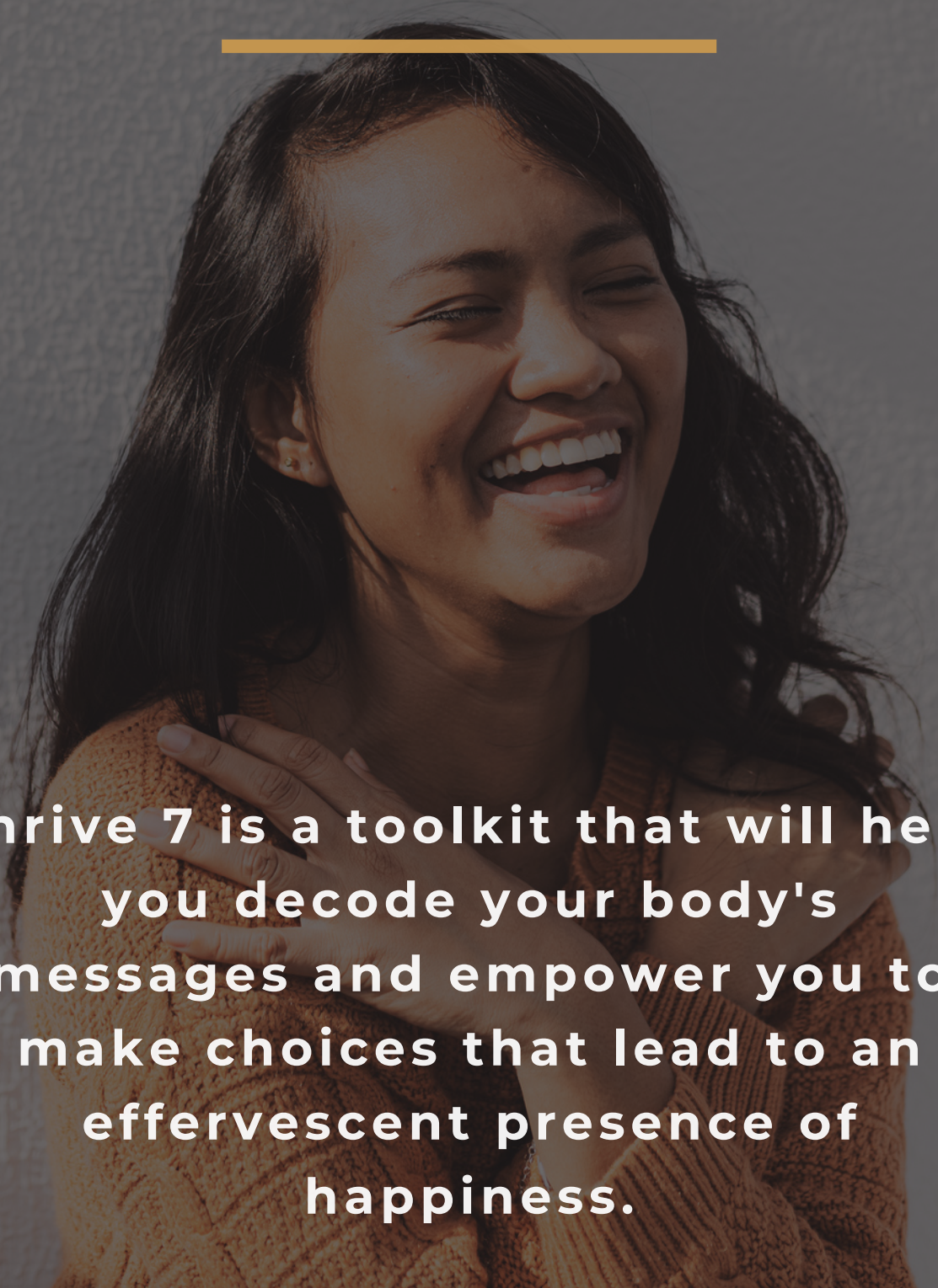


THRIVE 7PLAYBOOK

LEADING WITH HAPPINESS

A woman with long dark hair is laughing joyfully, her eyes are closed, and her hands are near her face. She is wearing a brown sweater. The background is a textured grey wall.

Thrive 7 is a toolkit that will help
you decode your body's
messages and empower you to
make choices that lead to an
effervescent presence of
happiness.



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Behind every happiness infused story is a journey.

The secret to lasting happiness?

It's **NOT** about chasing the next big thing.

Rather, It's about **embracing** where you are right now and letting your body's natural renewal process work its magic.



