



BEACON Chapter 4 Accountability

Lesson 1 – Thriving requires holding yourself accountable

ThriveAbility



Let's get STARTed with BEACON... Are you SHINING?

Belonging

I prioritise connecting with others, invest in my relationships and share openly. I set boundaries with those who don't treat me respectfully.

Nurture

I take actions to nurture my physical and spiritual wellbeing. I eat and rest well and stay active to maintain physical fitness. I take time to recover and restore my energy.

Engagement

I am interested in life and engaged in activities meaningful to me. I'm prepared to try new things, knowing I can make change with effort.

Optimism

I am positive, resilient and hopeful for the future. I actively do things that lift me each day, helping me navigate the highs and lows of life.

Accountability

I hold myself accountable for being at my best by setting daily and longer term goals and pursue them with both grit and grace.

Compassion

I am kind and compassionate to myself and others, balancing my own needs with the needs of those around me.

ThriveAbility

Stability - I feel safe, Life is stable enough for me to learn and embed strategies for thriving. Y/N?

Accountability the foundation for thriving....

What will we learn?



Belonging

- Why we thrive in a tribe
- How we cultivate close connections
- Valuing vulnerability
- Tips for relating well such as; positivity resonance, presence, third space & active constructive responding



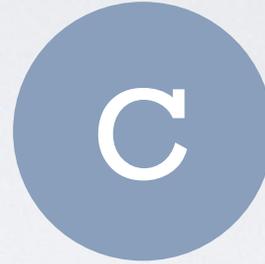
Engagement

- Discovering our strengths
- Using awareness of our strengths to build engagement and thriving
- Making life meaningful



Accountability

- Identifying goals with passion & purpose
- Growing grit to hang in for the long haul
- Balancing grit and grace.
- Adopting a growth mindset
- Accept what you can't control



Compassion

- Learning to see and soothe your own struggle
- Embrace kindness as a wellbeing super power
- Get kindness "just right" with the Kindness Quadrant



Optimism

- Understand the power of positive emotions
- Navigate negative emotions
- Discover the 3P's of optimistic thinking



Nurture

- Learn and apply the latest science for eating, moving and sleeping well
- Master Mindfulness
- Establish your "ideal day"

Key Points – ACCOUNTABILITY



LESSON 1

Thriving is not a spectator sport – we need to put in effort & hold ourselves accountable for daily habits that help us thrive



LESSON 2

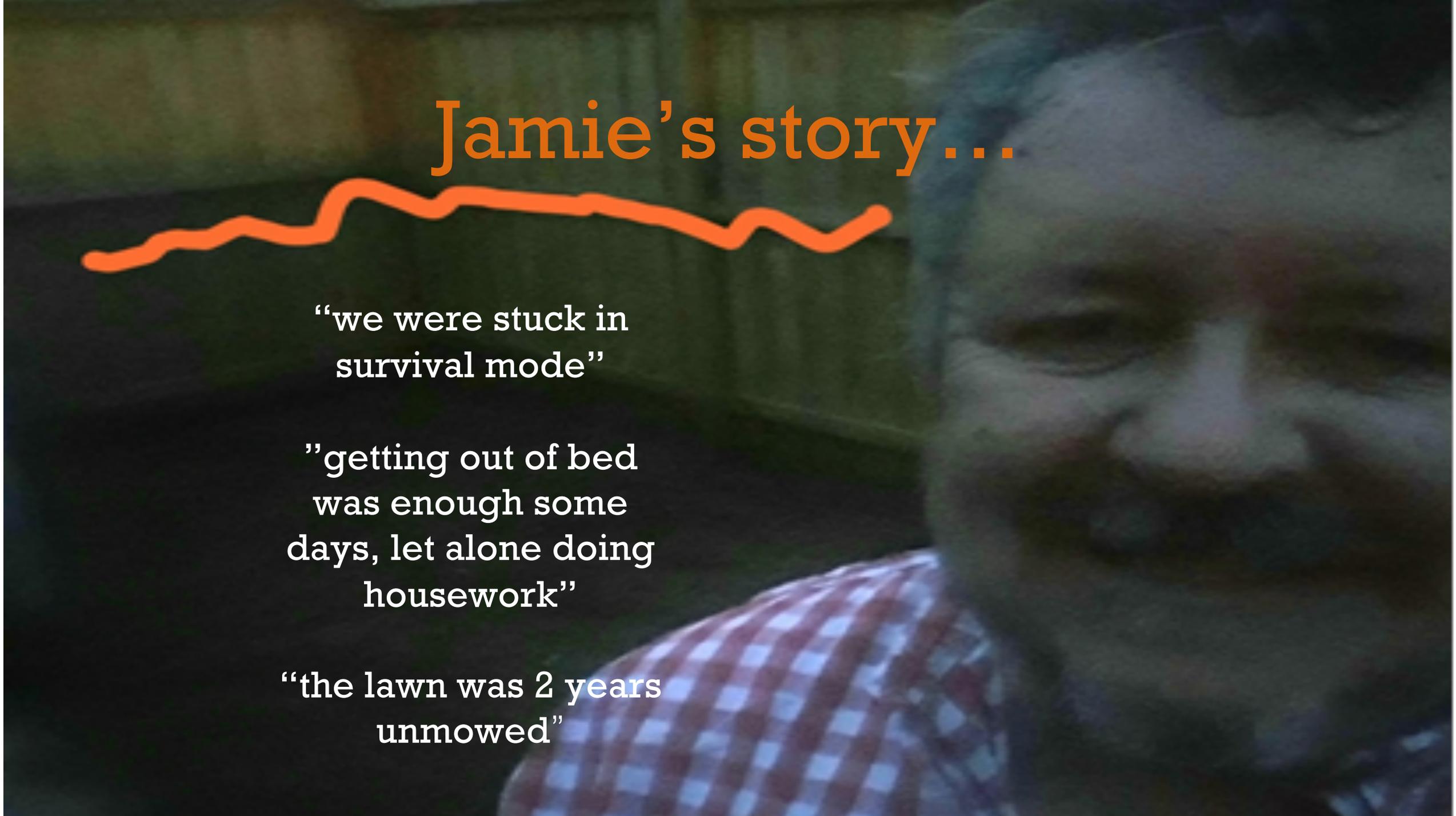
We need to have future goals that are aligned with our strengths, purpose and passions.



