

WHOLE-NESS PROJECT



EMOTIONAL

PSYCHOLOGICAL

PHYSICAL

SPIRITUAL

EXPERIENTIAL

**THE MANY
PARTS OF YOU**

SOCIETAL



EMOTIONAL

Feeling through, understanding and letting go of beliefs and ideas that don't serve you?

PSYCHOLOGICAL

Why do we think and behave the way we do?

PHYSICAL

What action steps do I have to take to maintain a healthy body?

SPIRITUAL

Is there a greater source outside of my own power and control?

EXPERIENTIAL

What experiences out in the world can help me learn more about myself, others and the world around me?

SOCIETAL

What can I learn from other people's interactions with culture and society?



THE MANY PARTS OF YOU



THINGS WE WILL BE COVERING

EMOTIONAL

- Personality Model
- Cultivation of strong relationships

SPIRITUAL

- Love yourself
- Don't be afraid of failure

EXPERIENTIAL

- The implications of bad choices
- The journey of life
- Money can't buy happiness

PSYCHOLOGICAL

- Trauma & Mental Illness
- The Five Levels of Friendship
- Why do we drink and take drugs

SOCIETAL

- The life of a debt slave

PHYSICAL

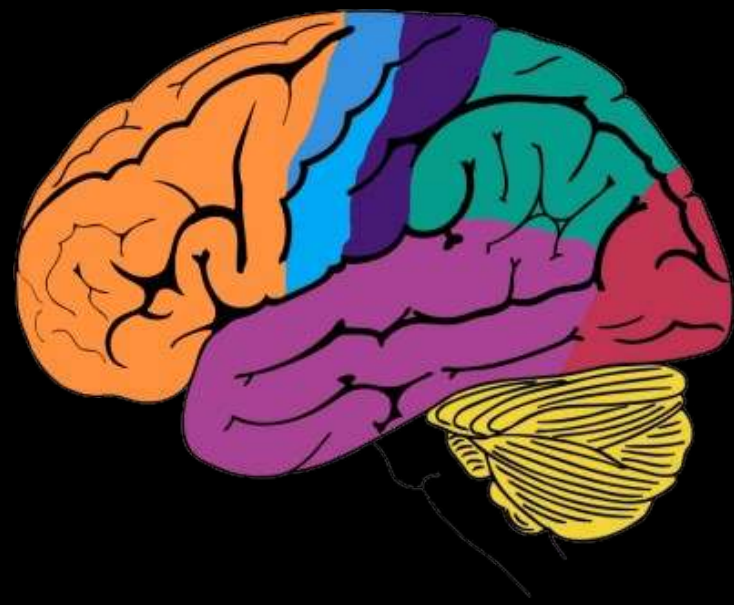
- Basic needs for living
- The Nervous System & Regulation



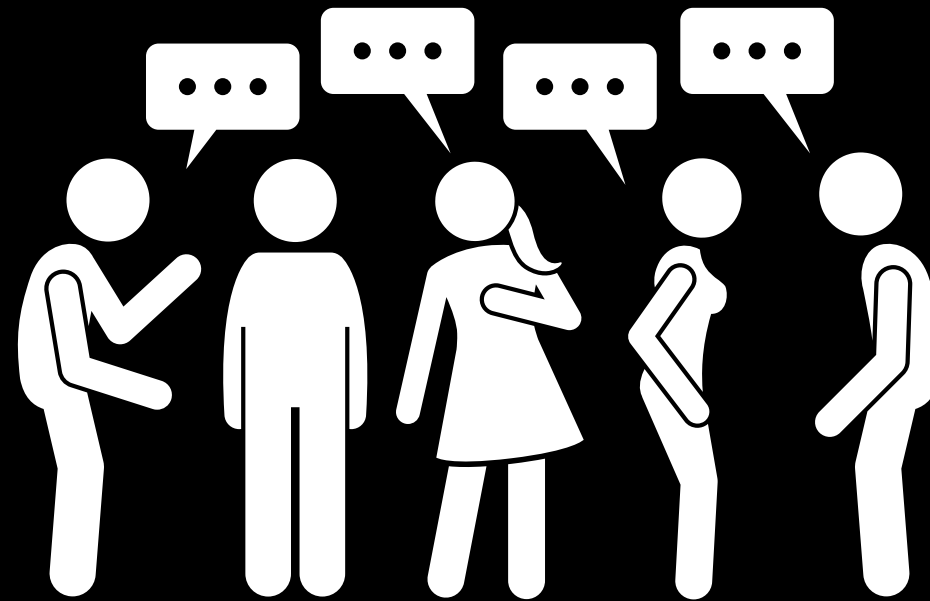
EMOTIONAL

FIND THE PATTERNS

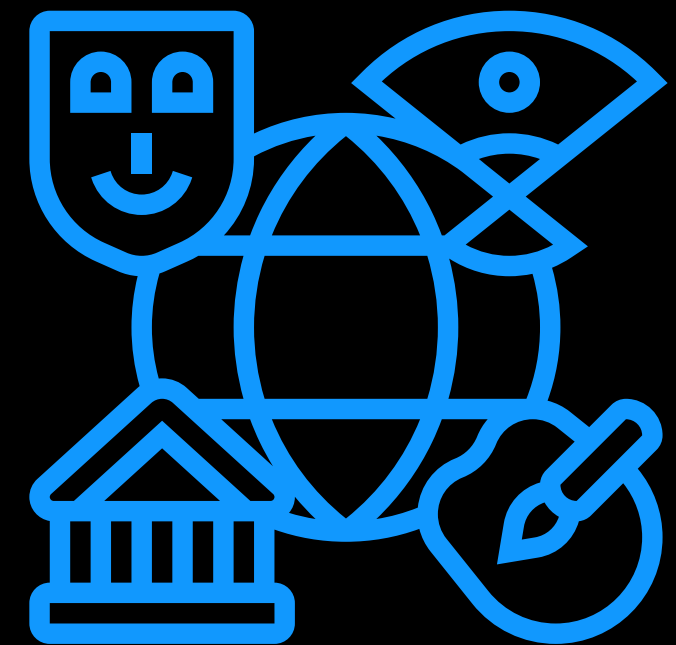
PSYCHOLOGY



SOCIOLOGY



ANTHROPOLOGY



**WE
ALL
HAVE
STRENGTHS &
WEAKNESSES,
WHAT ARE YOURS?**



1. THE PERFECTIONIST

They value integrity and are driven by the motivational need to be good and right. They appreciate standards, principles and structure.

GIFTS

PRINCIPLED

They are able to see and judge details, people and situations objectively, without emotion.

CONSCIENTIOUS

Reliable and responsible, ones stick to their word and diligently see things through to the end.

BLINDSPOTS

CRITICAL/IMPATIENT

Ones may appear critical or impatient even when they are trying to be constructive in interactions with others.

CRITICAL/IMPATIENT

When feeling righteous about an issue, they may struggle to move from this righteous position to accepting that others may also have a valid, different perspective/response.



2. THE HELPER

They have a motivational need to be liked and appreciated. They love to over support and give attention to those they care about.

GIFTS

WARM

Their demonstrative and warm nature makes it easy for others to connect with them and they are generally very likeable.

PEOPLE-CENTERED

They focus on building relationships that impact positively on their capacity to step into roles where client and people relationships matter.

BLINDSPOTS

HIDDEN INTENTIONS

They may not be aware of the subconscious or hidden intention behind their generosity, caring and supportive activities. Being helpful may mask deeper motivations.

NEGLECT THEIR OWN NEEDS

Their focus on others may cause them not to be consistently tuned into their own needs and desires.



3. THE ACHIEVER

They are likely to value achievement and want to be the best. As a result, efficiency, results, recognition and image are very important to them.

GIFTS

AMBITION

They are ambitious and have the will and energy to strive to be the best at whatever they take on. They believe in their ability to succeed.

RESULTS-ORIENTED

Setting goals and applying themselves to achieve these are as natural to them as breathing. They are focused on the end-result.

BLINDSPOTS

AVOID CRITICISM & PAIN

They find it difficult to discuss negative issues and will often rush or dismiss such conversations. This will be particularly true if the criticism points towards mistakes and shortcomings.

IMPATIENT, RUSHED & DISMISSIVE

Strong goal-orientation and drive may lead to others experiencing them as impatient, rushed and dismissive – behaviours which will be intensified when dealing with people that come across as incompetent and may make them "look bad".



4. THE CREATIVE

They have the motivational need to express their uniqueness and be authentic. They value individualism and as a result, feelings, self-expression and purpose will be important to them.

GIFTS

SELF-AWARE

They are aware of their own emotions and those of others and seek to understand these emotions. This enables them to connect deeply.

SELF-AWARE

Their creative and imaginative capacity enables Fours to give unique expression to what matters to them.

BLINDSPOTS

OVER DRAMATIC

In believing that others share their preference for discussing emotions and feelings and seeking emotional closure, they may dwell on this too much. This could lead to others experiencing them as overly dramatic and intense.

SELF-ABSORBED

They may not be aware of the extent to which they self-reference in conversations. Even through their desire is to draw people close by doing so, others may experience this as self-absorbed.



5. THE INVESTIGATOR

They have the motivational need to know and understand. They value making sense of the world around them and, as a result, objectivity and knowledge are important to them.

GIFTS

PERCEPTIVE:

They offer objective, in-depth and insightful observations of situations and information. They are able to hold complex problems and data

SELF-SUFFICIENT

The independent Five will protect their autonomy and privacy. They prefer to ask little of others and are able to minimise their own needs.

BLINDSPOTS

DETACH FROM FEELINGS

They have the ability to detach from feelings and practice objective thinking, but may come at the expense of interpersonal warmth. Even when they feel warmth, this may not be readily apparent to others.

HOARDING TIME & RESOURCES

They are fiercely protective of their time and resources, essentially hoarding them. This may seem like prudence to them, but may be regarded as greed by others



6. THE SCEPTIC

They value security and belonging, as this personality stems from the motivational need to be safe and prepared.

GIFTS

DEVOTION

They are committed to what they value, expressing duty and care in service of people, responsibilities and causes.

COURAGE

They often courageously take a stand on behalf of the greater good, despite concerns and risks.

BLINDSPOTS

PESSIMISM

They constantly focus on the things that can go wrong, therefore, their tentative and cautious approach may seem to others like stubbornness, pessimism and negative behaviour.

PROJECTION

Projection is a core issue for them. Projecting fears onto the people around them may be a way to avoid owning their own emotions, concerns and worries.



7. THE VISIONARY

They have the motivational need to experience life to the fullest and avoid pain. Sevens value a sense of freedom and focus on optimism,

GIFTS

FLEXIBLE

They are attuned to possibilities and like to keep their options open, they will be adaptable in the face of change, setbacks and challenges.

