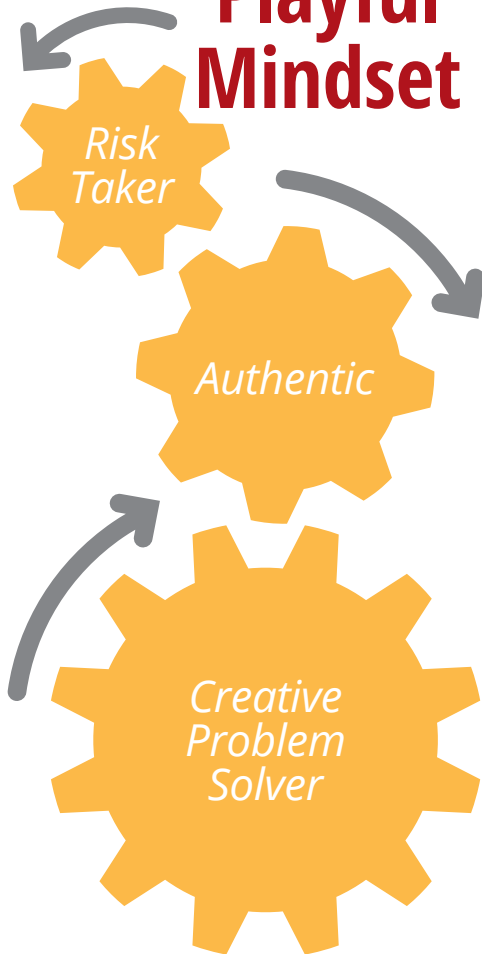


NWR EDUCATION SERIES

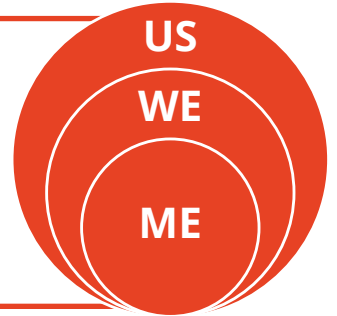
ROOFING IS SOCIAL RESILIENCE

Playful Mindset



It starts with you (me) which is showing up and working on your wellbeing...

"Not taking care of ourselves has a ripple effect to those around us."



Recipe to Create a New Habit

Create a tiny habit in five minutes or less! This can help to promote positive behaviors.

After I...
(Anchor action with existing routine)

I Will...
(Small, attainable new habit)

Then Celebrate!
(Action that is a positive reward)

TINY HABIT FORMULA

Behavior happens when motivation, ability, and prompt converge at the same moment



PILLARS OF PLAY FRAME WORK (MIMOSA)

A playful mindset is a mode of perception that brings the biggest satisfaction. There are six core skills to cultivate in order to help embody playfulness.



Mindset



Inventor Mentality



Motivation



Openness



Superpowers



Awareness

For more in-depth resources and to watch the complete webinar visit
www.NationalWomeninRoofing.com/home/education/webinars/

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