it wants to?)
 - a. Never. My brain is on task 24/7!
 - b. About a third
 - c. About a half
 - d. What was the question again?



*Attitude is a little
thing that makes a
big difference.*
(Winston Churchill)

WHAT'S THE BIG IDEA?

Unscramble the letters below to reveal key words from this lesson.

EERLAD

	15	16		24	

GSIEFNLE

	19			25	3		5

FSCOU

				9

BOMIL

	4	1	13	

OPLO

	14		

PIYSLIAC TT

			7	20	21				

HSAATYWP

	2		18		6		23

ETUSOSQIN

		10	17		8		22	26

IUTATDREG

	11	12						

A

1 2 3

4 5

6 7

m 8 9 10 11 12 13 14 15

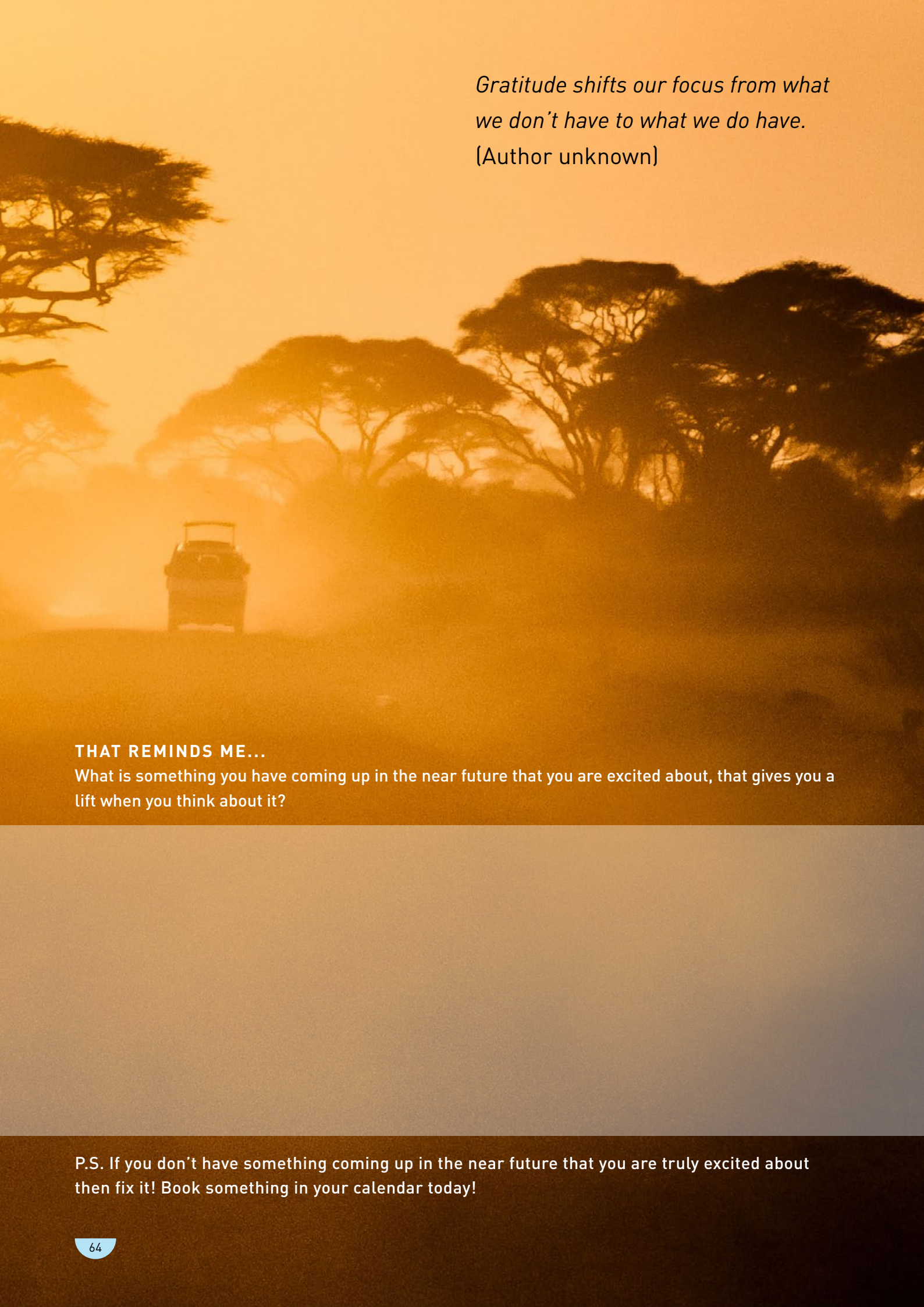
16 17

18 19

20 h 21 22 k 23

h 24

25 26



*Gratitude shifts our focus from what
we don't have to what we do have.*
(Author unknown)

THAT REMINDS ME...

What is something you have coming up in the near future that you are excited about, that gives you a lift when you think about it?

P.S. If you don't have something coming up in the near future that you are truly excited about then fix it! Book something in your calendar today!

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

Review all the things you have listed that went well this week. Did intentionally focusing on the positive each day impact your happiness? If so, what practical thing could you do to continue this habit into the future?

SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

SHARE

Ask three people you are close with to share one thing they are grateful for in their life and one thing that went well for them this week. LOOK TO THE POSITIVE!



*So whether you eat or drink
or whatever you do, do it all
for the glory of God.
[1 Corinthians 10:31]*

EAT NUTRITIOUSLY



FOOD FEEDS YOUR MOOD

SMILLERS

SPEAK POSITIVELY

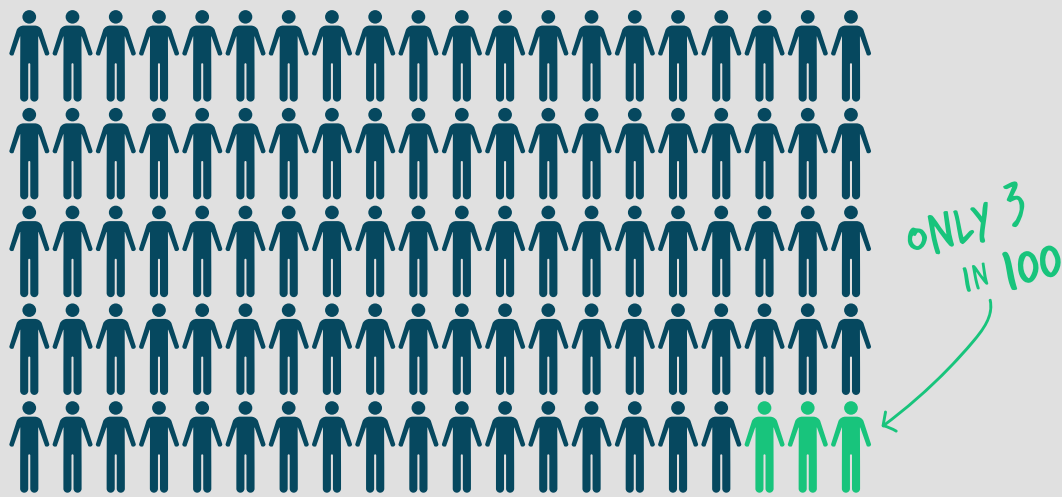
MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT

LOOK TO THE POSITIVE

EAT NUTRITIOUSLY

97% OF PEOPLE DO NOT GET ENOUGH FIBRE.



LEARN

- ▶ You have about 100 trillion bacteria living inside your gut—that’s about 10 times the number of human cells that are contained in your body!
- ▶ The health and happiness of these bacteria affect the health and happiness of your Limbo. For this reason, food feeds your mood and therefore it is a good idea to eat nutritiously!
- ▶ The bacteria mostly live at the end of your nine-metre (roughly 30 feet) long gut, and so to feed them well you need to consume nutrients that will “go the distance”, which are foods high in fibre.
- ▶ The best way to increase your fibre intake is to put a plant slant to your diet by consuming lots of fruits, vegetables, whole grains, and beans.
- ▶ To give your Limbo a “lift” eat plant foods of a variety of colours and also drink plenty of water!

WHAT THE BIBLE SAYS

The opening chapter of the book of Daniel records the first ever documented scientific study of the effects of diet on health and brain function. Daniel was one of a group of people specially selected for a 3-year intensive training program to be prepared for service to the King of Babylon. During the training period the group were provided with the edible delicacies of Babylon, but Daniel proposed a study.

He requested that for 10 days, instead of eating the rich food of the King, he and a few friends be given only fruits and vegetables to eat and water to drink—the diet of Eden (Genesis 2:16). After the 10 days, the results of the study were compelling—Daniel and his friends were found to be healthier and wiser than those who had continued eating the King's food.

Following this pilot study, Daniel and his friends were permitted to continue with their plant-based diet, and at the end of their 3-year training program they were found by the King to be ten times wiser than the rest. The diet of Eden helped both their bodies and brains to thrive, and it can do the same for us.

Could you benefit from eating healthier food?

For further insights, look up:

Daniel Chapter 1, John 6:35, Corinthians 10:31

Your diet is a bank account. Good food choices are good investments.
(Bethenny Frankel)

Your state of mind might be dependent upon your state of gut. (John Cryan)



EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: EAT EIGHT FISTS FULL OF FIBRE

Each day this week, endeavour to eat eight or more serves of high-fibre foods (fruits, vegetables, beans and whole grains).

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: MASTERCHEF ME!

Prepare and share a high-fibre, plant-based meal with one or more of your friends. An idea for a main and dessert are included on the following pages.

100

TOTAL POINTS

(Daily + Weekly Challenge Points)



This recipe is from *Food As Medicine: Cooking for Your Best Health* by Sue Radd. Winner of Best Cookbook in the World at the Gourmand Cookbook Awards 2016.



Tofu burgers make an excellent instant lunch, dinner or quick snack. Unlike minced meat burgers, which can promote heart disease and cancer, regular consumption of tofu, from an early age, has been repeatedly linked with lower rates of these diseases. Did I mention these burgers are also super delicious?