PRACTICAL

At their best, they combine their ideas with a practical and productive focus that enables them to make things happen.

BLINDSPOTS

PESSIMISM

They are very quick to synthesise and learn new information and skills. They may, however, overestimate the extent to which they have truly mastered and absorbed this knowledge. This may lead people to question their capability and authenticity.

LACK ACTIVE LISTENING

Their active and quick mind may lead them to assume that they know what other people are going to say. As a result, they may not listen fully to what people are really saying.



8. THE CHALLENGER

They have a motivational need to be strong and avoid showing vulnerability. They value having a sense of control and being direct and impactful.

GIFTS

ASSERTIVE

They are confident and direct, say what they need to say and get on with things.

PRACTICAL

They have their own way of taking charge and influencing others, which includes the capacity to influence the bigger picture

BLINDSPOTS

INTIMIDATING

Because their energy may be stronger than they realise, they may not be aware of how intimidating they may seem to other people.

ASSUME OTHERS WILL CONFORM

They don't conform to rules and hate any attempts at being controlled. At the same time, their tendency to take control assumes that others will comply and conform to them. This can create tension in relationships.



9. THE PEACE MAKER

Enneagram Nines are motivated by a need to be settled and in harmony with the world and, as a result, being accommodating and accepting will be important to them.

GIFTS

AGREEABLE:

They are easy to get along with. Others experience them as open, receptive and peaceful.

PATIENT:

They do things in a calm, sustainable way, trusting the natural rhythm of projects and processes.

BLINDSPOTS

PASSIVE

They avoid being controlled by others in a counter-intuitive way, by being passive, non-assertive and unmoved. This pattern of indirect behaviour may impact on their communication and relationships.

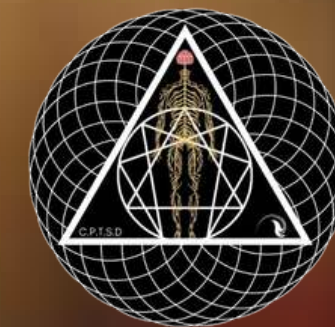
SCATTER BRAINED

In pursuing their need to ensure that everyone is being heard, they often present multiple viewpoints in conversation with others. This may lead to drawn out, lengthy explanations that cause the listener to lose interest. It can also impact negatively on their degree of influence and even credibility.





CULTIVATING STRONG RELATIONSHIPS



PARENTS

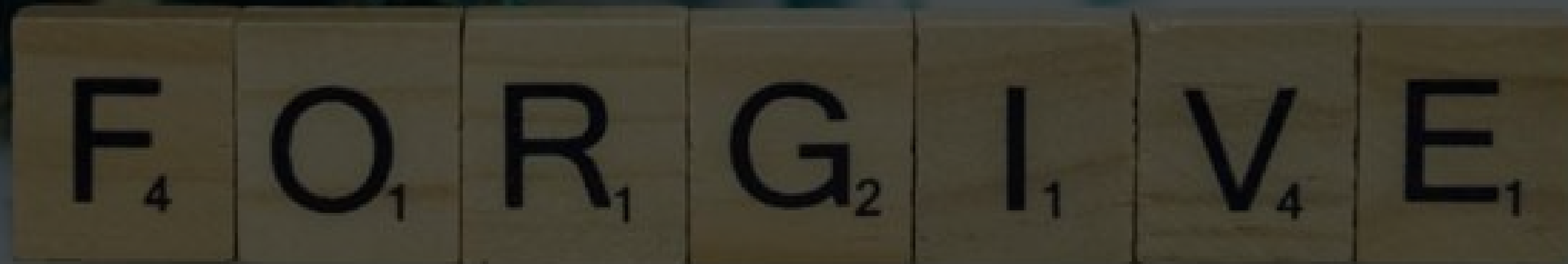
HOW TO FORGIVE THEM?



You might think that your parents are to blame for the circumstance's of your life, for me :

- My dad was the cause of my fear of failure, because I knew he would be dissappointed in me if I didn't perform effectively in school.
- I blamed my parents for not respecting me when I told them I didn't want to take my ADHD meds.
- I resented my mom because she was never able to give me the deep emotional connection I wanted so desperately.

Your parents are far from perfect, and so are you, leave plenty of room for forgiveness and reconciliation.



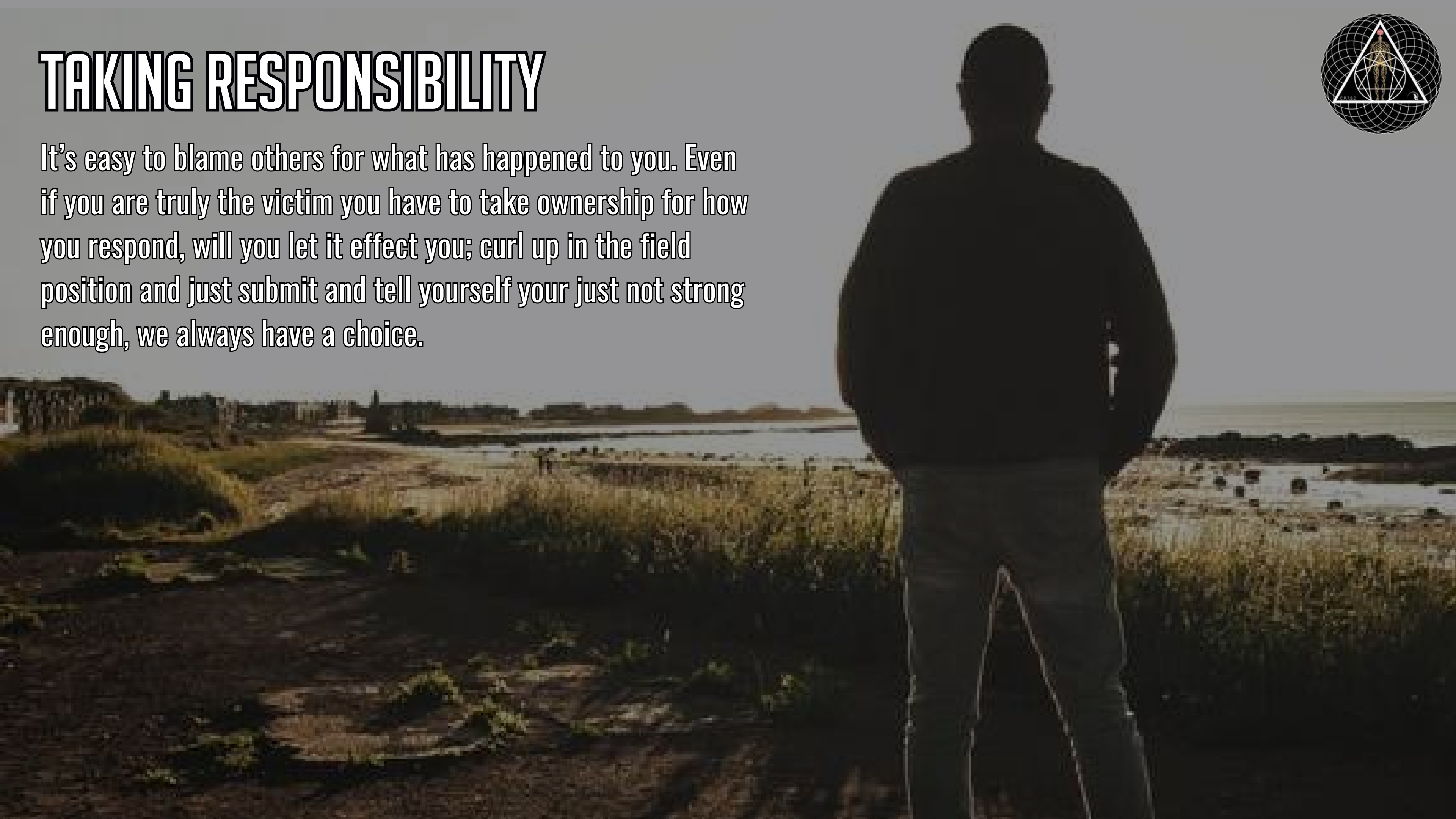
PUTTING YOURSELF IN THEIR SHOES

Thier is no instruction manual in how to raise a child, so you do it the hard way, by failing. failing and failing some more, until you not only learn to be an adult, but a parent as well. The stress that brings, what do you think that does to a person?



TAKING RESPONSIBILITY

It's easy to blame others for what has happened to you. Even if you are truly the victim you have to take ownership for how you respond, will you let it effect you; curl up in the field position and just submit and tell yourself your just not strong enough, we always have a choice.





FRIENDS

SPENDING TIME TOGETHER IN THE REAL WORLD

Online friends are not your friends. To cultivate real friendships, you have to make memories, you can't do that through a computer screen.



ERASING THOSE WHO DON'T SERVE YOU FROM YOUR LIFE



Have you ever heard the saying, you are a product of your environment?

We Humans are social creatures, which means we are easily influenced by the ones we surround ourselves with.

None of us are skilled at making the right friends all the time, which means we consider some to be our friends when they are not.

Their needs to be qualifying statements agreed upon for someone to be considered your friend.

Do they: Inspire me, support me and encourage me in my pursuits, are they taking active participation in my life; attending family funerals, birthday parties. etc



TEACHERS



TEACHERS ARE ONLY HUMAN



Teachers are people just like me and you, which means they can make mistakes; they can teach you things that can be incorrect and damaging. Ideas can be more dangerous than bullets

ONE WAY



Listen to and learn from your Teacher if: Their only teaching about the subject their responsible for, not trying to change your beliefs, religion, political ideology or world view.

THEIR AUTHORITY NEEDS TO BE RESPECTED

Teachers have a huge responsibility. Not only is it their job to educate you on the academics. With the shifting of society; where more & more kids are being raised in single parent house holds, parents in jail, on drugs or simply work two jobs just to get by. Teachers are forced to pickup the pieces, taking on the role of surrogate parents.

They have alot on their plate.



