



**MoodMaster®**

Enabling professionals to deliver world class materials to those who want and need them.

# Life Sculpting.

With life sculpting you can 'carve out' exactly the life you want. And there are five things you need to carve out for yourself.



## 1. Do things for other people.

It turns out that we feel better about ourselves if we do things for other people.

## 2. Be with other people.

Not all the time maybe, but it's good to talk to some others everyday. Or, if you don't like talking, to do something nice with other people each day.



## 3. Exercise.

We feel good about ourselves if we get some exercise every day. Any exercise will do.





#### 4. Learn something new.

Our brains like to learn something new every day. It doesn't matter what it is, so long as it's new.

#### 5. Focus.

It's good to focus on what you're doing, rather than worrying about things in the future or things in the past.



### Tip:

Try to carve out your life so that it covers the five items on this sheet. Research shows that we feel better if we do.

### In session.

Go through each of the five items, and see whether you do them already, or whether you need to make some changes.

### Project.

Every day, carve out your life so you cover all five of the items.

### Mythbuster.

It doesn't matter what you do. Not true.

Research shows that people who do the five things on this sheet feel better about themselves.