TOFU BURGERS WITH GINGER, CHILLI AND GARLIC

PREPARATION: 5 MINUTES | COOKING: 10 MINTUES | SERVES 2

200 g (7 oz) firm tofu
2 teaspoons extra virgin olive oil
1 teaspoon ginger, minced
1/2 red chilli, deseeded, finely chopped
1 clove garlic, crushed
1 tablespoon soy sauce

1. Cut the tofu into 4 slices, approximately 1 centimetre (½ inch) thick (each slice should cover a burger bun). Place the tofu on absorbent kitchen paper to soak up excess moisture.
2. Heat half of oil in a frypan and brown tofu slices for a few minutes, turning once so both sides are golden. Remove and put aside.
3. Place remaining oil in pan, add ginger, chilli and garlic, and fry for about 10 seconds.
4. Dilute soy sauce with 4 tablespoons of water, and pour over ginger, chilli and garlic in the pan. You will hear a hissing sound. Keep the windows open as the chilli might make you cough.
5. Toss tofu slices back into the pan for 1 minute, allowing them to absorb some of the juices.
6. Serve tofu burgers on a grainy bun with your favourite vegetables, such as baby spinach, sliced tomatoes, char-grilled eggplant (aubergine) and alfalfa. Drizzle remaining sauce from the pan on top of the burgers.

Makes 4 burgers.

TIPS

- ▶ Firm tofu is an excellent source of calcium if set with calcium sulphate. Check the ingredients list.
- ▶ Store unused tofu submerged in cold water in a container in the fridge. Change the water daily and the tofu will stay fresh for 1 week.

Per serve: energy 734 kJ (175 Cal); protein 13 g; fat 12 g; saturated fat 2 g; cholesterol 0 mg; carbohydrate 1 g; sugars 0 g; fibre 8 g; calcium 323 mg; iron 3.1 mg; sodium 729 mg

A decadent, yet super-healthy, sweet for that chocolate hit. Perfect to take to picnics and parties, and not as sickly sweet as some brownies. Black beans are low GI and high in polyphenols, as are nuts and seeds. The spices add further antioxidants and tone down inflammation!

CHOCOLATE BROWNIES WITH WALNUTS

PREPARATION: 15 MINUTES | COOKING: 30 MINUTES | SERVES 24

1 cup walnuts + 24 walnut pieces for garnish
3 cups cooked black beans
1 cup extra virgin olive oil
300 g (10½ oz) pitted fresh medjool dates
½ cup white sesame seeds
½ cup raw cacao powder

2 tablespoons ground cinnamon
1 teaspoon ground cardamom
3 tablespoons natural maple syrup
2 teaspoons alcohol-free pure vanilla extract
½ cup sunflower seeds

1. Pre-heat oven to 180°C (350°F).
2. Lightly pulse 1 cup of walnuts in a food processor.
3. Add black beans and oil, and blend until combined. Add dates, sesame seeds, cacao powder, spices, maple syrup and vanilla extract, and continue to process until smooth.
4. Transfer mixture into a large bowl and fold in sunflower seeds with a wooden spoon.
5. Spread into a lined baking pan (30 x 23 cm/12 x 9 in) and flatten with a spatula. Cut into 24 squares and press an additional walnut piece in the centre of each square. Tip: Lining the pan with parchment (baking) paper will enable you to easily lift out the brownies when they are cooled.
6. Bake for 30 minutes. Leave to cool in the pan before removing brownies. Enjoy brownies freshly baked or store in the fridge for up to 1 week. They can also be frozen.

TIPS

- ▶ Remove brownies from oven after 30 minutes even if they appear not fully cooked, otherwise they might burn on the bottom.
- ▶ Variation: For a spicy version, swap cardamom with ¼ teaspoon ground cayenne pepper.

Per serve: energy 1079 kJ (258 Cal); protein 6 g; fat 18 g; saturated fat 2 g; cholesterol 0 mg; carbohydrate 16 g; sugars 11 g; fibre 6 g; calcium 38 mg; iron 1.9 mg; sodium 4 mg



This recipe is from *Food As Medicine: Cooking for Your Best Health* by Sue Radd. Winner of Best Cookbook in the World at the Gourmand Cookbook Awards 2016.





THINK

Complete the following questions related to this lesson.

1. Michael Pollan, author of *In Defence of Food*, suggests that most of what we eat today isn't actually "food" as far as the body is concerned. Instead, it is "food-like substances" that:
 - a. Are highly processed
 - b. Don't grow on trees
 - c. Come in a package or a box
 - d. All of the above

2. Living mostly in the last part of your very long gastrointestinal tract (which is about 10 metres or 30 feet long) are approximately trillion bacteria, which is about 10 times more than the number of human cells you have in your body!
 - a. 10
 - b. 20
 - c. 50
 - d. 100

3. In this lesson we discovered that the biggest part of your body is your
 - a. Brain
 - b. Gut
 - c. Skin
 - d. Muscles

4. A nutrient found in plants that your gut bacteria love is *(fill in the blank)*.
Unfortunately, approximately 97% of people don't consume the recommended daily intake of this nutrient.

5. A study involving over 80,000 people in the UK discovered a direct relationship between the consumption of fruits and vegetables and happiness. The optimal mood lift was achieved by participants who consumed or more serves of fruits and vegetables each day.
 - a. 4
 - b. 6
 - c. 8
 - d. 10



WHAT'S THE BIG IDEA?

Create a short rap or infomercial that promotes the Big Idea from today's lesson.