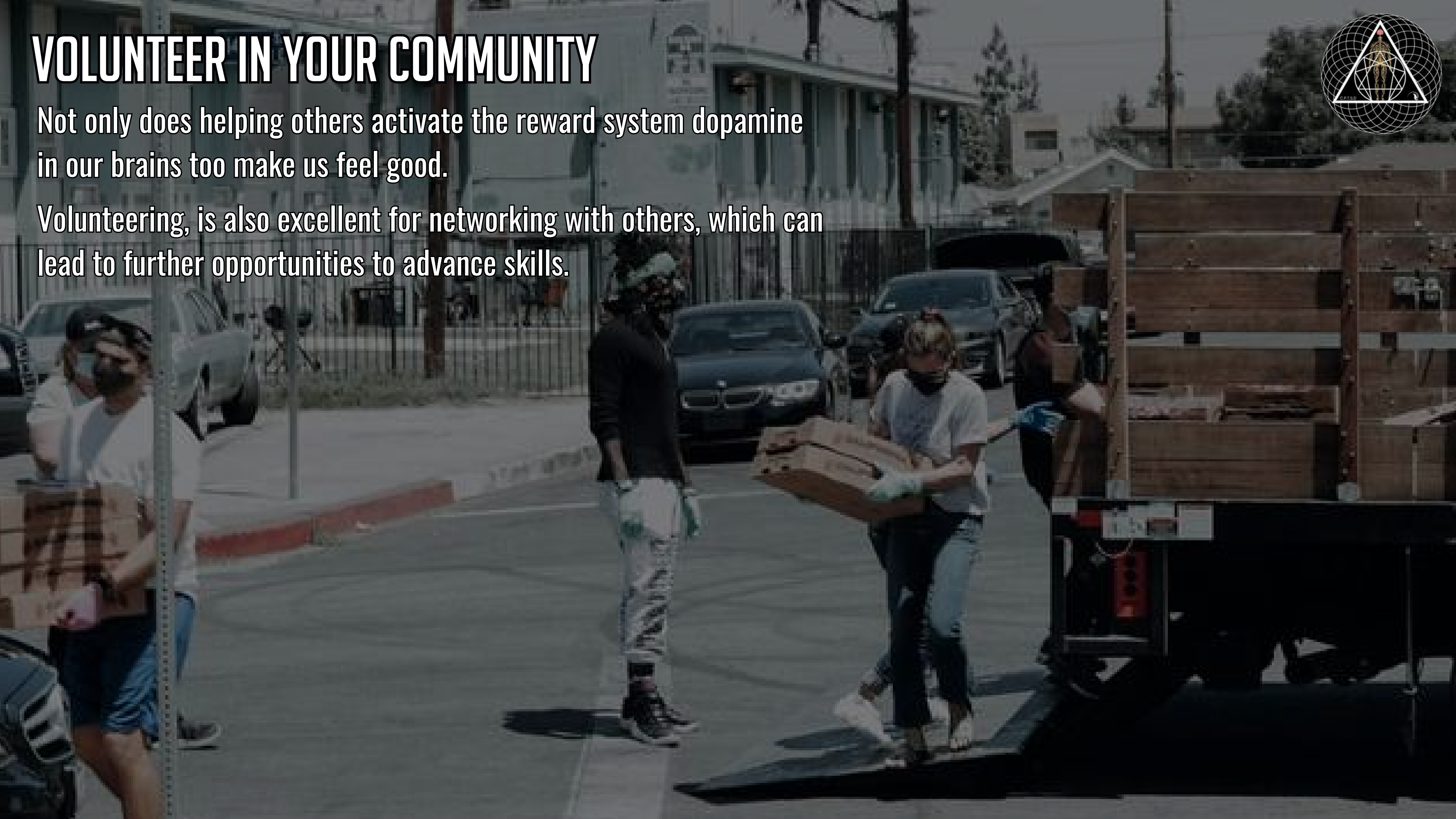
COMMUNITY



VOLUNTEER IN YOUR COMMUNITY

Not only does helping others activate the reward system dopamine in our brains too make us feel good.

Volunteering, is also excellent for networking with others, which can lead to further opportunities to advance skills.



RELATIONSHIPS



SEX IN RELATIONSHIPS & CONSEQUENCES

Sex is common for young people

There are consequences to things that feel good in the moment:

- Unwanted pregnancy.
- Abortion.
- Raising a child in a low income household.
- Raising a child when you yourself don't even know who you are.

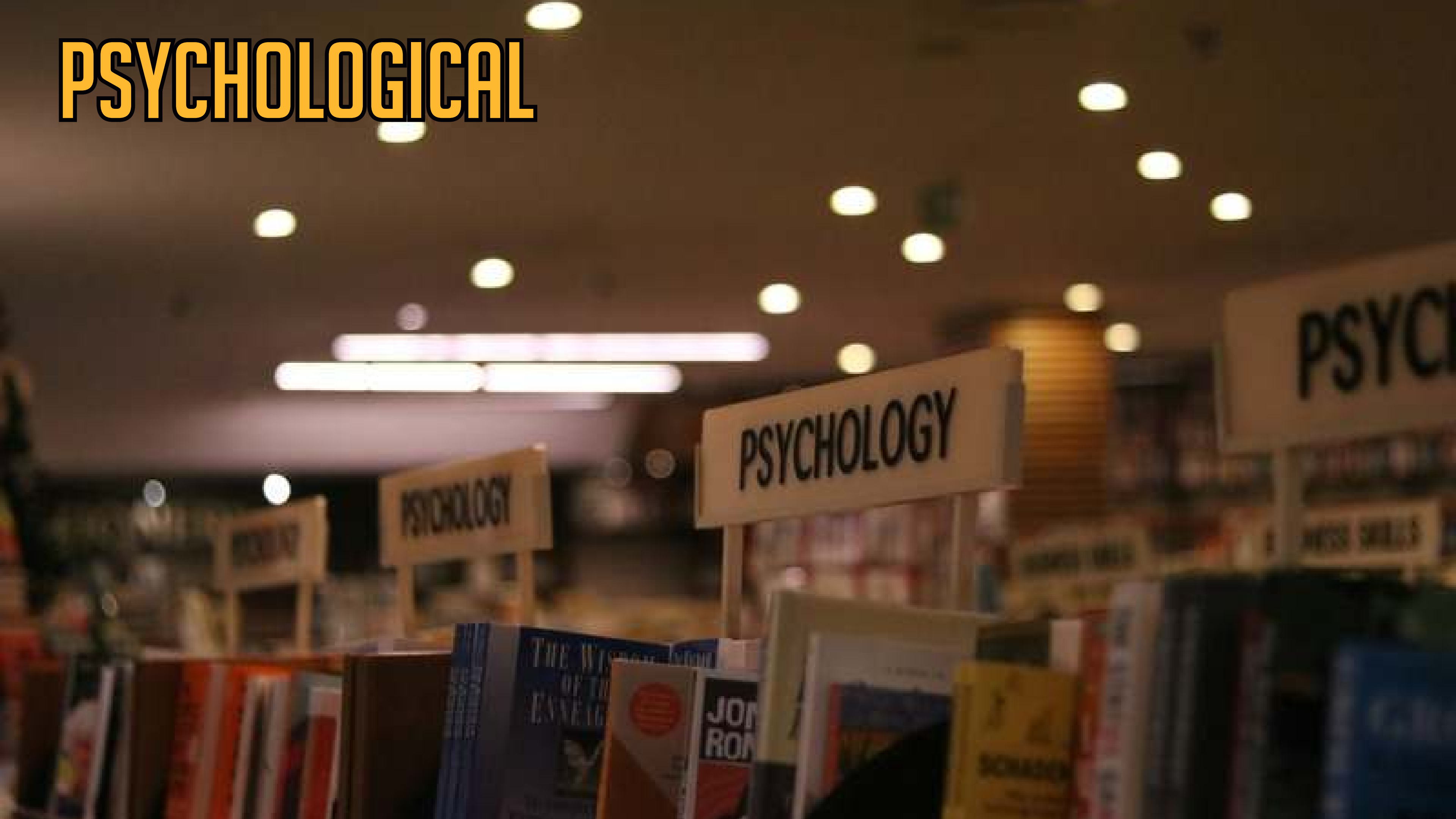


KEEP THINGS INNOCENT

We humans are inherently sexual creatures; when both of you are alone sitting on the couch watching a movie, your going to want to hold each other, kiss, cuddle etc. And this can be fine, but usually these actions will lead to arousal, which leads to foreplay, which leads to sex, which we have established earlier leads to a high chance of pregnancy,



PSYCHOLOGICAL



MENTAL ILLNESS & TRAUMA



WE ALL EXPERIENCE TRAUMA



- Neglect and psychological, physical, or sexual abuse.
- Witnessing or experiencing intimate partner violence.
- Serious accidents, life-threatening illness, or sudden or violent loss of a loved one.
- Being neglected as a child.
- Witnessing domestic violence in the relationship.
- Divorce.
- Break-up.
- Bullying.
- Humiliation by your peers.
- Job-loss.
- Adultery.



TRAUMATIC EVENTS LEAD TO TRAUMA

TRAUMA:

- Easily startled.
- Feeling tense, on guard, or on edge.
- Having difficulty concentrating.
- Having difficulty falling asleep or staying asleep.
- Feeling irritable and having angry or aggressive outbursts.
- Engaging in risky, reckless, or destructive behavior.
- Trouble eating.
- Racing heart.
- Severe headache.
- Loss of intimacy.
- Distrustful, withdrawn.
- Avoid's people.





WHAT IS COMPLEX P.T.S.D?

C.P.T.S.D is a learned set of responses and a failure to complete numerous important developmental tasks.

It is a disorder caused by **nurture rather than nature, which means it can be unlearned.**

**THE GOOD
NEWS**



YOU CAN HEAL YOUR OWN TRUAMA

What was not provided by your parents can now be provided by yourself and others.