A Customizable Workplace Solution by Bonini

Thrive 7 is a versatile toolkit that can be tailored to address a wide range of workplace challenges. Here's how Thrive 7 can be applied to empower your teams within.

ADDRESSING THESE WORKPLACE OBSTACLES:

- **Stagnation:** Break through plateaus and reinvigorate your team.
- **Company Values Integration:** Align individual and team goals with organizational values.
- **Empowering Marginalized Teams:** Create a more inclusive and equitable workplace.
- **DEIB Challenges:** Address diversity, equity, inclusion, and belonging barriers.
- **Decision-Making and Feedback:** Foster a culture of open communication and constructive feedback.
- **Building Psychological Safety:** Promote accountability, responsibility, and a safe work environment.

NOTE:

Thrive 7 can be adapted to meet the specific needs of your organization. Whether you're facing challenges with team dynamics, company culture, or individual well-being, Thrive 7 offers the tools and strategies to overcome obstacles and create a thriving workplace.





HAPPINESS PRINCIPLE

Happiness Needs Space

TOOLS FOR CREATING SPACE: EYE MOVEMENT (EMDR) & SIGHING

Both EMDR and sighing are powerful tools for reducing stress and improving your mood. It can also be used for mental health issues and to reduce trauma.

Name of Tool	EYE MOVEMENT (EMDR):
What is it?	Eye Movement Desensitization and Reprocessing (EMDR) is a therapy technique that uses rhythmic eye movements to process traumatic memories and reduce emotional distress. It's like your brain's way of hitting the reset button. EMDR can help boost your mood, reduce anxiety, and improve overall well-being.
How to Use It	1. Find a quiet space where you won't be disturbed. (Not critical) 2. Think of a memory or situation that's causing you stress. 3. While focusing on the memory with your eyes wide open, gently move your eyes from left to right. 4. Continue this for a few minutes, or until you feel a shift in your emotions.
When to Use It	Whenever you're feeling overwhelmed, stressed, or stuck in a negative loop.
How Long	You can do EMDR for as long as you feel comfortable. Some people find that a few minutes is enough, while others may need to do it for longer.
How Often	You can use EMDR as often as needed. Some people find it helpful to do it daily, while others may only need it occasionally.

Name of Tool	SIGHING
What is it?	Sighing is a natural reflex that helps regulate breathing and reduce stress. It's like your body's way of saying, "Take a deep breath and relax."
How to Use It	Simply take a deep breath in, hold it for a few seconds, and then let out a long, slow sigh.
When to Use It	Whenever you're feeling stressed, anxious, or overwhelmed.
How Long	Sighing can be done anytime and anywhere.
How Often	You can sigh as often as needed.

02



HAPPINESS PRINCIPLE

Happiness Needs Life Experiences

TOOL: ANCHORING

Anchoring is a powerful tool that can help you overcome challenges, achieve your goals, and live a more fulfilling life.

In Thrive 7, you learned how to create and use your own personal anchors to boost your happiness and well-being - using the following:

- A word you tend to say when you're happy. We called this "your power word".
- Pressing into the radial longitudinal crease of your hand (any hand): this would be the soft tissue between the thumb & the index finger.

Name of Tool	ANCHORING
What is it?	Anchoring is a powerful technique used in neuro-linguistic programming (NLP) to associate a specific emotional state with a physical sensation or trigger. It's like creating a mental shortcut to your happy place.
How to Use It	1. Identify a positive memory: Recall a time when you felt exceptionally happy, confident, or motivated. 2. Anchor the emotion: As you relive this memory, associate it with a physical action, such as touching a specific part of your body or making a gesture. 3. Practice: Repeat this process several times to strengthen the association.
When to Use It	Whenever you need a quick mood boost or want to get into a zone that allows you to be focused, or eliminate external distractions.
How Long	Anchoring can be done in a matter of seconds.
How Often	You can use anchoring as often as needed. The more you practice, the stronger the association will become.

EXAMPLES OF ANCHORING IN EVERYDAY LIFE:

- Athletes often use pre-game rituals to anchor themselves into a state of focus and confidence.
- Musicians may use specific breathing techniques or visualizations to anchor themselves into a state of flow.
- Actors and performers often use anchoring to evoke specific emotions on stage.

THE SCIENCE BEHIND ANCHORING:

Anchoring works by creating a neural pathway in your brain that associates a specific physical sensation with a desired emotional state. This pathway can be triggered at any time to evoke the desired emotion.



