



Mike House: Reality is a Gift



Mike House is an author, speaker, mentor, facilitator, and 20 year veteran of survival instructing and organizational change. Learn the survival mentality, ways to deal with pressure, and practical survival tips to deal with reality, especially when it is not shaping up the way you want it.

TOP EMBODIMENT TIP: Acknowledge and accept your reality. Become a conscious part of whatever system you are in.

Characteristics of Those who Rise Above: **How to create opportunities instead of going into a victim tailspin**

- **Handle paradoxes:** Two truths can be equally valid at the moment and held at the same time.
- **Accept reality:** Do not confuse the optimism of thinking that you will overcome, with the discipline to confront the reality of your current circumstances.

Guerilla Mindfulness Tactic Applications

1. **Handling transitions** throughout the day.
2. There are not many environments where you can sit and regroup, reset, and get more clear, present, and focused.
3. **Get acquainted with sitting still and doing nothing**, even if you're action-oriented.

3 Steps to Guerilla Mindfulness: to reset and get clear, present, and focused

1. **Take 3 rhythmic breaths.** Breathing is the only part of our fight-or-flight system that we can control.
2. **Acknowledge emotions** without making a story about it. Simply describe your emotional state.
3. **Move into an effective state.** What is your intention for right now?

Circles Exercise: Tactic to triage environments and situations to quickly pull yourself out of overwhelm.

- **Circle of control:** usually quite small and includes how you rest, eating, exercise, your reactions, and your thoughts.
- **Circle of influence:** things you can't directly control, but have some ability to move the dial on it. Usually involves reactions towards other people (stress occurs where we blur the line between the circles of control and influence.)
- **Circle of concern:** things you have no ability to control or influence, but of which you must be aware of.

Tactic to Deal with Negativity Bias

- It takes **5 positive experiences** against 1 negative experience to feel it's a positive situation.
- **Balance** the negativity bias with gratitude.

Resources

- ❖ **Books:** [Book Thrive and Adapt no Matter What](#)
- ❖ **Website:** <http://www.mikehouse.com.au>
- ❖ **References:** [Good to Great: Jim Collins](#), [The Survivor Personality: Al Siebert](#)



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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