It's called: **REPARATING BY COMMITTEE**

- Authors
- Friends
- Partners
- Teachers
- Therapists
- Therapeutic groups



THE FIVE LEVELS OF FRIENDSHIP

LVL 5

FAMILY

LVL 4

CLOSE FRIENDS

LVL 3

ACQUAINTANCE

LVL 2

A FRIENDLY FACE

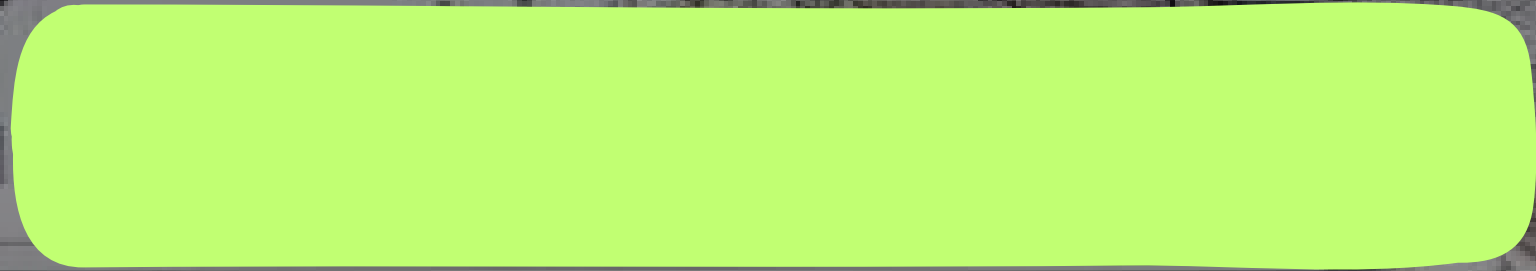
LVL 1

UNKNOWN

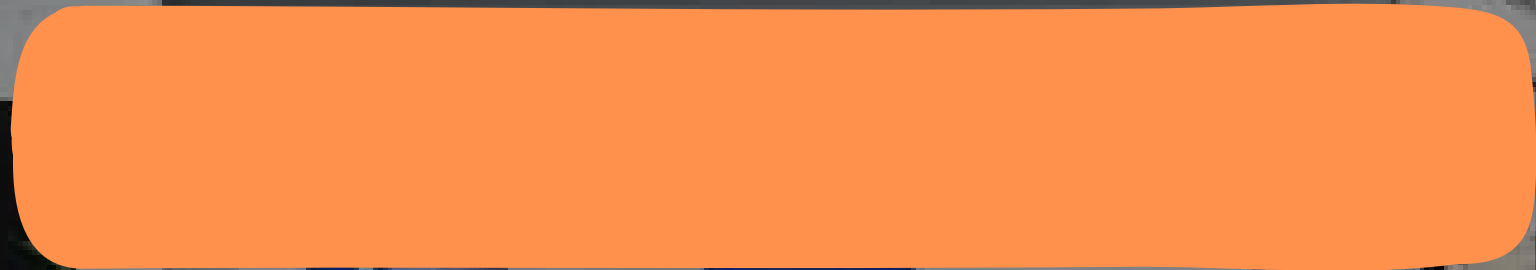




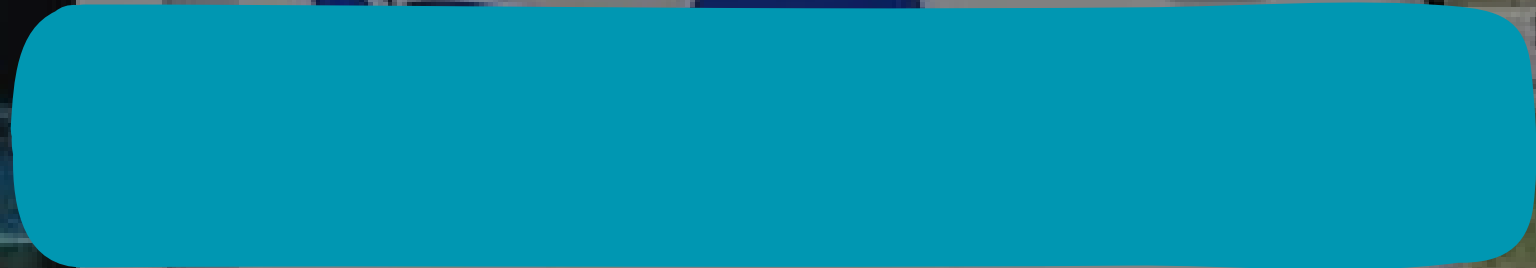
LVL 5



LVL 4



LVL 3



LVL 1

UNKNOWN

LVL 2



LVL 1



A PERSON YOU RECOGNISE ON A DAILY BASIS, BUT
CAN'T SEEM TO RECALL ANY INTERACTION WITH.

SECURITY GUARD, MAILMAN,
WAITRESS OF A RESTURANT YOU FREQUENT



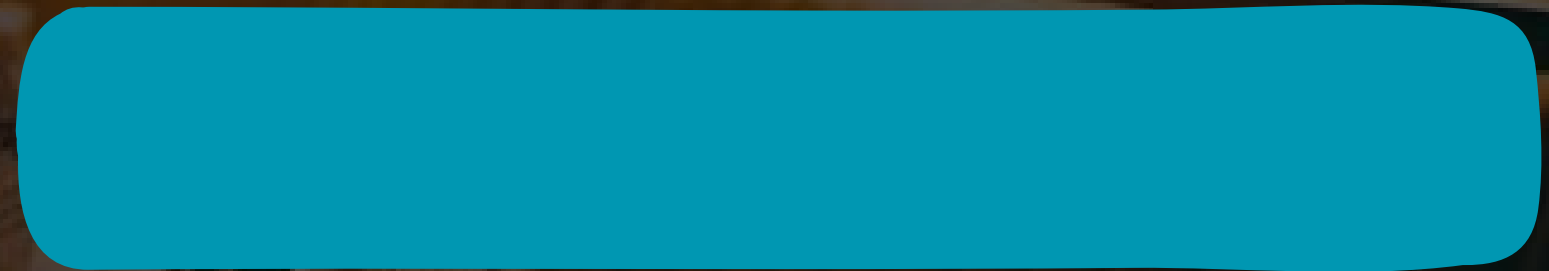
LVL 5



LVL 4



LVL 3



LVL 2

A FRIENDLY FACE

LVL 2

EX: SECURITY GUARD, MAILMAN, WAITRESS OF A RESTAURANT YOU FREQUENT, FAMILY FRIEND DURING AN EXTENDED FAMILY GATHERING.

LVL 1

SOMEONE YOU SHARE
IDLE CHIT CHAT, AND SMALL TALK WITH.



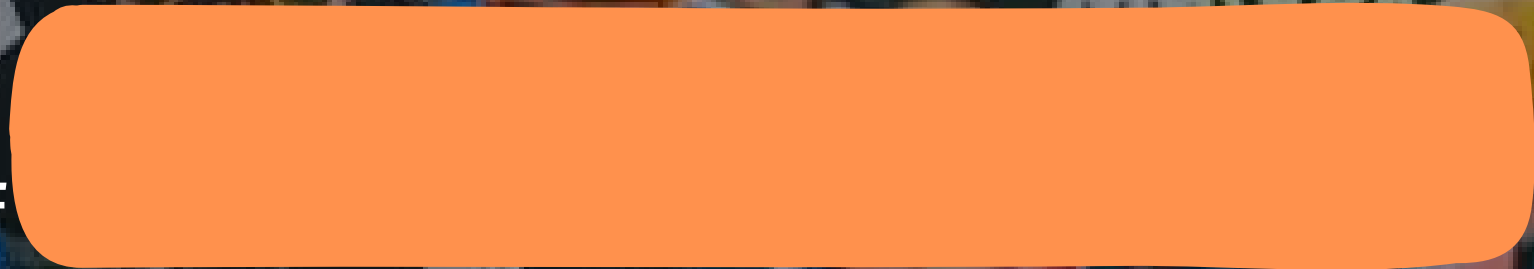
LVL 3

ACQUAINTANCE

LVL 5



LVL 4

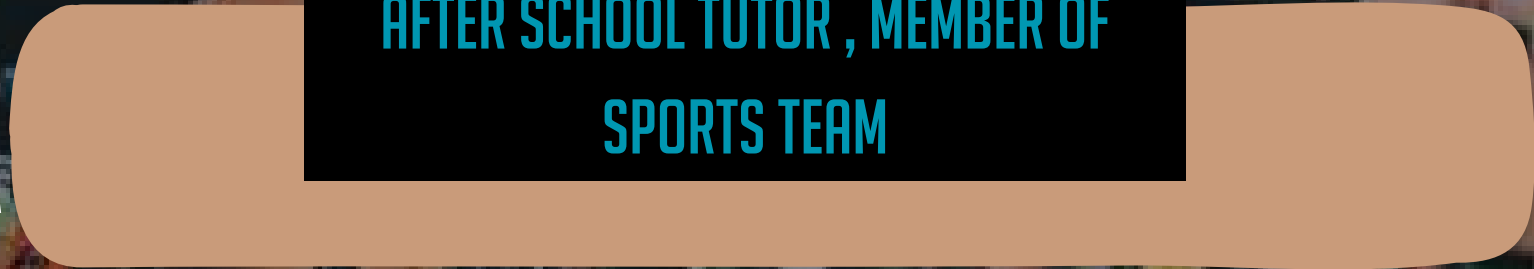


LVL 3

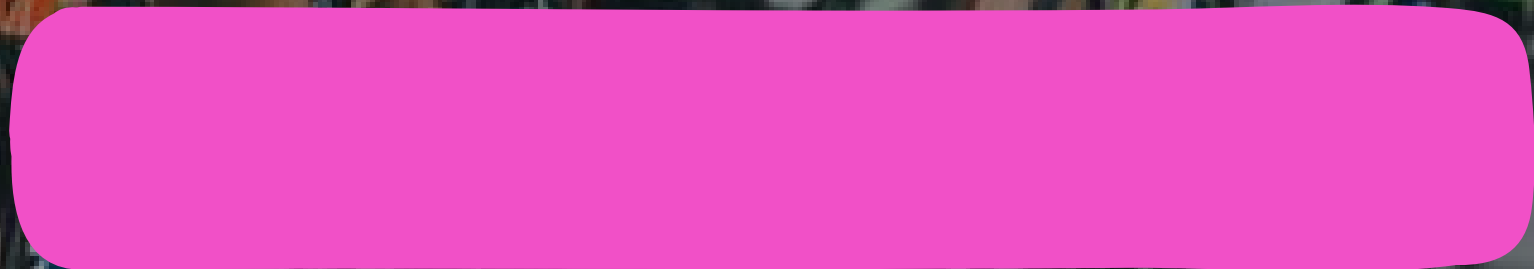


AFTER SCHOOL TUTOR , MEMBER OF
SPORTS TEAM

LVL 2



LVL 1





LVL 4

CLOSE FIRENDS

LVL 5

LVL 4

LVL 3

LVL 2

LVL 1

A PERSON YOU SHARE VALUES WITH AND INTEREST AND HOBBIES



LVL 5

FAMILY

LVL 5

A PERSON YOU FEEL A LOYALTY TO REGARDLESS OF HOW THEY CHANGE

LVL 4

LVL 3

LVL 2

LVL 1

WHY DO WE DRINK AND TAKE DRUGS?