HAPPINESS PRINCIPLE

Happiness Needs Sleep

TOOLS AND TECHNIQUES: EYE ROLL, YOGA NIDRA AND TOURNIQUET

Sleep plays a crucial role in regulating the production of neurotransmitters, including serotonin, dopamine, and oxytocin, which are all associated with happiness. When you get enough quality sleep, your brain can produce these neurotransmitters more effectively, leading to a boost in mood and overall well-being.

Name of Tool	POWER NAPPING
What is it?	• Eye Roll: Close your eyes and gently roll them backwards. This technique is similar to the eye movements used in EMDR and can help induce relaxation. • Yoga Nidra: A guided relaxation technique that involves progressive muscle relaxation and visualization. We used a simplified version inspired by military techniques. • Tourniquet Technique: While inhaling, gently tighten your muscles throughout your body. As you exhale, release the tension. Repeat this three times.
How to Use It	1. Find a quiet, comfortable space. 2. Perform the techniques in the order listed above. 3. Allow yourself to relax and drift off to sleep.
When to Use It	Whenever you feel tired, overwhelmed, or need a quick boost of energy.
How Long	Aim for a power nap of 15-20 minutes.
How Often	You can take power naps once or twice a day, depending on your needs.

THE SCIENCE BEHIND POWER NAPPING:

Power napping can improve cognitive function, mood, and alertness. When you sleep, your brain consolidates memories, reduces stress hormones, and replenishes energy. This can lead to increased feelings of happiness and well-being.



HAPPINESS PRINCIPLE
Happiness is Energy

TOOLS AND TECHNIQUES: BREATHWORK

You can use different techniques of breathwork to achieve different results. We looked at the following:

- Breathwork for clearing brain fog
- Breathwork for instant energy and focus

Name of Tool	BREATHWORK FOR CLEARING BRAIN FOG
What is it?	A simple breathing technique that helps to clear mental fog and improve focus.
How to Use It	1.Inhale and exhale through your nose. 2.Exhale completely through your mouth, close your mouth, and swallow. 3.Inhale through your nose for 4 seconds, exhale for 4 seconds. At the end of the exhale, close your nose and hold for 5-10 seconds. 4.Release your breath in and out through your nose for 10 seconds. 5.Repeat steps 2-3 five more times.

When to Use It	Whenever you're feeling scattered, mentally exhausted, or unable to focus.
How long	This technique can be done for a few minutes, or as needed throughout the day
What to expect	• A sense of alertness, especially around the eyes • A slight dizziness immediately afterward, which will quickly wear off • A feeling of tiredness if you're truly exhausted, in which case a power nap is recommended • A sense of contentment and peace

Name of Tool	BREATHWORK FOR INSTANT ENERGY AND FOCUS
What is it?	A powerful breathing technique that can boost energy and improve focus.
How to Use it	1. Inhale through your mouth, puckering your lips like you're about to whistle. 2. Exhale through your mouth, keeping your lips puckered. 3. Close your mouth, inhale through your nose, and exhale through the nose. 4. Inhale through the nose and exhale through the mouth. 5. Repeat steps 1-4 for three rounds.
When to Use It	Whenever you need a quick energy boost or want to improve your focus.
How Long	This technique can be done in a few minutes.
How Often	You can use this technique as needed throughout the day.

What to expect

- Increased energy levels
- Improved focus and concentration
- A sense of alertness and clarity

COMBINING ANCHORING, BREATHWORK, AND POWER NAPPING

By combining these techniques with your personal anchor, you can create a powerful toolkit for managing stress, boosting energy, and improving your overall well-being. Remember to practice these techniques regularly to reap the full benefits.

05



HAPPINESS PRINCIPLE

Happiness is a Decision

TOOLS & TECHNIQUES: COLLAPSING NEGATIVE ANCHORS

In Thrive 7, learned how to use collapsing anchors to overcome negative emotions, break free from limiting beliefs, and create a more positive and fulfilling life.

THE SCIENCE BEHIND COLLAPSING ANCHORS

Collapsing anchors work by disrupting the neural pathways that connect negative triggers with unwanted emotional states. By creating new associations between positive emotions and the same triggers, you can rewire your brain and change your responses to challenging situations.

Name of Tool

COLLAPSING NEGATIVE ANCHORS

What is it?

Collapsing negative anchors is an NLP technique used to neutralize the impact of negative emotions or experiences. It involves identifying and breaking down the associations between negative triggers and unwanted emotional states.

