

# I'd rate the relevance of my learning in the Living Life To The Full program a solid 9 out of 10"



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## **“Understanding the power of the vicious cycle has changed my attitude towards learning”**

What made the program so relevant to my life was the lesson about the vicious cycle. In the program we are made aware of the relationship between our thoughts, emotions and behaviours. We learn how we can manage that vicious cycle so that we are often able to better support our life improvement.

I have struggled a lot with my thoughts in the past, to the point where it was often leading to a downward spiral. Learning about managing the vicious cycle was something that I embraced, and it was life changing.

I wish I would have known about it back when I had my first job. I now realize the dynamic I was in regarding my job performance, my lack of motivation and how much I just wanted to go. If only I had had the Living Life To The Full (LLTTF) training back then, I would have been able to recognize the altered thinking that was affecting my performance and stopped the cycle from spinning before I lost my job. I'm currently in training for a future job and the LLTTF program is helping me with improving my confidence and beliefs in myself to overcome doubts about my capacity. I replaced my negative thinking with thoughts and emotions conducive to creating the behaviour and resilience I need to attain my goals.

## **“Meaningful, Life-changing and Insightful”**

When was the last time you experienced something in life that was meaningful, life-changing and insightful?

LLTTF is a program that allows us the opportunity to not only become aware of our difficulties but also understand how to change our behaviours and change our reality for the better. The lessons taught in LLTTF are easy to apply and I plan to continue changing things in my life. Now that I know how to respond to altered thoughts and behaviours, I plan on trying to stop the vicious cycle from spinning at the earliest possible moment instead of letting it impact my life. I am also applying the lessons to manage my frustrations and anger. The 1, 2, 3 breathe approach to keep our temper is wonderful and an easy and insightful lesson for me. When we struggle with frustrations and anger it is very impactful to master knowledge on how to deal with it in a balanced and healthier manner.

LLTTF was life changing for me and I look forward to new challenges and experiences now because I feel I have the capacity to handle them in a way that can create success for myself.