LESSON 3

Learning about and adopting a growth mindset, believing that with effort we can change and grow.

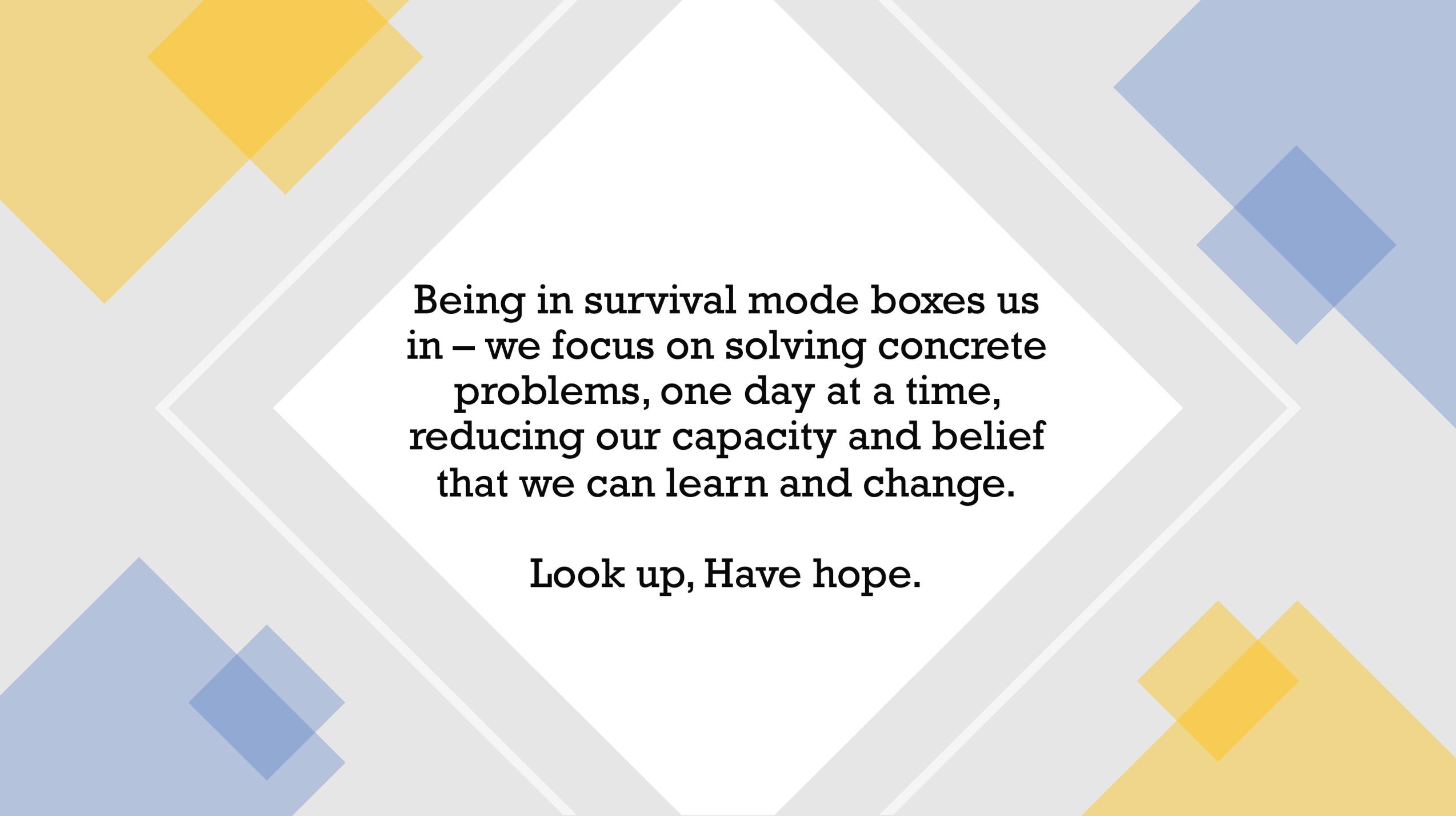
Jamie's story...