How to Use It

1. **Identify the negative anchor:** Determine the specific situation, memory, or trigger that evokes negative emotions.
2. **Evoke the negative state:** Recall the situation and allow yourself to experience the associated negative emotions. To intensify the experience, you can pinch yourself gently.
3. **Create a positive anchor:** Recall the positive anchor you created: i palm press, power word, pulling earlobe, activate it to dilute the negative state with a feeling of happiness.
4. **Collapse the anchors:** While experiencing the negative emotion, simultaneously trigger the positive anchor. This can help to neutralize the negative association.
5. **Repeat as needed:** You may need to repeat this process several times to fully collapse the negative anchor.

When to Use It

Whenever you're struggling with negative emotions or unwanted patterns of behaviour.

How Long

Collapsing negative anchors can be done in a single session or over multiple sessions.

How Often

You can use this technique as needed to address specific negative emotions or experiences.

06



HAPPINESS PRINCIPLE

Happiness is Duality

TOOLS & TECHNIQUES: PERCEPTUAL POSITIONING

In his book "Atomic Habits," James Clear explores the fascinating origins of the word "identity." Derived from the Latin words "essentitas" (meaning "being") and "identidem" (meaning "repeatedly"), identity is essentially "repeated beingness." This highlights the powerful role our habits and behaviors play in shaping who we are.

Name of Tool	PERCEPTUAL POSITIONING
What is it?	Perceptual positioning is a technique that involves viewing a situation from different perspectives. In Thrive 7, we practice a customized version that incorporates four positions: 1. First Position: Your own perspective. 2. Second Position: The other person's perspective. 3. Third Position: A neutral observer's perspective. 4. Fourth Position: A higher self or spiritual perspective.
How to Use It	1. Identify the situation: Choose a situation you want to explore from different perspectives. 2. Step into each position: Imagine yourself in each of the four positions, experiencing the situation from different viewpoints. 3. Analyze your findings: Consider how your understanding of the situation has changed by viewing it from different perspectives.
Benefits	1. Increased empathy: Understanding others' perspectives can help you develop empathy and compassion. 2. Improved communication: By seeing things from different angles, you can communicate more effectively and resolve conflicts. 3. Enhanced problem-solving: Perceptual positioning can help you identify new solutions and perspectives that you may not have considered before. 4. Greater self-awareness: By understanding how others perceive you, you can gain valuable insights into your own behaviour and beliefs.
How Long	One round around one subject matter is enough.
How Often	You can use deep perceptual positioning to address a specific issue as often as needed.

APPLYING PERCEPTUAL POSITIONING TO HAPPINESS

By using perceptual positioning, you can gain a deeper understanding of your own thoughts, emotions, and behaviors. This can help you identify any limiting beliefs or negative patterns that may be hindering your happiness. By shifting your perspective, you can cultivate a more positive and empowering mindset.

REMEMBER:

happiness is a journey, not a destination. By embracing duality and practicing techniques like perceptual positioning, you can navigate life's challenges with greater resilience and find lasting joy.



HAPPINESS PRINCIPLE

Happiness is a Ripple Effect

TOOLS & TECHNIQUES: DEEP THERAPEUTIC BREATHING

The Ripple Effect of Happiness: Happiness is contagious. When you cultivate happiness within yourself, it has a ripple effect on those around you. By sharing your joy and positivity, you can create a more harmonious and uplifting world.

DEEP THERAPEUTIC BREATHING - BONINI CO. BEYOND KNOWING RENDITION

Thrive 7 is a transformative journey that empowers you to unlock your inner happiness. Our deep therapeutic breathing technique is a key component of this journey, helping you to cultivate a sense of peace, well-being, and connection.

Name of Tool	DEEP THERAPEUTIC BREATHING
What is it?	Our proprietary deep therapeutic breathing technique is designed to promote relaxation, reduce stress, and enhance overall well-being. It incorporates elements of mindfulness, meditation, and energy healing.
How to Use It	While we cannot share the specific script due to its proprietary nature, we can assure you that our technique is a powerful tool for cultivating happiness and inner peace.
When to Use It	Whenever you need to reduce stress, improve your mood, or enhance your overall well-being.
How Long	You can practice this technique daily or as needed.
How Often	You can use deep therapeutic breathing as often as needed. The more you practice, the stronger the association will become.

THE SCIENCE BEHIND DEEP THERAPEUTIC BREATHING:

Deep breathing has been shown to have numerous benefits for physical and mental health. It can:

- Reduce stress and anxiety
- Improve sleep quality
- Boost your immune system
- Enhance your mood
- Increase focus and concentration

By incorporating elements of mindfulness, meditation, and energy healing, our technique offers a unique and powerful approach to cultivating happiness and well-being.