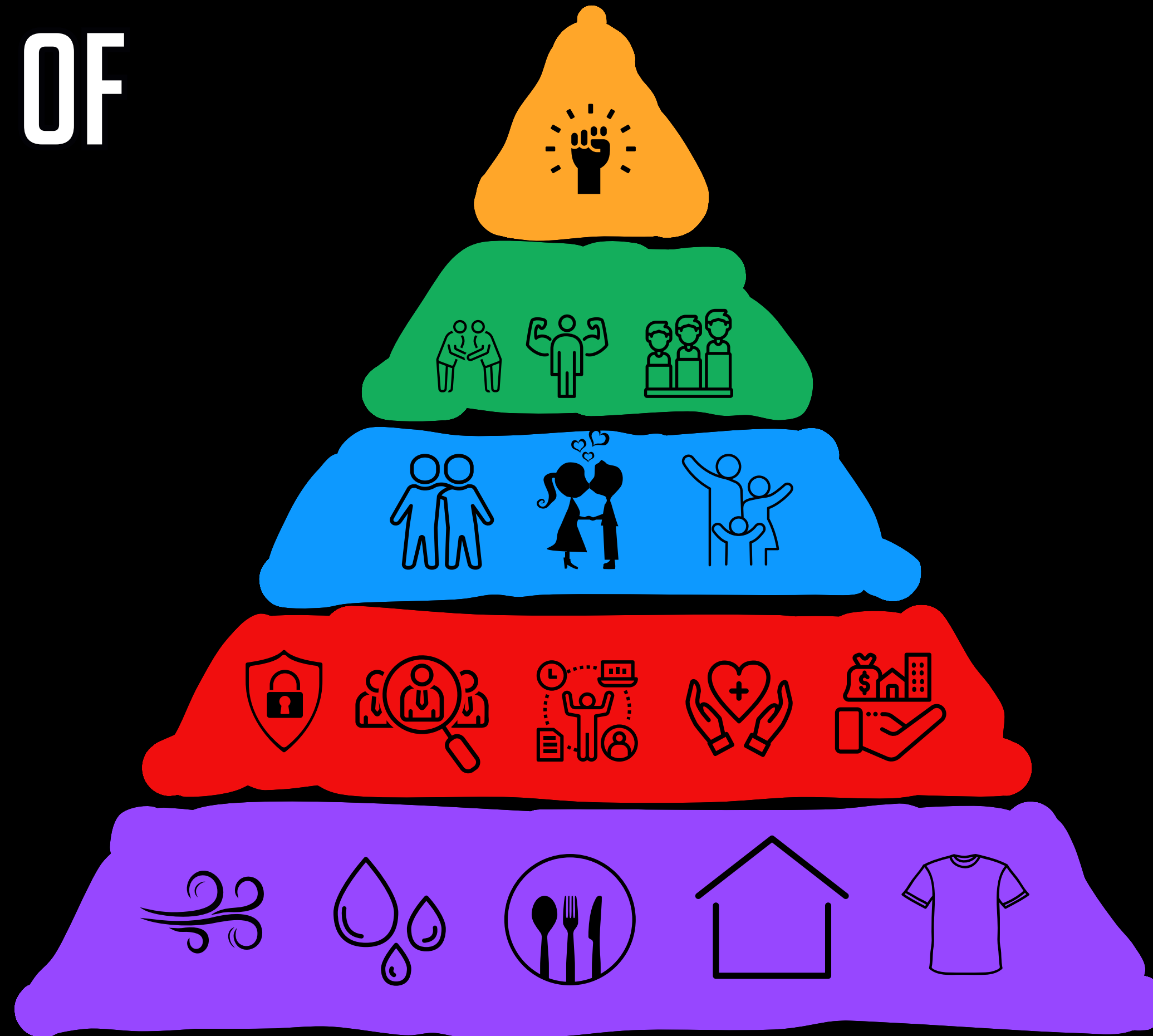
Because of the Traumatic events we have experienced:

- Labeled by a medical professional as having a disorder & needing medication to function.
- Your Father letting you know that the property value of the house is going to go down because you tried to off yourself.
- Working in a boring souless job, where your not valued and theirs no room for upwards growth.
- Having your girl-friend cheat on you for the sixth time in less than a year.
- Drowning out the pain of the constant inner voice telling you how worthless you are.



