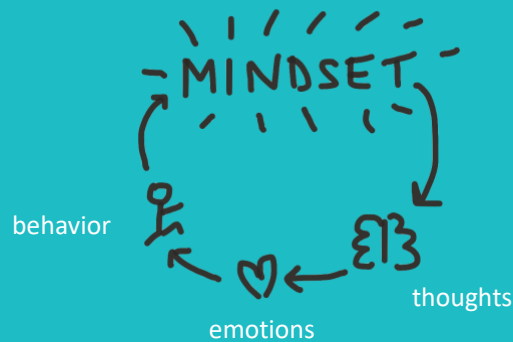


J&J Kuwait Wellbeing Program
Workshop 3: Leveraging multiple intelligences to make better wellbeing decisions -
WORKBOOK
With certified coach Desi Jagger

Mindset is everything



Johnson & Johnson

Desi Jagger
THE CHANGEMAKERS COACH

Top tips for accessing your multiple intelligences

1. **Begin from a place of neutrality and calm** – via breathing, chanting or relaxing
2. **Ask general, open-ended questions**
 - Good: “What do I need to know about this topic today?”
 - Bad: “Should I go for option A or B?”
3. **Don't linger** – wait for a 30 seconds and then move on. Watchout for analysis.
4. **Don't get upset if nothing comes up straight away**, just repeat again tomorrow
5. **Practice 3-5 days / week** – build the muscle

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MIND-BODY-SOUL EXERCISE

What insights did your mind bring?

What insights did your gut bring?

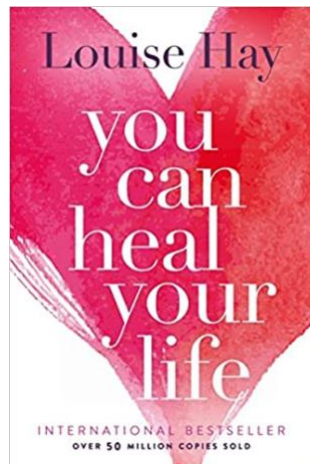
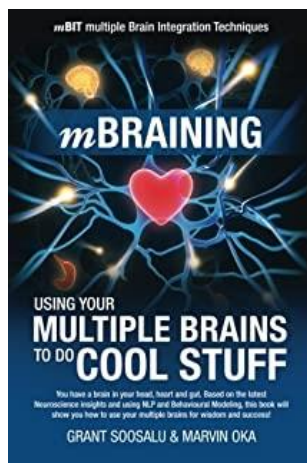
What insights did your heart bring?

What conflicts are arising?

What needs to be aligned?

Intuitively, which one needs to take the lead in this situation – mind, body or soul?

RESOURCES



Guided meditation to connect with your intuition (Sara Raymond from The Mindful Movement) - <https://www.youtube.com/watch?v=iGWdUTiflQ>

Questions to ask your mind, body and soul:

- What do I need to know about you right now?
- What message do you want to give me?
- What is most important here?
- What do you know to be true?

ACCOUNTABILITY (TO COMPLETE BELOW THE NEXT SESSION)

Deepen your reflection on multiple intelligences.

Which intelligence do you usually use most?

Which intelligence do you want to strengthen or listen more to? What would you gain from this?

What are the big decisions that you need to make in your work and life this month?

*Do the mind-body-soul exercise for each decision.
What comes up for you?*