THAT REMINDS ME...

Describe a time when what you ate made you feel really lousy and another time when what you ate made you feel great.

SHARE

During the meal that you share with a friend this week explain to them one new thing you learnt from this lesson about why food feeds your mood.

EAT NUTRITIOUSLY!

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

Many people find that when they eat more plant foods and drink more water that a “fog lifts” from their brain and they think clearer. What was your experience this week?

SELF ASSESSMENT

Indicate below how this week’s challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)



A well spent day brings happy sleep.
(Leonardo da Vinci)



REST (SLEEP)



REST TO FEEL YOUR BEST

SMILLERS

SPEAK POSITIVELY

MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT

LOOK TO THE POSITIVE

EAT NUTRITIOUSLY

REST (SLEEP)



LEARN

- ▶ Getting adequate amounts of sleep is fundamental for feeling upbeat and being healthy.
- ▶ Alarmingly, many people today don't get adequate amounts of sleep.
- ▶ Three sleep-stealing culprits today are; lack of physical activity, the use of caffeine, and night light pollution.
- ▶ By prioritising sleep and taking steps to combat these sleep-stealing culprits you can rest and feel your best!

Sometimes I wake up cranky, sometimes I just let him sleep.
(Author Unknown)

WHAT THE BIBLE SAYS

As the Bible was written before the invention of the light bulb—the main sleep-stealing culprit of our time—it is unremarkable that there is not a lot written about sleep. Most of the references to “sleep” in the Bible actually refer to death!

However, there are hints in the Bible that indicate that the value of sleep was an assumed knowledge. For example, when Jesus informed His disciples that Lazarus had “fallen asleep” (referring to the fact that Lazarus had died), His disciples replied, “Lord, if he sleeps, he will recover” (John 11:12).

What the Bible has more to say about is the value that knowing and trusting God can bring to our sleep quality. Jesus superbly demonstrated this when He slept peacefully in a boat in the midst of a “furious storm” while His disciples feared for their lives (Matthew 8:23-27). Even though the “waves swept over the boat” the desperate disciples had to wake Jesus up, following which He calmly stilled the storm with a word.

The symbolism here is powerful—Jesus found rest and slept peacefully, even as the storm raged about him. He offers the same peaceful rest to us in the middle of the storms of our life. “Come unto me...and I will give you rest” (Matthew 11:28).

Does trusting God provide you with peaceful rest?

For further insights, look up:

Psalm 4:8, Psalm 91:1, Matthew 8:23-27, Matthew 11:28-29



Come unto me, all you who are weary and burdened, and i will give you rest.
[Matthew 11:28]

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: SCREEN DOWN

This week, avoid staring at a screen for at least one hour before you go to bed each night. Instead, try a low-tech way to wind down, like reading a book, taking a bath or listening to some music. Tips for activating the daily (nightly) challenge:

- ▶ Get the light right. Avoid bright—especially blue—light at night.
- ▶ Be active in the morning light.
- ▶ Stick to a sleep schedule by going to bed and waking up at much the same time each day.
- ▶ Avoid things that keep you up (ie; caffeine, screen-time, and even exercising, eating or napping too late in the day) or that disturb your ability to enter the deeper stages of sleep (ie; alcohol).
- ▶ Make your sleep environment the most relaxing place on the planet (ie; comfortable, quiet, and dark).
- ▶ Keep a relaxing bedtime ritual (ie; listen to music or have a bath).

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: A NIGHT BY FIRELIGHT

Spend an evening by firelight sometime this week. It might involve sitting around a campfire or just lighting candles in your house. Of course, make sure you do this in a safe and legal way and that you put the fire out before you go to sleep or leave! Invite some friends to join you.

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

THINK

Complete the following questions related to this lesson.

1. On average, how many hours of sleep each night does the average adult need for optimal health and wellbeing?
 - a. 5-7 hours
 - b. 6-8 hours
 - c. 7-9 hours
 - d. 8-10 hours

2. Studies have shown that when we are tired our brain tends to tune in to more positive things.
True
False

3. A certain colour of light is known to “wake up” your brain and so it is best to avoid this colour light late at night if you struggle with insomnia. What is the colour of this light?

.....

4. For a long-term caffeine user, caffeine doesn’t actually give them higher highs - it just helps them feel like they would if they didn’t use caffeine and were adequately rested.
True
False

5. Which of the following is not a good tip for getting better quality sleep?
 - a. Stick to a regular sleep schedule as much as you are able.
 - b. Make your sleep environment the most comfortable place on the planet.
 - c. Have a “night-cap” (ie; a little alcohol) soon before going to bed.
 - d. Be active in the morning light as this can help set your sleep-wake cycles.



Stress is caused by being 'here' but wanting to be 'there'. (Eckhart Tolle)

*Your future depends on your dreams,
so go to sleep. (Mesut Barazany)*

SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

☐	☐	☐	☐	☐
NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

WHAT'S THE BIG IDEA?

Compose a lullaby that highlights the Big Idea from this lesson.

THAT REMINDS ME...

In this lesson we learnt that your brain is geared towards the negative when you don't get enough sleep. Can you describe a time in your life when your sleep patterns influenced your mood, positively or negatively?

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

How did prioritising sleep this week affect how you felt?