“we were stuck in
survival mode”

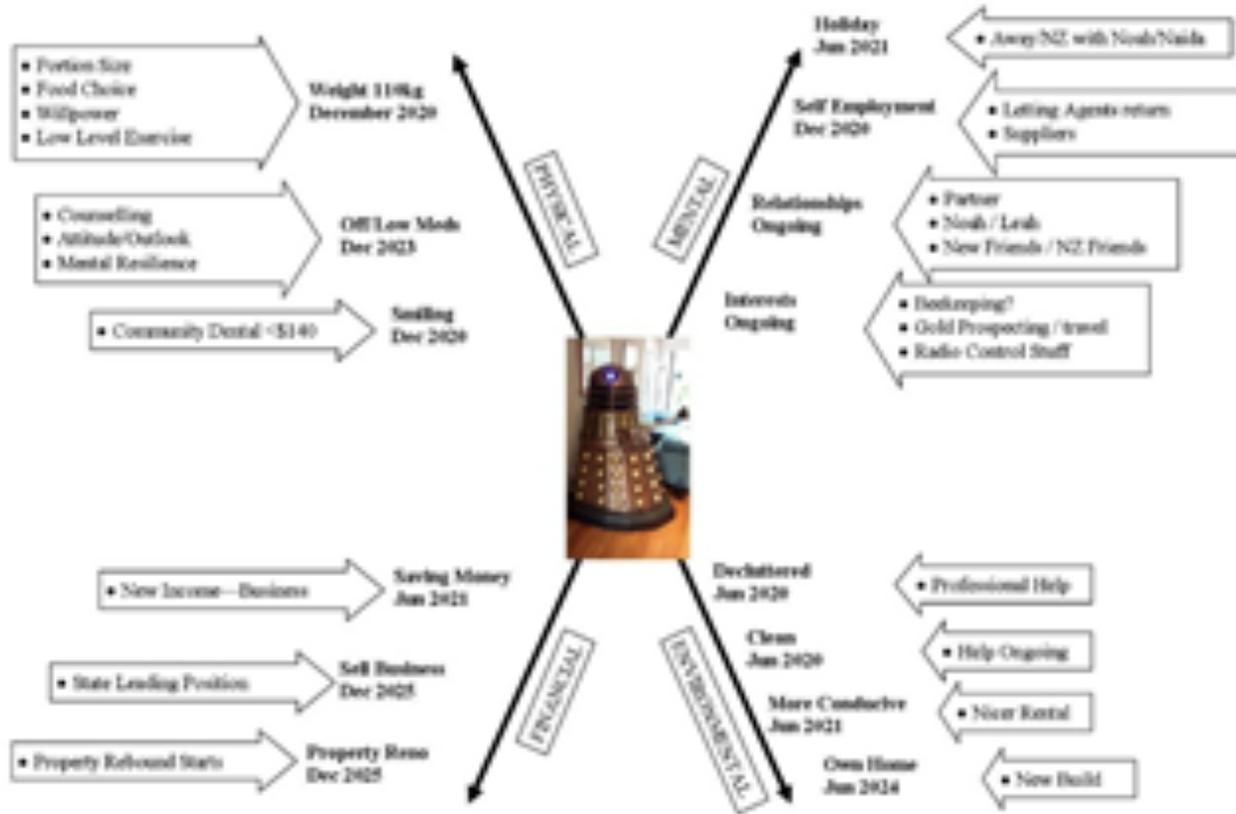
”getting out of bed
was enough some
days, let alone doing
housework”

“the lawn was 2 years
unmowed”



Being in survival mode boxes us in – we focus on solving concrete problems, one day at a time, reducing our capacity and belief that we can learn and change.

Look up, Have hope.



Jamie's goals

Knowing where I'm going helps me get unstuck

Take a look at your life and ask is this who I want to be? If I keep going as I am, how will life be 5/10 years from now?



My life
now



The balance Accountability & Acceptance

There are many things we can change but some we can't.

Get curious, get wise.

Have the serenity to accept the things you cannot change, the courage to change those you can and the wisdom to know the difference.



Key points lesson 1

- Thriving is not a spectator sport. We need to put in effort and hold ourselves accountable.
- Change will only happen if we shift from “learning” to “living” by applying what we learn.
- Shifting out of survival mode means increasing our stability, time horizon, sense of hope and belief in our ability to change.
- There are many things we can change but some we can't. Get curious, challenge your assumptions but be realistic and compassionate to yourself.
- Accept and let go of what you can't change, yet have to courage to hold yourself accountable for what you can.