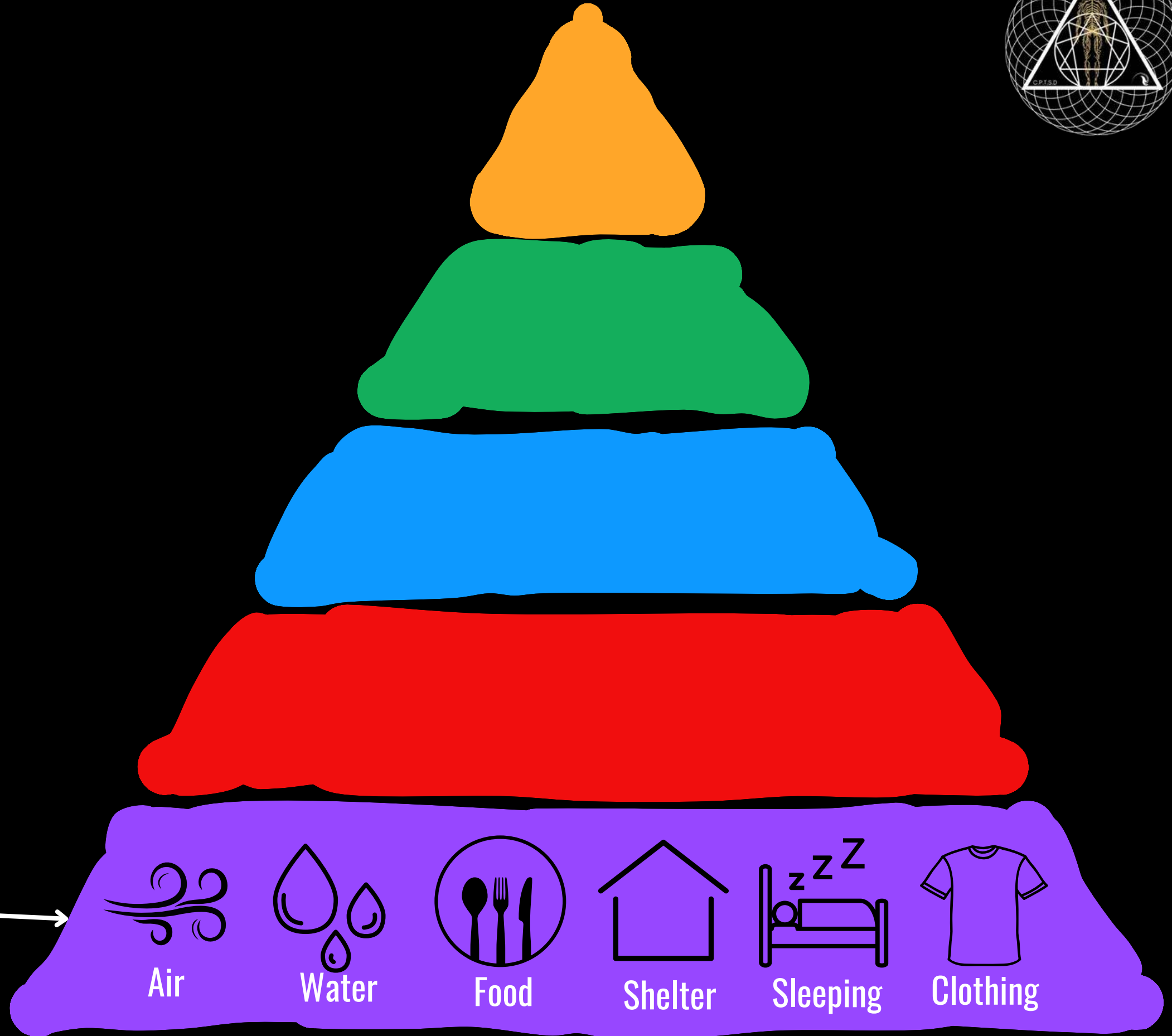
PHYSICAL

HIEARCHY OF NEEDS

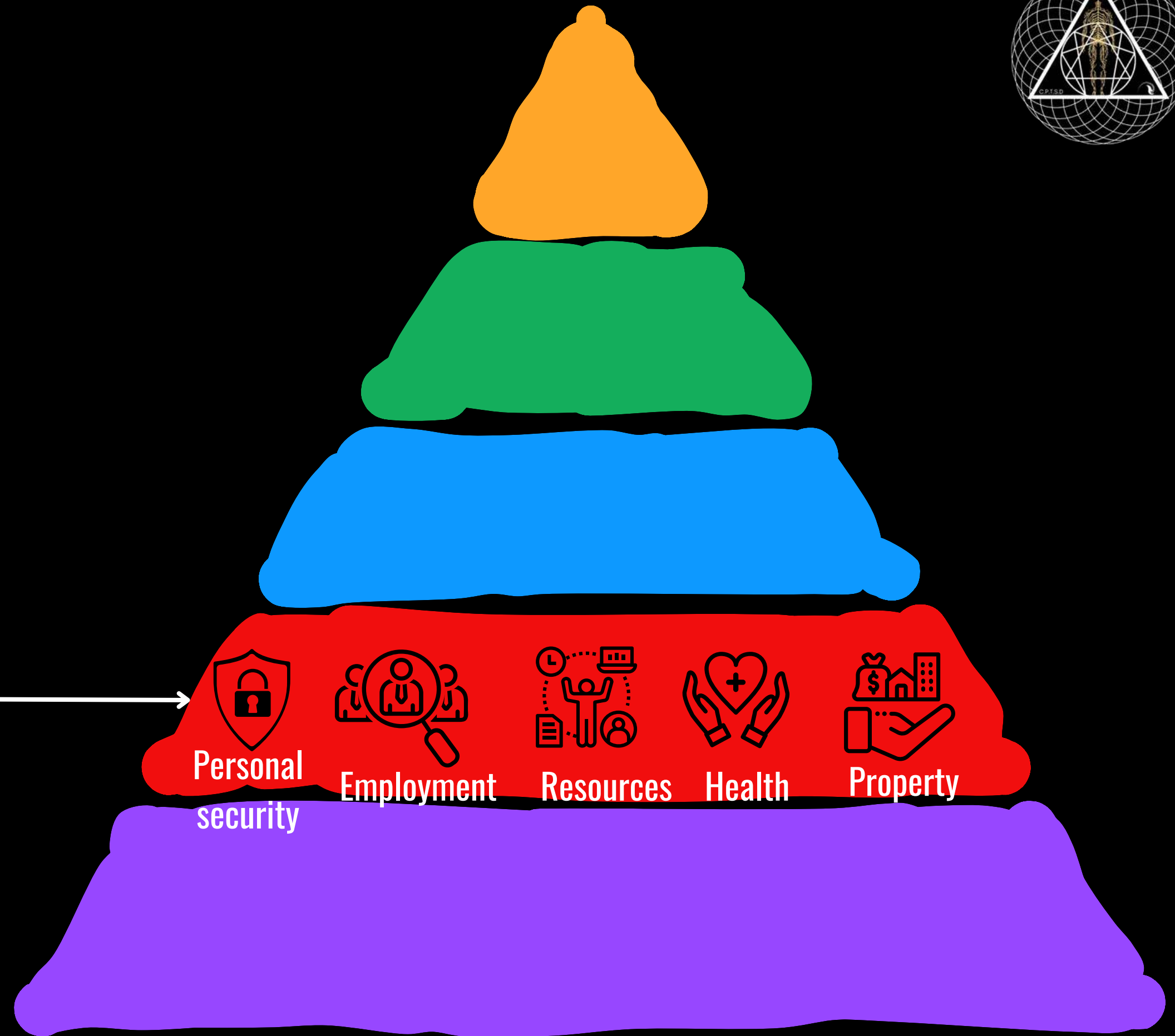




PHYSIOLOGICAL NEEDS

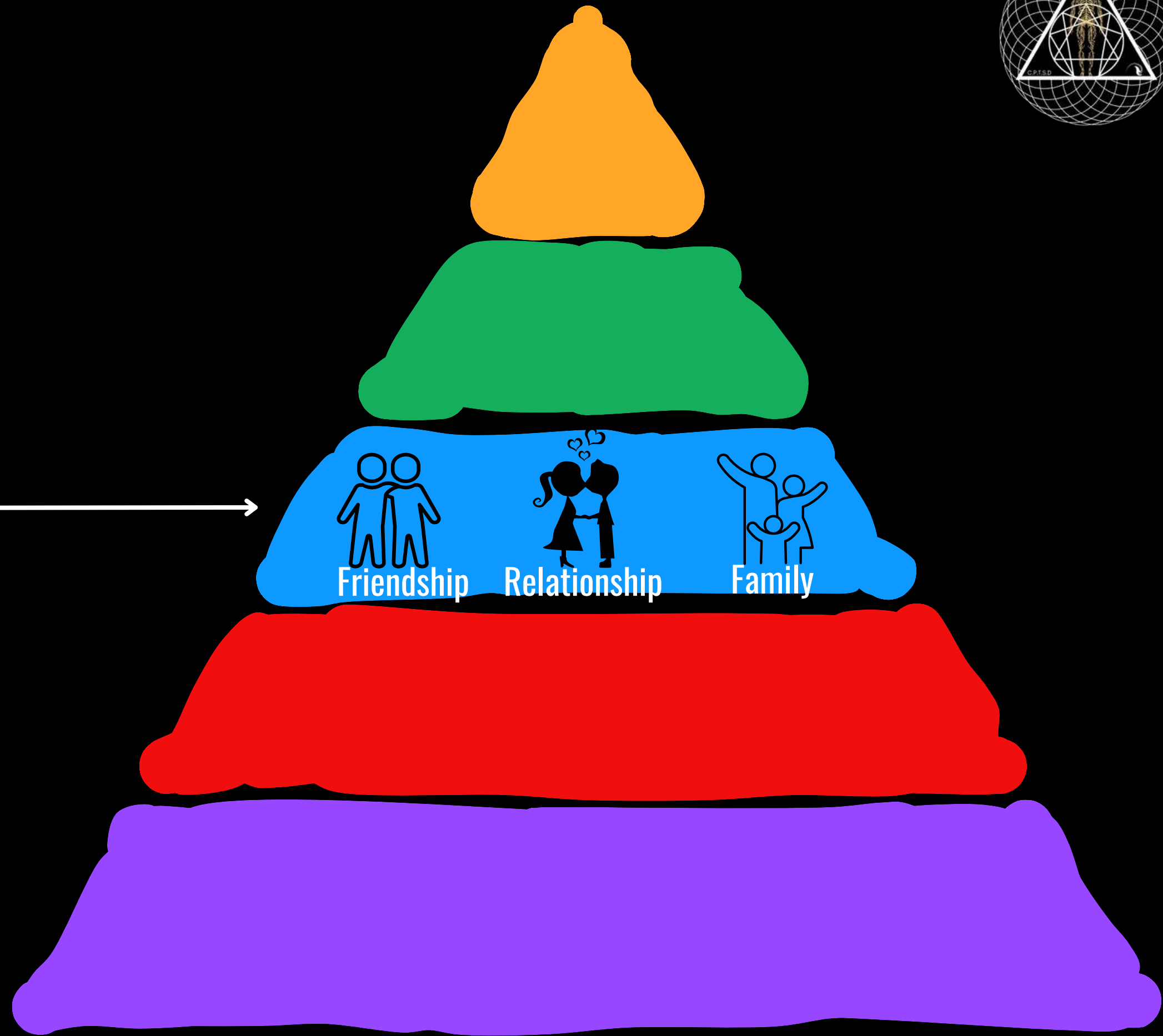


SAFTEY NEEDS



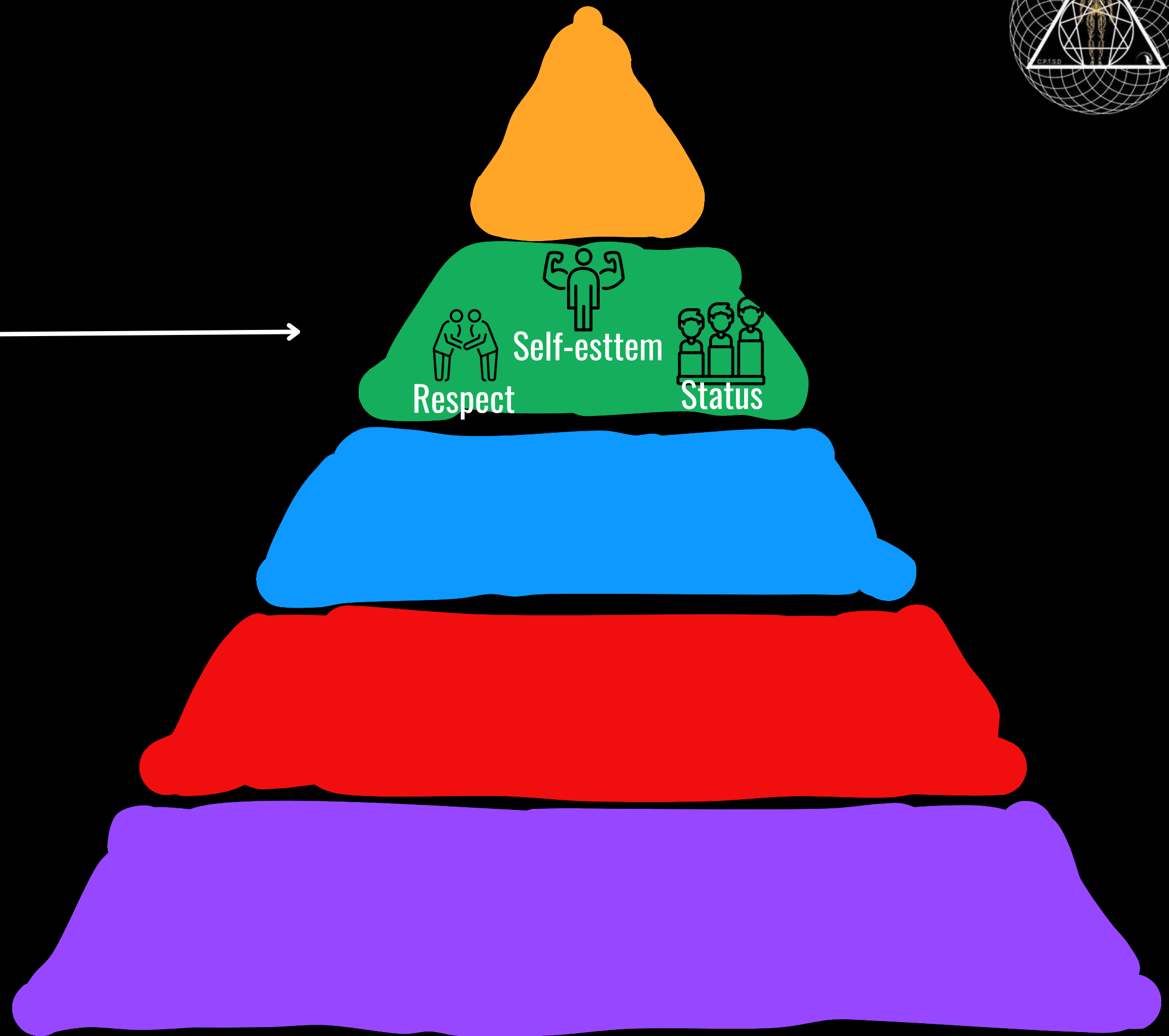


LOVE & BELONGING

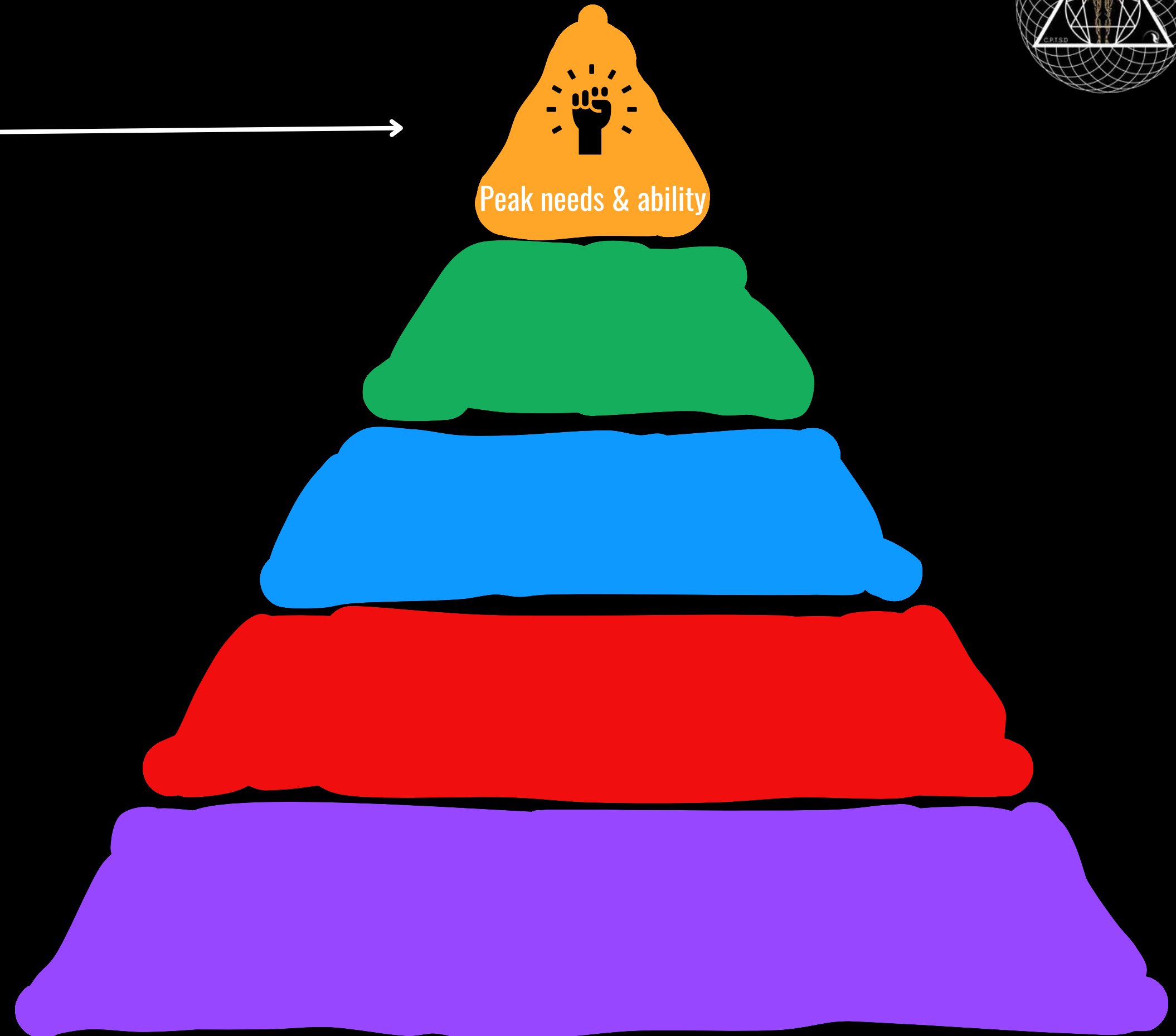




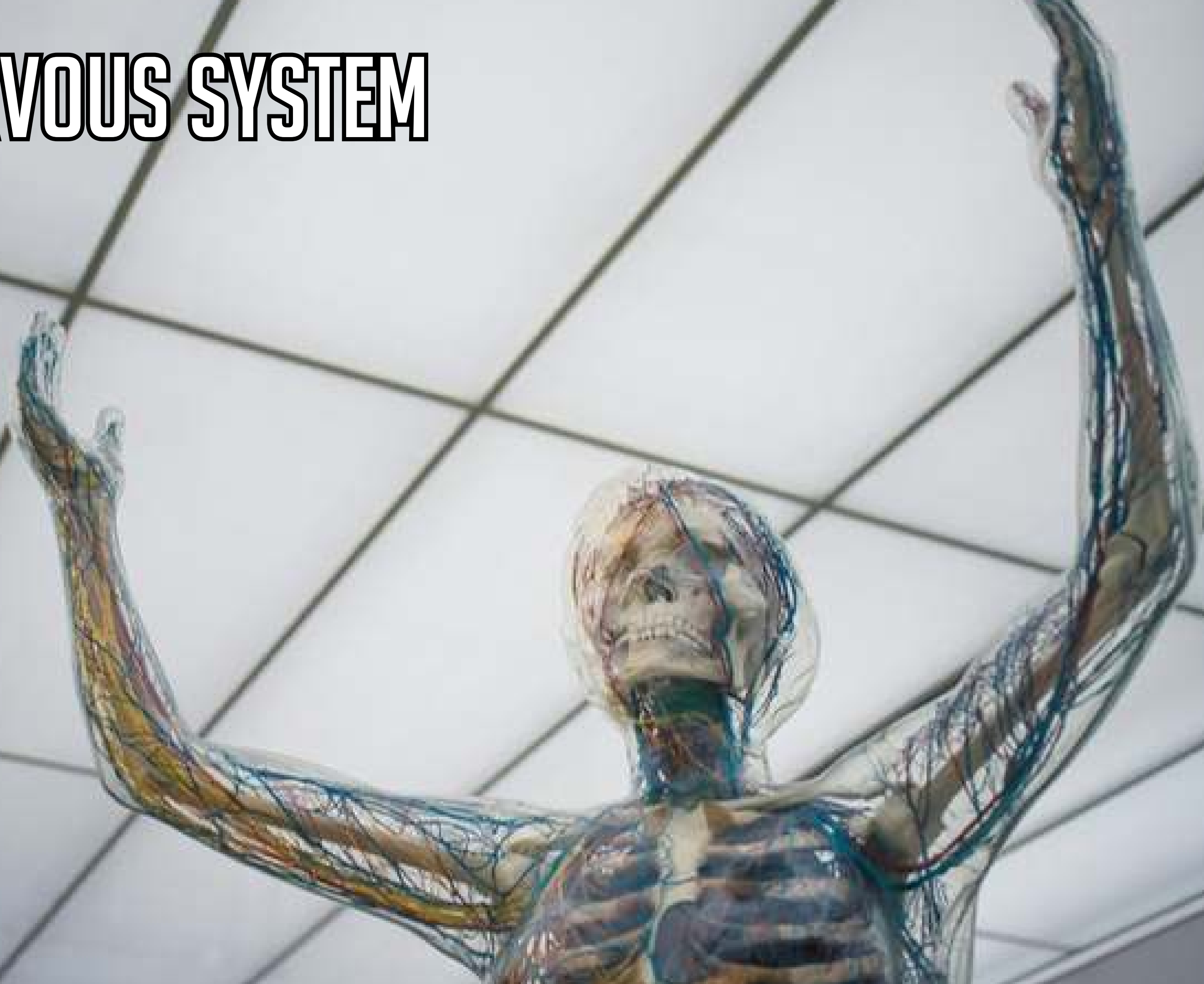
RESPECT & ADMIRATION



SELF-ACTUALIZATION



THE NERVOUS SYSTEM



YOUR COMMAND CENTRE

Your nervous system plays a role in everything you do. The three main parts of your nervous system are:

- Your brain
- Spinal cord
- Nerves.

It helps you move, think and feel. It even regulates the things you do but don't think about like digestion. It contains the central nervous system and the peripheral nervous system.





DYSREGULATED NERVOUS SYSTEM

Symptoms Physical Signs:

- Nervous tension
- Muscle tension
- Digestive issues
- Sleep disturbances

Symptoms Emotional Signs:

- Mood swings
- Anxiety
- Depression
- Irritability

Cognitive Signs:

- Persistent worry
- Fearfulness
- Chronic stress
- Poor memory
- Difficulty concentrating or focusing

HOW TO TREAT A DYSREGULATED NERVOUS SYSTEM:



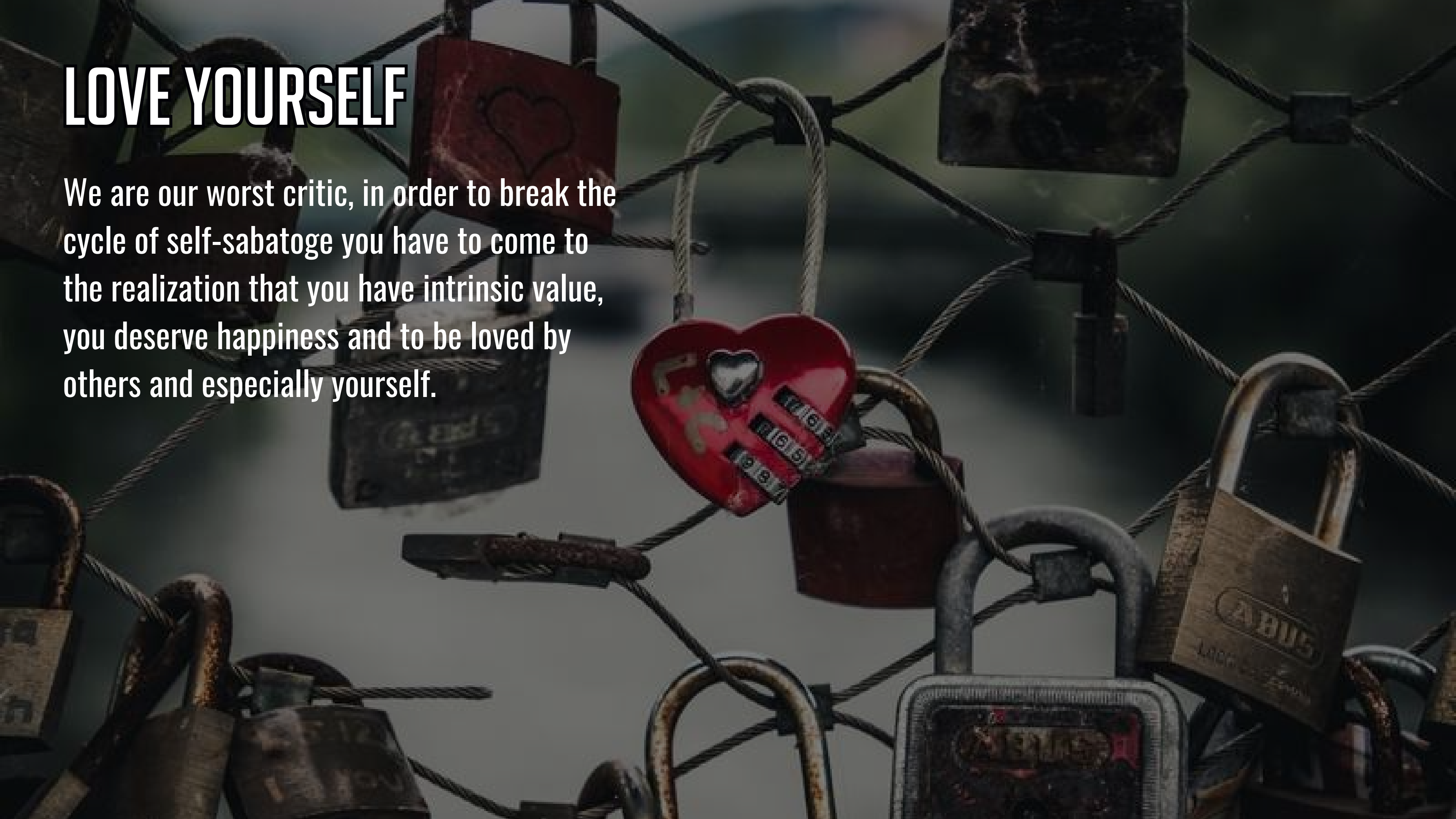
- Deep, uninterrupted sleep (7-8 hours)
- Deep breathing
- Moderate moving (jogging, dancing, walking)
- Singing, laughing, crying.
- Spending time outside in nature.
- Resting from screen time with (phones, tablets, computers)
- Journaling.
- Healthy diet.
- Regular Exercise.
- Plenty of reading time.
- Drawing, coloring, painting.
- Spending quality time with loves ones.

SPIRITUALITY



LOVE YOURSELF

We are our worst critic, in order to break the cycle of self-sabotage you have to come to the realization that you have intrinsic value, you deserve happiness and to be loved by others and especially yourself.



FAILURE IS YOUR ONLY OPTION

Making mistakes, screwing up, losing, failing is inevitable; it is the starting point to success.
You must fall down to learn how to get right back up again.



DEATH IS A PART OF LIFE

The greatest Fear is death, we all try to run away from it by





SOCIETAL



THE LIFE OF A DEBIT SLAVE

Working 40 hours a week, getting paid only enough to pay your bills. The day in the life:

5:30am - Wake up.

5:35am - Shower, get dressed.