SHARE

Tell someone about one or more of the sleep-stealing culprits and what they can do to help overcome them. **REST (SLEEP)!**



The Sabbath was made for man. (Mark 2:27)

REST (DE-STRESS)



STRESS LESS

SMILLERS

SPEAK POSITIVELY

MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT

LOOK TO THE POSITIVE

EAT NUTRITIOUSLY

REST (SLEEP & DE-STRESS)



LEARN

- ▶ High levels of stress can be damaging to our health and happiness.
- ▶ To stress less, so we don't boil over, we can "turn down the heat" and/or "open the valves".
- ▶ "Turning down the heat" might involve saying "no" more often or taking the pressure off yourself.
- ▶ We can learn some excellent strategies from zebras about how to "open the valves" and de-stress.
- ▶ In particular, being physically active, practicing mindfulness, laughing, and taking a Sabbath rest are all excellent strategies for dialing down our stress levels.

For the vast majority of beasts on this planet, stress is about a short-term crisis, after which it is over with or you're over with. (Robert Sapolsky)

WHAT THE BIBLE SAYS

The capstone of the Genesis account is not actually the creation of humans, it is the inauguration of the Sabbath. On the seventh day “God rested” (Genesis 2:3), not because He was exhausted from His creative activities but because He wanted to set an example for us to follow.

The principle of Sabbath—a 24-hour work-free period to prioritise the truly important things in life—is an untapped treasure for helping us live our best life. God knew the value in Sabbath but He also knew that we wouldn’t recognise that value, and instead we would get caught up with the urgent to the detriment of the important. We would chip away at that sacred blessing. So, for our own benefit, He mandated that we must attend to it in the ten commandments.

Unfortunately, when something is a command—even if it for our own good—there is a tendency to think that we are doing it for the commander rather than ourselves. That is why Jesus stated plainly, “The Sabbath was made for man”. It is not an arbitrary rule put in place to test our obedience to God; it is something created for us.

Sabbath has always been a big part of my life, and in the fast-paced life of today, it has never held more significance. The lessons it teaches us about how to live a balanced life are unprecedented. I can think of no better way to destress.

How do or could you benefit from the principle of Sabbath?

For further insights, look up:

Genesis 2:3, Exodus 20:8-11, Isaiah 58:13-14, Mark 2:23-28, Luke 13:10-17, Acts 17:2.

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: SIT IN SILENCE

Each day take 15 minutes to sit in silence in a quiet place where you won't be distracted and practice being mindful. Either: find an outdoor space and take notice of the things that usually escape your attention, or find a comfortable place to close your eyes, slow your breathing and relax your muscles.

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: TAKE A DAY OFF

Take a guilt-free day off this week, a Sabbath. Don't do any work—don't even think about it! Make it a digital Sabbath by going "off-line" for an entire 24 hours. Use the time instead to put first things first by nurturing the truly important things in life like your health, relationships and spirituality.

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

THINK

Complete the following questions related to this lesson.

1. The “stress response” is the body’s natural reaction to high pressure situations. Many of the symptoms of the stress response, such as elevated heart rate and breathing, occur because the body is gearing up for “ or flight”, which are both physical activities. *(fill in the blank)*
2. As the “stress response” gears up to do something that is physically active, one of the most productive ways to “burn off” stress is to:
 - a. Drink alcohol
 - b. Do something physically active
 - c. Sit and watch television
 - d. Eat junk food
3. One stress-relieving strategy that is becoming increasingly popular involves being more “present” and more aware of what is happening in the moment. The popular name for this exercise, that starts with “m”, is ?
4. There is good evidence that humans respond well to having one guilt-free day of rest in each seven-day weekly cycle. This rest day is practiced as a “holy day” in some faith traditions and is referred to as:
 - a. Sabbath
 - b. Circaseptan
 - c. Circadian rhythm
 - d. Happy day!
5. Laughter can be a great form of stress release and studies indicate that we are times more likely to laugh in the presence of others?
 - a. 2 times
 - b. 5 times
 - c. 10 times
 - d. 30 times

WHAT'S THE BIG IDEA?

This lesson suggests that zebras do a lot of things right when it comes to managing stress. In the box provided write the letter of the strategy that corresponds best with what zebras do right.

What zebras do right	Lessons from The Lift Project
1. To the best of our knowledge zebras don't wake up in the morning and immediately say to themselves "I think the lions are going to get me today!"	A. Immerse yourself in natural landscapes with others. Your Limbo is uplifted through connecting with others and by the sights, sounds and smells found in nature.
2. When zebras get stressed they run like their life depends on it.	B. Do something physically active as exercise "burns off" the stress response.
3. Zebras hang out together in bright sunny environments where there is plenty of fresh air.	C. Speak positively. Calm your Limbo down using phrases like "I can get through this" or "It'll be OK".
4. Zebras live in the moment, not in the future.	D. Take a guilt-free day off each week from work (a "Sabbath") to prioritise the truly important things in life.
5. Zebras are in touch with the natural rhythms of life.	E. Be "mindful" rather than "mind full" by giving your attention to what's happening inside or around you.

