

# Moving Forward the Magical Way

A Magical Learning Ebook





During disruption it can be easy to believe that things aren't going to get any better. Please don't believe this. Life is a series of highs and lows. The main thing is to keep moving forward.

We've created this e-book to help you to move forward.

As Robin Sharma says: 'With better awareness comes better choices. With better choices comes better results.'

We want to share simple things you can do to start moving forward during this chaos and disruption.

Don't try to do them all at once.

Start with one and - once it is part of your routine - move on to the next one.

We hope you enjoy this e-book and find it helpful.

*Grahame, Danette and the Magical Learning Team*

# SLEEP

Sleep is fundamental to a great life. When you are sleep-deprived, you can find it hard to concentrate and you may feel 'foggy brained'.

Sleep has several purposes, including: flushing toxins from your brain, connecting what you have learned during the day, and filing what you have experienced during the day.

Here are some simple things to do to help improve your sleep:

- Set up a 'sleep protocol' – read Dr Greg Wells' [\*A Simple Protocol to Help You Sleep Better\*](#)
- Get off devices an hour before bed – the blue light stops melatonin from producing so your brain thinks it is daylight and time to wake up
- Have a warm and then cold shower
- Make sure that your bedroom is cool and dark
- No devices in your room
- Turn off your wifi
- *Loving Kindness* meditation, journaling and gratitude all help with sleep
- Practice '5 x 4 breathing': breathe in through your nose for a count of 5, hold that breath for a count of 5, exhale through your mouth for a count of 5, repeat 5 times
- Keep a notepad and pen beside your bed. If you wake up in the middle of the night and start thinking about something, write it down, so you can go back to sleep
- If you are stuck on a problem, ask your brain to solve it while you sleep. It is amazing how often your (subconscious) brain will come up with a great solution.
- If you snore, talk to your medical professional
- If you are tired during the day, take a nap.

*'The best bridge between despair and hope is a good night's sleep.'*

E. Joseph Cossman

## FUEL FOR YOUR BODY

Would you fill a luxury sports car with cheap fuel? We all know the answer to this is ‘no’ – yet we often fuel ourselves with low quality fuel and then wonder why we’re low on energy.

Start with what you put in your body; the more natural the things you eat and drink, the better. Many people eat food that doesn’t nourish them, so their body craves more food.

Studies have shown that the countries with the highest sugar consumption also have the highest depression rates. We know that when we consume sugar, it keeps our brain in the survival mode (fight, flight, freeze and flock) longer.

We also need to drink more water. Many of us are constantly dehydrated, which impacts on our brain’s ability to function well.

Here are a few ideas to consider trying:

- Add a few more vegetables to your plate
- Add nuts and seeds to your plate (please be aware of nut allergies)
- Eat some fresh fruit daily
- Make your meals from scratch in double the quantity, so you can freeze some for when you don’t have lots of time to cook
- Practice ‘mindful eating’
- Prepare healthy snacks – so you aren’t tempted by unhealthy ones
- Check the labels of tins and jars for sugar content and opt for no or low sugar
- Consider intermittent fasting
- Replace sugary drinks with water. Squeeze a little fresh juice (eg. lemon/lime) into the water if you don’t like the taste of water
- Reduce your caffeine intake. Avoid caffeine before 10am and after 5pm.
- Reduce your alcohol intake, as alcohol also impacts your sleep
- Hummus and celery are great brain food for remembering and learning.

*‘It is health that is real wealth and not pieces of gold and silver.’*

Mahatma Gandhi

# YOUR THOUGHTS

Did you know that your thoughts create your reality – and that your reality is unique to you?

Scientists have discovered that when you have a thought, it creates a ‘feeling’ that leads to a perspective. In that moment, your perspective feels *real* and yet, if you change the thought, the subsequent feeling and perspective both change as well.

Have you ever watched a child (or adult) throwing a tantrum – until they notice someone they like has walked into the room? Suddenly, the tantrum ceases and the child is happy and friendly. This is the power of your thoughts... they create your reality.

If you want to move forward, concentrate on thoughts that support you to move forward.

Your brain comprises just 2% of your body mass, but uses 20% of your energy (measured through blood flow). According to Rajshree Patel, author of *The Power of Vital Force*, the two things that drain your brain’s energy are: resisting what is, and/or craving something.

If you want to get the best out of your brain, then being calm and ‘present’ is the best state to be in. In this state you will see more of what is around you – including opportunities that can help you move forward. It is often said that the best present you can give another person is to be present. This also applies to yourself.

Some simple things you can do to create more empowering thoughts include:

- reduce the amount of time you spend with social and/or news media
- journal daily, to become aware of what you are thinking
- read or listen to people who have had a positive impact on the world
- ask better questions (more on this later on in this e-book)
- rate your day from 1 (not great) to 10 (awesome). If you score below 7, ask yourself what is causing that. Then start making small, positive changes
- repeat the phrase, ‘This isn’t good or bad. It just is what it is.’
- if you are really struggling, reach out to your medical professionals.

*‘I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.’*

Henry David Thoreau

## EXERCISE

Movement is an essential part of a healthy life. If you want to move forward in a sustainable way, then exercise needs to be part of your daily routine.

Did you know that when you sweat, your brain releases a protein called Brain-Derived Neurotrophic Factor (BDNF), that's like fertiliser for your brain?

