



One Life Only ..The first step.

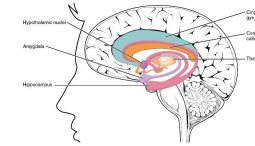
We have but one life.. This is not a rehearsal ..

Let me share with you some guidelines and systems that may help you take the next step
...that helped me move forward.

Margaret Hoctor Kilmullen Farm , Farmer, Trainer , Mentor and Dreamer!

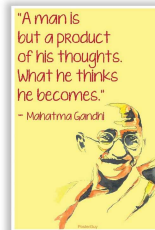


Limbic Brain

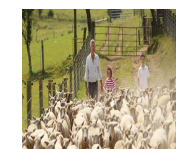


Our thoughts .. A fun quiz!

- How many thoughts do you think we have a day?
- 60,000
- What percentage of those are negative ?
- What percentage of our happiness is within our genes ?
- How much therefore do you think we can control?



*Kilmullen Farm
County Wicklow
- Lamb Direct -*



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The voices of negativity that say .. No you can't ... they appeared every now and again

- Who are you to do that ... Or You can't do that ... So I learnt to click my heels and say 'Yes I can'!



The stages of grieving ...can be gone through and I did at different times in different ways.



Acceptance
is having the faith,
despite the circumstances,
that all is well.

One day at a time .. Started to ask what if?
Vulnerability is the birthplace of innovation...



I studied Resilience: Strove for excellence not perfection

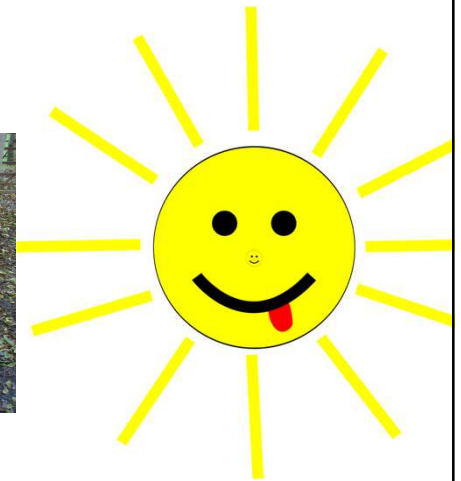
- What a reliefthe courage to be imperfect ...

Excellence can be obtained if you
care more than others think is wise,
risk more than others think is safe,
dream more than others think is practical,
expect more than others think is possible.

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Radiators

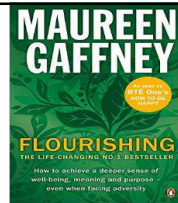


Looked at what was free.. I was now on a budget.. And it was an interesting learning

- The learning from it was that actually what we need on a day to day basis doesn't cost the earth .. But it is taking the time to use them, do them.



To lead .. A flourishing life ...from The Book 'Flourishing' By Dr Maureen Gaffney



Dr Maureen says ...we need to have something.....

1. To strive for, a challenge
2. Have **autonomy** that is the free will to set the direction of your life
3. Using your **natural competencies** ...do what comes naturally to you so do what you really value in yourself
4. To have **connectivity** to be connected to those around you connected to yourself, aware of the feelings of those around you



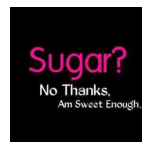
Be true to thyself

- Focus on what you can do... what others are doing is none of your business
- This is your life
- Your path.
- Your journey.
- I could see the benefits
- To family
- To the farm and to
- MYSELF



Controlled what I could control

- My mental and physical health as best as I could



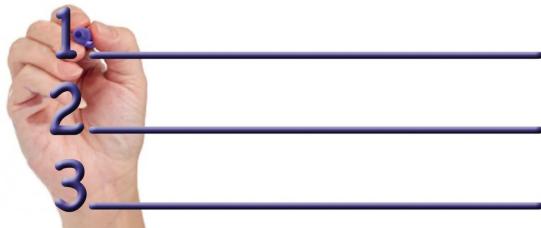
To help you with your Transformation ..Dr John Maxwell has found the recipe.5 things

- Know what it is you want .
- You have to have the right tools.
- You have to stay focused.
- Be consistent everyday .
- Stay with it until it is accomplished.



Six months ... only this took the pressure off


Setting Goals



Is there a limiting belief that is holding you back?

- What, if anything, is holding you back?
- Let's break down one belief that may be happening.
- Your 'Why' has to be strong enough.
- Keep a journal.



It's not *hard* to
make *decisions* 
once you know what
your *VALUES* are.
~ Roy E. Disney

Beliefs
& Values



Your worst day can be your best day ..

View setbacks as opportunities for growth ..your worst day can be your best day.. Post- traumatic growth. Look at all the other things going right...

Take a deep
breath. It's just
a bad day, not
a **BAD LIFE.**

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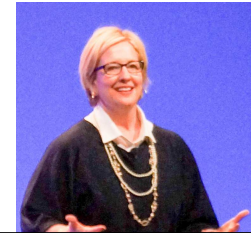
Keep perspective ... This too will pass

- This too will pass ...Cognitive distortion..
- Will this matter in a year? How will this look in a year from now? Will it matter?
- I volunteered in local schools to speak to get myself 'out there' again.



Brene Brown continued

- Practice gratitude and joy daily
- Be grateful and say “ I am enough” - know when to say “Enough”
- Have the compassion to put yourself first .
- When we work from this place we are kinder to ourselves and then to others .



Study of people who live wholehearted lives

- Vulnerability is the birthplace of innovation Creativity and Change
- Let yourself be seen, deeply seen.
- Share their story wholeheartedly.
- The courage to be imperfect.
- Love with your whole heart ,even when it's hard.



We have but one life. Five years ago I started a new journey ..I thought it was the end ..It was a new beginning



“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are” Brene Brown

Thank you for listening and sharing.