SHARE

Share your favourite stress-relieving strategy with someone who is exposed to high and ongoing levels of stress. REST (DE-STRESS)



***Do not anticipate trouble or
worry about what may never
happen. Keep in the sunlight.
(Benjamin Franklin)***

The greatest weapon against stress is our ability to choose one thought over another. (William James)



THAT REMINDS ME...

Stress has been referred to in this lesson as a 'boiling pot'. Describe a time in your life when you successfully managed to de-stress by either 'turning down the heat' or 'opening the valves'.

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

What steps did you take this week to manage your stress levels and how did it work for you?

SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)



I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve. (Albert Schweitzer)

SERVE



GIVING IS LIVING

SMILLERS

SPEAK POSITIVELY

MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT

LOOK TO THE POSITIVE

EAT NUTRITIOUSLY

REST (SLEEP & DE-STRESS)

SERVE



LEARN

- ▶ Scientific studies and personal experiences confirm that humans have an inbuilt desire to contribute and serve, and doing so is emotionally uplifting. Giving is living!
- ▶ To discover a happier and more meaningful life we need to serve smart which involves: serving sincerely, using our signature strengths, and using them in a sustainable way.
- ▶ Serving sincerely involves making our unique contribution without the distraction of comparing ourselves with others.
- ▶ Serving with our signature strengths involves knowing our strengths and using them for good.
- ▶ Serving sustainably involves recognising that it is necessary to receive in order to keep giving because you can't pour from an empty cup.
- ▶ At an emotional level, you reap what you sow.

WHAT THE BIBLE SAYS

King Solomon is one of the most fascinating characters in history. The book of Ecclesiastes describes Solomon's unrelenting pursuit of the meaning of life—the Message version of the Bible even refers to him as the “Quester”. Solomon's quest led him to explore everything we humans tend to imagine might be a path to happiness—wealth, sex, fame, achievement.

After having it all and doing it all, the Quester was still miserable. He finally concluded, “I know there is nothing better for people than to be happy and to do good” (Ecclesiastes 3:12). He had come to realise that, ironically, it is by giving of our self and doing good—not seeking our own pleasure—that our life becomes deeply meaningful.

Jesus was our supreme example when it came to doing good. His every action was others-centred; He lived a life of ultimate service. In His own words, He came “to serve, and to give” (Mark 10:45)—even give His life.

To follow the example of Jesus, Peter encourages: “Each of you should use whatever gift you have received to serve others” (1 Peter 4:10). In so doing we can discover a deeply meaningful and joyous life because giving is living.

In what ways are you living a life of service?

For further insights, look up:

Matthew 23:11, Mark 10:45, Luke 6:38, Galatians 5:13, Galatians 6:9, 1 Peter 4:10

We scientists have found that doing a kindness produces the single most reliable increase in wellbeing (happiness) of any exercise we have tested.
(Robert Seligman)



Happiness is the consequence of a deed. (Aristotle)

EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: BE A RAKTIVIST

Perform one, or more, Random Acts of Kindness each day this week and take notice of how it lifts the recipient, and how it makes you feel. You can pre-plan it or just be on the lookout to show kindness when the opportunity arises!

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐
30 points

YOUR WEEKLY CHALLENGE: SERVE USING YOUR SIGNATURE STRENGTHS

Make a careful exploration of who you are by identifying your signature strengths. What comes easily to you? What are you passionate about? If you need some help ask some friends what strengths and skills they see in you. Once identified, give good thought to how you can use your signature strength(s) to perform a significant act of service, something that requires some planning and effort.

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

THINK

Complete the following questions related to this lesson.

1. Professor Martin Seligman states that feeling you “belong to and serve something bigger than yourself” fosters, which is integral to enjoying a high level of wellbeing.
 - a. Self discipline
 - b. Leadership
 - c. Realistic expectations
 - d. Meaning

2. A study has suggested that the happiness boost that comes from volunteering just once a week can be equivalent to tripling your income.
 - True
 - False

3. What does RAK stand for?
 - a. Reliable and Kind
 - b. Random Acts of Kindness
 - c. Radio Active Kids
 - d. Reasonable Acts of Kindness

4. To serve most effectively it is important to “serve smart”. Serving smart involves three principles: serving sincerely, serving using your signature strengths, and serving
 - a. Sustainably
 - b. Substantially
 - c. Socially disadvantaged people
 - d. Silently

5. The “sweet spot” in life has been described as where three things intersect: what we love to do, what we are good at, and
 - a. What pays well
 - b. What gives you recognition
 - c. What serves the world
 - d. What doesn’t take too much time

A close-up photograph of a group of children, likely of South Asian descent, smiling and raising their hands in the air. The child in the foreground is a young girl with dark hair, wearing a light-colored patterned shirt, and is making a peace sign with her right hand. Other children are visible in the background, also smiling and with their hands raised. The image has a warm, slightly grainy quality.

*The son of man did not come to
be served, but to serve, and to
give His life as a ransom for many.
(Mark 10:45)*

WHAT'S THE BIG IDEA?

You are so passionate about the information revealed in this lesson that you decide to create a documentary to share it with the world. In the space provided, give this documentary a catchy title and write a short synopsis that will attract a large audience.



TITLE

SYNOPSIS

THAT REMINDS ME...