Some simple ways to get exercise into your day include:

- exercise first thing in the morning, so it's done before the world interrupts you
- start small – 5 minutes exercise is better than no exercise
- get an accountability buddy to help you stay on track
- pay a personal trainer to come to your home
- whenever you're waiting (eg. for the kettle to boil), do some push-ups or squats
- park your car further away, so you have to walk more
- if you sit to work, set your alarm and stand up every hour for at least 10 minutes
- stretch, to remain flexible
- turn on some fun music and dance around for a couple of minutes
- if you have kids, spend some time each day playing with them (outdoors if you can).

*'When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.'*

Tich Nhat Hanh

# JOURNALING AND QUESTIONS

One of the ways to raise your awareness is to journal. Many of the most successful people in business journal regularly.

Journaling can help you become more aware of yourself and your life. Journals allow you to record your thoughts and experiences – and to ask yourself questions that can keep you on track.

Here are a few of the things we do when we journal:

- 3 things we're grateful for
- Special moments in our lives
- Reliving experiences
- Questions to keep us on track
- Understanding our 'triggers'
- Raising our awareness about what is and isn't working in our lives.

We know is that asking great questions helps people get unstuck. So one of the actions we encourage all of our clients to take is to create a list of great questions.

Great questions to help you move forward include:

- What do I want to keep doing, stop doing and start doing to improve my days?
- What's the opportunity here?
- What else might be possible here?
- How can I leverage that?
- Who else can I partner/collaborate with?
- What would (insert name of someone you admire) do here?
- What is failure teaching me?

*'Journaling is paying attention to the inside for the purpose of living well from the inside out.'*

Lee Wise

# NATURE AND MEDITATION

Did you know that nature is a great healer? Even when you can't get out in nature, having a plant or even just looking at a picture of a plant helps make you feel better.

In May 2018, *Time Magazine* published an article by Qing Li called [“Forest Bathing” is Great for Your Health. Here's How to Do It.](#) Some of the health benefits of getting out in nature (even if it is only your garden) include feeling calmer and more relaxed. When you feel relaxed, you're more likely to be happier and you will make better decisions.

Did you know you have around 60,000 thoughts per day? That is a lot of mental clutter. Meditation allows you to notice and let go of your thoughts. It slows down your thinking and helps you become more relaxed and present.

Meditation has also been shown to increase BDNF levels in your brain – which is magical!

Here are some suggestions for getting out into nature and for meditating:

- go outside for a walk or run
- where possible, arrange your work area so you look out a window
- surround yourself with plants (or pictures of plants)
- boost your Vitamin D through a bit of sunbathing (avoid the hottest hours)
- plant a little vegetable or herb patch (even if it's in pot plants)
- have fresh flowers in your house
- fill a small box with soil and put it on your desk. Placing your hand in soil is relaxing
- if you can't get outside, Google 'nature meditation' and watch the videos. Closing your eyes and listening to the meditation for a few minutes can help you de-stress
- If you're not sleeping well, try the 5 x 4 breathing method mentioned earlier – or use a *Loving Kindness* meditation to fall asleep to.

*'The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. I firmly believe that nature brings solace in all troubles.'*

Anne Frank

# THE POWER OF CONNECTION

We are primarily social beings. In prehistoric days, the tribes that looked after each other survived. This is still part of our genetic makeup today.

When we face disruption and the survival part of our brain is triggered, we tend to focus on ourselves first – but that doesn't enable us to thrive. To thrive, we need others.

In order to move forward, there are some simple things we can do to increase connection:

- connect with your loved ones and friends more often (even if it is only virtually)
- brainstorm with people that energise you. You only need one good idea to implement, to become successful
- reach out to others when you need help; the saying, 'a problem shared is a problem halved' is so true
- smile more – it increases your brain's effectiveness by up to 31%
- laugh – watch a funny movie or listen to a stand-up comic. Laughter releases *feel good* chemicals and helps you focus on more positive things
- follow thought leaders to get new ideas – and connect with them
- send letters and thank you notes in the mail to people you care about who have made a difference in your life
- perform random acts of kindness
- compliment others
- always look for the good in others
- practice just being present with others
- speak less, listen more

*'I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.'*

Brene Brown

# TAKING ACTION – THE POWER OF TINY STEPS

Robin Sharma often talks about **1% Wins**... taking small steps each day to improve. While they don't sound like much, over 12 months they add up to a whopping 36.5x difference. The beauty of tiny changes is that your brain and body are less likely to resist them, because they're only tiny changes.

For example, you could start by reading for 10 minutes a day. While that might not seem like much, over the year it will add up to a heap of new things that you have learned.

In his amazing book *Tiny Habits*, BJ Fogg talks about the importance of 'celebrating action.' When you celebrate even a small action, you get a hit of dopamine (the feel good chemical) which makes you want to take action again.

Some of the things you can do to start taking action include:

- Watch Jia Jiang's TED Talk: [What I learned from 100 days of rejection](#)
- Remember: Change = Uncomfortable = Growth
- Get an accountability buddy – there is nothing quite like having to report in to someone else to make you take action
- Ask yourself: 'What is one thing I can do right now to move myself forward?'
- Take action early in the day, when you have more will power
- Celebrate immediately after taking action
- Notice how much more *alive* you feel, once you start taking action
- Spend more time with people who take action
- Start a mastermind of people who support each other to take action
- Get a coach and/or mentor.

*'The activity you are most avoiding contains your biggest opportunity.'*

Robin Sharma

# WE ARE ALL IN THIS TOGETHER

Thank you for reading our e-book. We hope you have found it helpful.

We'd love to hear from you about the action(s) you are going to take, to move forward.

If you need further support, please do not hesitate to reach out to us. We are here to serve you and remember, we are all in this together.

You can reach us at [community@magicallearning.com](mailto:community@magicallearning.com) or call +61 2 6944 8200.

*'Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.'*

Bob Kerrey



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