5:40am - Make breakfast clean up.

6:00am - Pack lunch.

6:30am - Out the door.

7:00am - Work.

9:15am - Break

9:30am - Work.

12:00pm - Lunch

12:30pm - Work

3:30pm - Off Work

4:00pm - Get home.

4:05pm - Shower.

4:15pm - Change clothes.

4:20pm - Go for walk

5:00pm - Get home.

5:05pm - Watch tv.

6:00pm - Make dinner.

6:30pm - Finish eating.

7:00pm - Clean up.

7:05pm - Watch tv.

9:30pm - Get ready for bed.

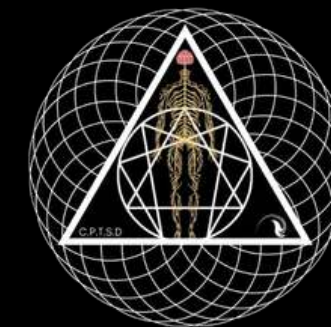
10:00pm - Asleep.

THE CYCLE
REPEATS



Premium

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Life of a cinema employee



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Clip

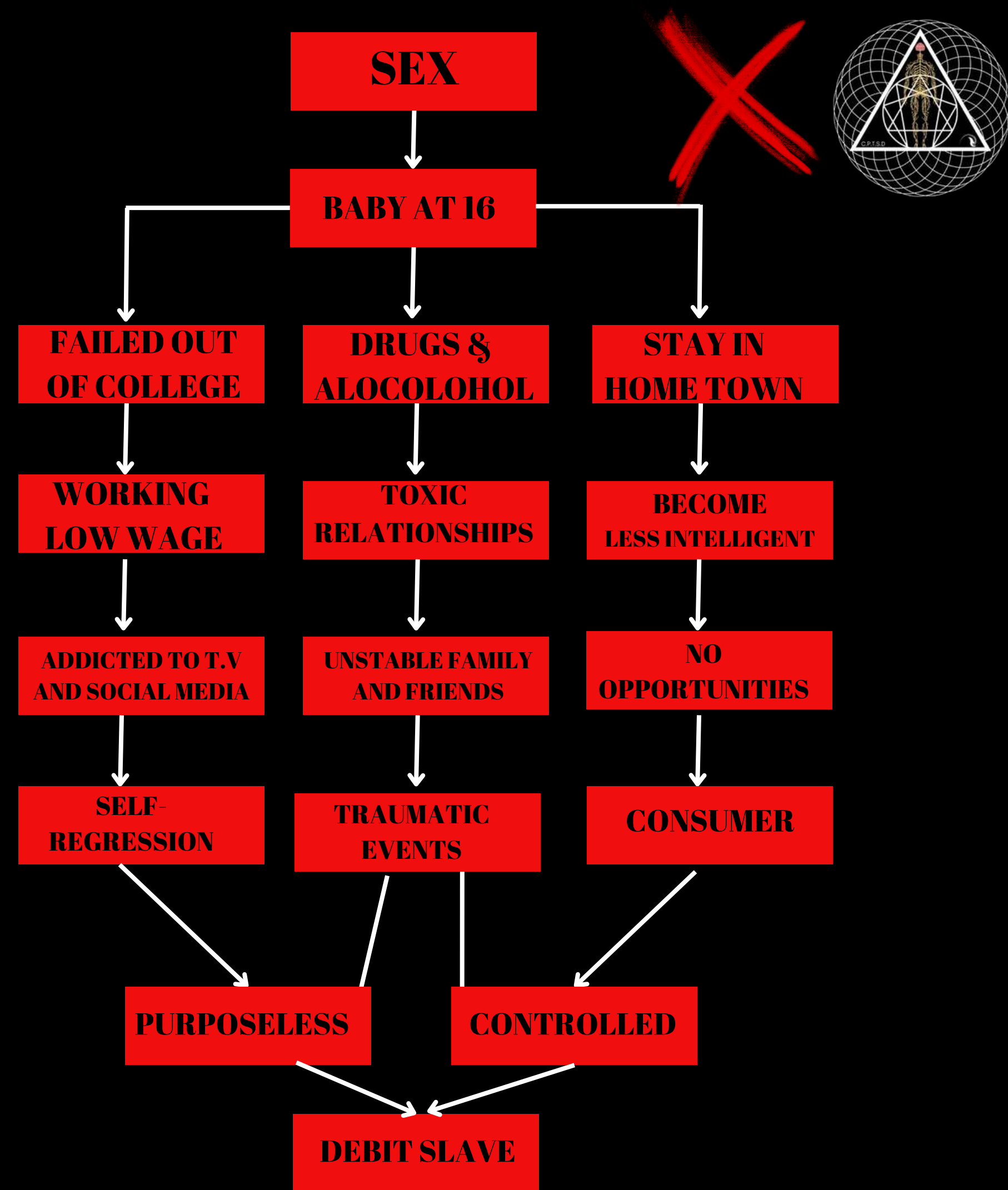
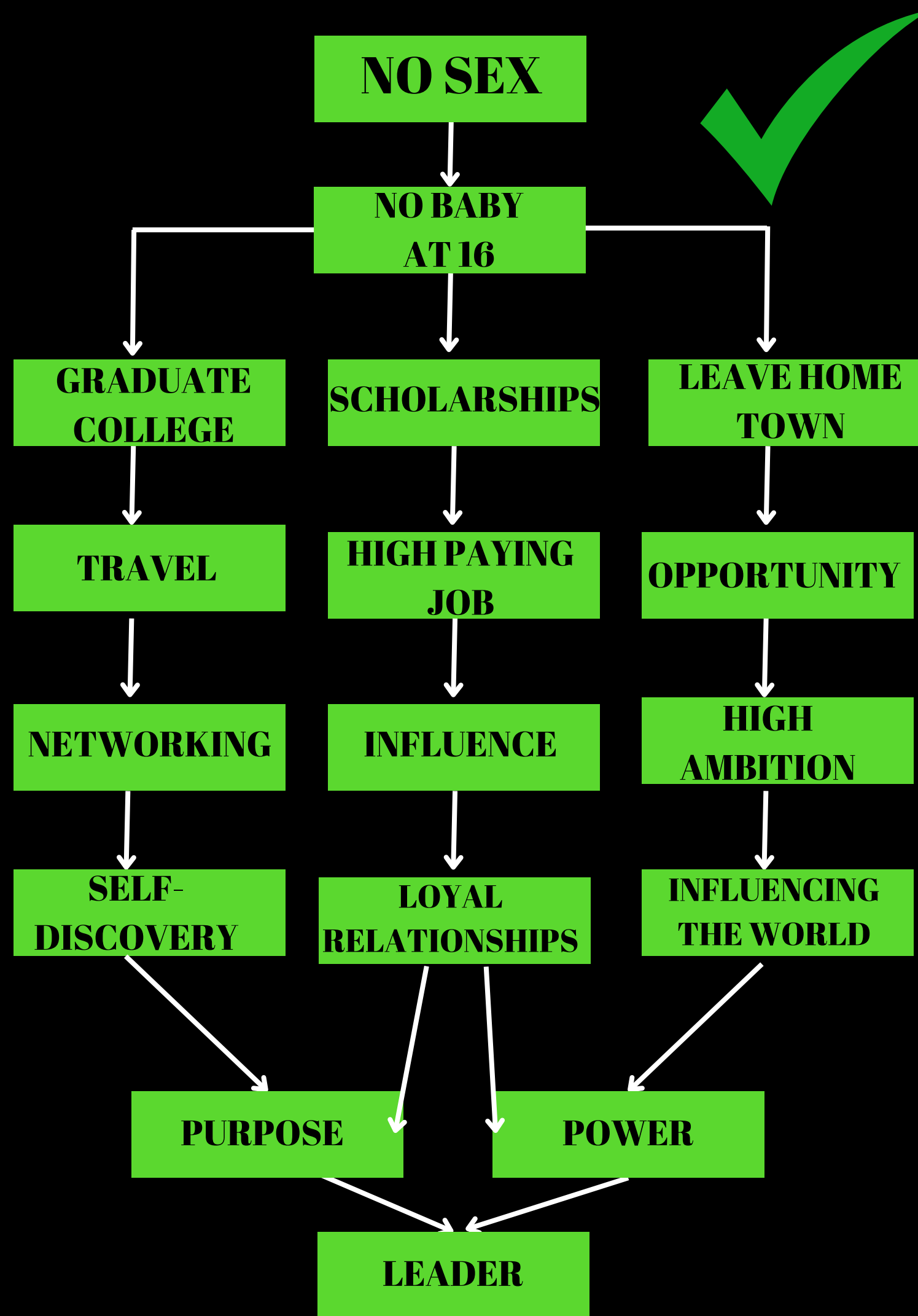
LIFE OF A LOW WAGE WORKER

EXPERENTIAL





THE IMPLICATIONS OF BAD CHOICES



THE JOURNEY OF LIFE



What you think your life is going to look like:

- Early education
- Highschool
- College
- Career
- Retirement

LIFE IS COMPLEX

What your life actually looks like:

- Break-ups.
- Contemplating the meaning of life.
- Self-hatred, shame and doubt.
- Making mistakes and failing.
- Letting your loved ones down.
- Extreme high's and low's.
- Suicidal ideation.
- Unexpected breakthroughs.
- Overcoming suffering.
- Drastic life change.
- Paradigm shifts.
- Introspection
- Transformation



MONEY CAN'T BUY HAPPINESS

WINNING THE LOTTERY NIGHT MARES



Sun News Sport Fabulous TV Showbiz Money Travel Health Tech Motors More



WATCH THE VIDEO

Money > News Money

MY LOTTERY CURSE I won £22m on the lottery and it completely ruined my life – friends turned on me and investments ended in disaster

Jon Rogers
Published: 13:26, 4 Apr 2023 | Updated: 14:04, 4 Apr 2023

The Washington Post
Democracy Dies in Darkness

RETROPOLIS

He won Powerball's \$314 million jackpot. It ruined his life.

By April Witt
October 23, 2018 at 8:36 p.m. EDT



Lara and Roger Griffiths bought their dream home — and then life fell apart.



£1.8million
lottery win
wrecked
my life

SEE PAGES 8-9

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MICHIGAN LOTTERY WINNER CLAIMS IT RUINED HIS LIFE

Maggie Meadows | Published: January 5, 2024

UNILAD News Film and TV Music Tech Features Celebrity

Man who won \$31m lottery killed himself two years later after admitting it ruined his life

Billy Bob Harrell's life changed completely after he won the Texas Lotto jackpot

Emily Brown

Published 14:20 6 Dec 2023 GMT



Bud Post lost \$16.2 million within a nightmarish year after his own brother allegedly put out a hit on him.



seksan Mongkhonkhamsoo/Getty Images