Many studies in this lesson suggest that 'serving serves the server'. Can you describe an experience in your life where you were involved in serving others and directly benefited as a result?

HOW IT WORKED THIS WEEK

To be completed after engaging with the Daily and Weekly Challenges.

List three of the Random Acts of Kindness you completed	What effect did you notice these acts of kindness had on the recipients involved?
1.	
2.	
3.	

Reflect on the significant act of service you performed this week using your signature strength. Describe the impact that planning and performing this weekly challenge had on your own happiness.

SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

SHARE

Invite someone you know to take part in a random act of kindness with you for a mutual friend, family member, or acquaintance. **SERVE!**



When I do good, I feel good.
(Abraham Lincoln)

P.E.A.R.M



WHAT DOES IT TAKE TO FLOURISH?

SMILERS **FLOURISH**

SPEAK POSITIVELY

MOVE DYNAMICALLY

IMMERSE YOURSELF IN AN UPLIFTING PHYSICAL & SOCIAL ENVIRONMENT

LOOK TO THE POSITIVE

EAT NUTRITIOUSLY

REST (SLEEP & DE-STRESS)

SERVE

LEARN

- ▶ To truly live well—to “Flourish”—there are five areas we need working for us, represented by the acronym PEARM.
- ▶ **P** stands for “Positive emotion”—we need to feel good!
- ▶ **E** stands for “Engagement”—we need to spend time doing things we enjoy and that captivate our attention, which leads to a state of “flow”.
- ▶ **A** stands for “Achievement”—we need to experience a sense of achievement and mastery.
- ▶ **R** stands for “Relationships”—we need positive relationships to thrive.
- ▶ **M** stands for “Meaning”—we need to feel that we matter and this can be achieved by belonging to and serving something bigger than our self, as well as through transcendent experiences and story-telling.

Meaning = belonging to and serving something bigger than yourself.

WHAT THE BIBLE SAYS

One of the most important and empowering things we can come to understand in life is who we are and why we are here. The Bible has some amazing things to say about this.

A recurring theme of the Bible is that you are a loved child of the King. You are especially special to the ultimate authority in the universe and there is nothing you can do—good or bad—to change that. God loves you unconditionally because you are His.

And why are you here? “You are here to be light, bringing out the God colours in the world” (Matthew 5:14). God has a plan for your life that involves making His world a better place. By accepting the role He has chosen for you, and has equipped you for, your life can become filled with a sense of meaning and purpose that you will not find in any other way.

When you accept the truth that you are a precious child of God and that He has a special purpose for you, everything changes. You are liberated to live large. After all, you are a valued member in the family of the most powerful being in the universe and His plans for you are good!

Have you embraced God’s view of who you are and why you are here?

For further insights, look up:

Isaiah 49:15, Jeremiah 29:11, Psalm 139:13-14, Matthew 5:14, Colossians 3:11

From now on, everyone is defined by Christ. (Colossians 3:11)



EXPERIENCE

You are encouraged to put what you have learnt this week into practice through the Daily and Weekly Challenge explained below:

YOUR DAILY CHALLENGE: JUST FOR THE FUN OF IT

When was the last time you did something that thoroughly engaged you and fostered a state of flow? Each day this week be intentional about doing something you enjoy, even if it is only for a short while.

DAILY - Challenges Completed (tick boxes)

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
10 points	10 points	10 points	10 points	10 points	10 points	10 points

WEEKLY - Challenge Completed (tick box)

☐

30 points

YOUR WEEKLY CHALLENGE: READY, SET, GOAL!

Is there a worthwhile goal that you can set yourself that would give you a significant lift if you achieved it? Write it down below and make it happen!

100

TOTAL POINTS

(Daily + Weekly Challenge Points)

Tips for setting SMART goals:

Specific ▶ The more specific your goal, the more clarity you will have on what you are going after.

Measurable ▶ How will you know when you achieve your goal? You need to be able to measure it.

Achievable ▶ Set realistic goals. Don't overcommit so you don't underdeliver.

Relevant ▶ Make sure your goal is important to you.

Timely ▶ Put a time-frame on your goal, otherwise you might never get around to it.

