

Personal Survival Kit

Belonging to

Date compiled / /

Touchstones

Say these out loud either in the car on the way to work,
or when looking in the mirror first thing in the morning.

I am not an antelope

I am smart

I have talents

I have a right to be me

My talents have not evaporated over night

I am learning

I will be fulfilled

I can change my life

I am prepared for the future

To download a copy of your Personal Survival Kit, please
visit: **www.richardmaun.com**

2 Harvest my Strengths (Page 32)

What strengths are contained within my Diamond Days?
What skills, aptitudes, abilities do I feel I have?

I am really good at ...

3 My Support Group (Page 43)

Write down the names, e-mail addresses and mobile telephone numbers of four people who are my core support group. What can they do to help me?

1

2

3

4

4 Keeping my Ego in Sight (Page 64)

A My ego would like me to take the following baggage, which I can really do without.

List

B In order to make some progress I am prepared to do things differently. These include:

List

5 Threat and Hunger Inputs (Page 90)

A Threat inputs make him feel unsafe. I need to avoid doing the following things to him.

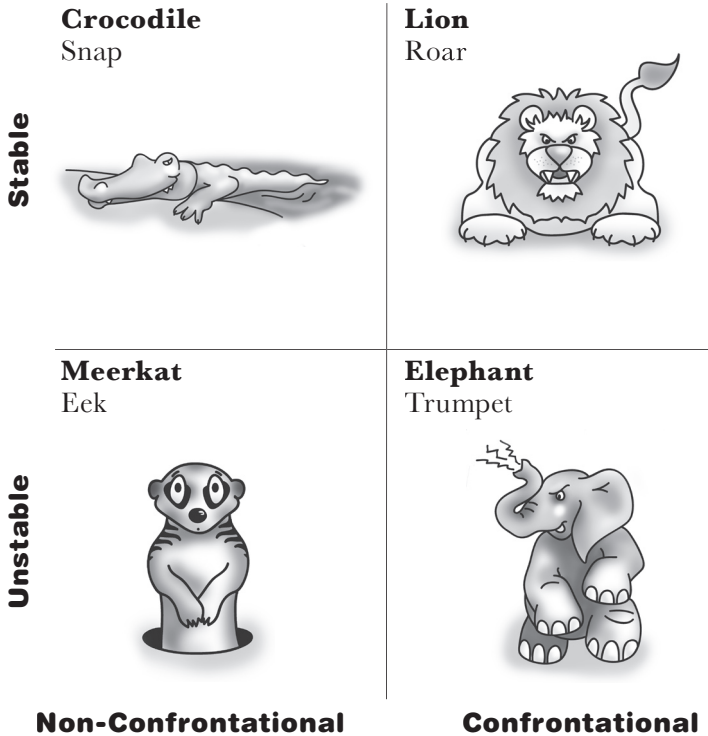
List

B Hunger inputs are about an absence of something. I need to start doing the following things to avoid trouble.

List

6 The Serengeti Boss Type Model (Page 96)

Circle one:



10 Grounding Techniques (Page 134)

I will practise the following things to help me remain calm when faced with a wild animal and a dangerous situation.

1

2

3

12 My Desired Outcomes (Page 152)

I will work towards the following happy outcomes in order to increase my inner health:

Fulfilling Job Tasks

Tomorrow

Next Month

After 6 Months

After 2 Years

Training and Development

Tomorrow

Next Month

After 6 Months

After 2 Years

Home Life and Leisure Activities

Tomorrow

Next Month

After 6 Months

After 2 Years

Salary

Tomorrow

Next Month

After 6 Months

After 2 Years

15 My CV (Page 158)

I have updated my CV and it is now:

Current

Yes

No

One brilliant single page

Yes

No

Smart

Yes

No

Accurate

Yes

No

Relevant

Yes

No

Superb

Yes

No

16 Honesty Check (Page 158)

I have completed all parts of my Personal Survival Kit.

Yes

No

I have been really honest and not lied to myself.

Yes

No

I have decided to laugh and learn.

Yes

No

I have made a commitment to myself to have a fulfilling life.

Yes

No

I have a plastic bag available for emergency packing.

Yes

No

17 Celebration (Page 158)

I am now prepared.

MY BOSS IS A BASTARD!

- Always
- Frequently
- Often
- Sometimes

However, I am not so scared and fed up because I am ready for the future. I have my Personal Survival Kit and I'm not afraid to use it. I can increase my fulfilment and inner health.



Tick here upon completion of my Personal Survival Kit.

Well done me! 😊