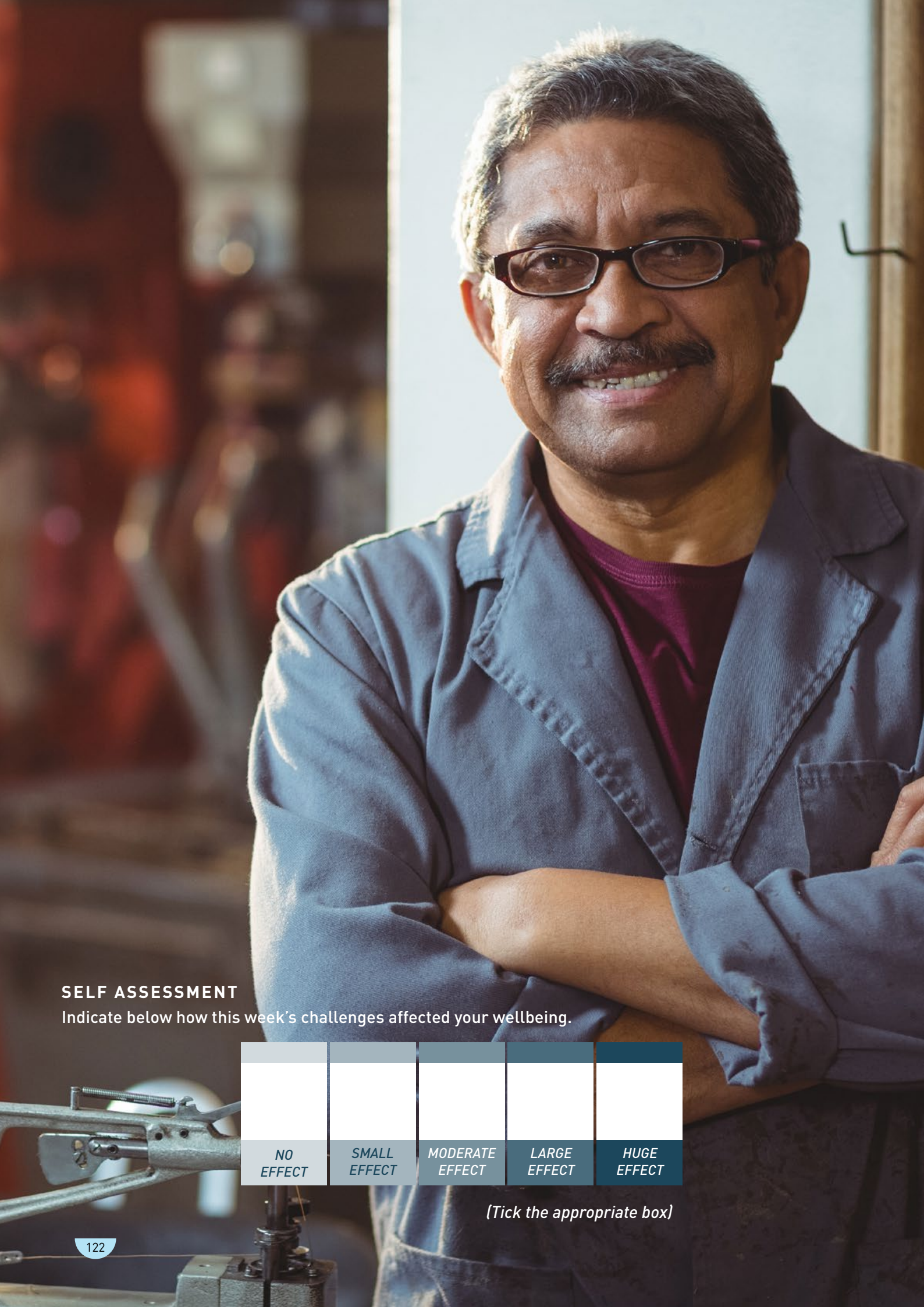
THINK

Complete the following questions related to this lesson.

1. Professor Martin Seligman uses the acronym PERMA in his book titled Flourish to represent the five ingredients of a life that flourishes. In this lesson PERMA was reordered to
(fill in the blanks)
2. The “P” in the acronym from Question 1 stands for:
 - a. Posture
 - b. Positive emotion
 - c. Purpose
 - d. Pick your friends wisely
3. The E in the acronym from Question 1 stands for “engagement”. Which of the following does “engagement” not refer to:
 - a. Getting married
 - b. Spending time doing things that you are “in” to
 - c. Experiencing moments of “flow”
 - d. Doing things that you enjoy so much that time flies by
4. The A in the acronym from Question 1 stands for “Achievement”, which relates to a sense of accomplishment and mastery in your life. However, placing too much emphasis on achievement can sabotage your ability to flourish if:
 - a. You are so successful others become jealous
 - b. You try hard and are still not successful
 - c. You forgot to prioritise the other, even deeper, ingredients of a flourishing life, like relationships
 - d. You burn out
5. In this lesson it was suggested that the deepest levels of flourishing can be achieved through the M in the acronym in Question 1, which stands for:
 - a. Meaning
 - b. Motivation
 - c. Momentum
 - d. Mastery

A photograph of a smiling man with a grey beard and a blue cap, wearing a dark blue sweater and grey gloves, crouching in a garden. He is surrounded by lush green plants, including purple flowers and green leafy vegetables. Other people are partially visible around him, suggesting a community garden setting.

*We all live with the objective
of being happy; our lives are
all different and yet the same.*
(Anne Frank)



SELF ASSESSMENT

Indicate below how this week's challenges affected your wellbeing.

☐	☐	☐	☐	☐
NO EFFECT	SMALL EFFECT	MODERATE EFFECT	LARGE EFFECT	HUGE EFFECT

(Tick the appropriate box)

WHAT'S THE BIG IDEA?

Can you come up with your own acronym (like PEARM) to summarise the things you feel help you to flourish in life?

THAT REMINDS ME...

Can you recall a time in your life when you were truly flourishing? What was it about this time that made it so? What steps could you take to flourish more?

SHARE

Tell a friend about one of the five things needed to Flourish—something you suspect they might benefit from—and then encourage them to act on it.

FLOURISH!

THOUGHTS

Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself to others. Each of you must take responsibility for doing the creative best you can with your own life. (The Message)





THOUGHTS



the lift project

www.theliftproject.global