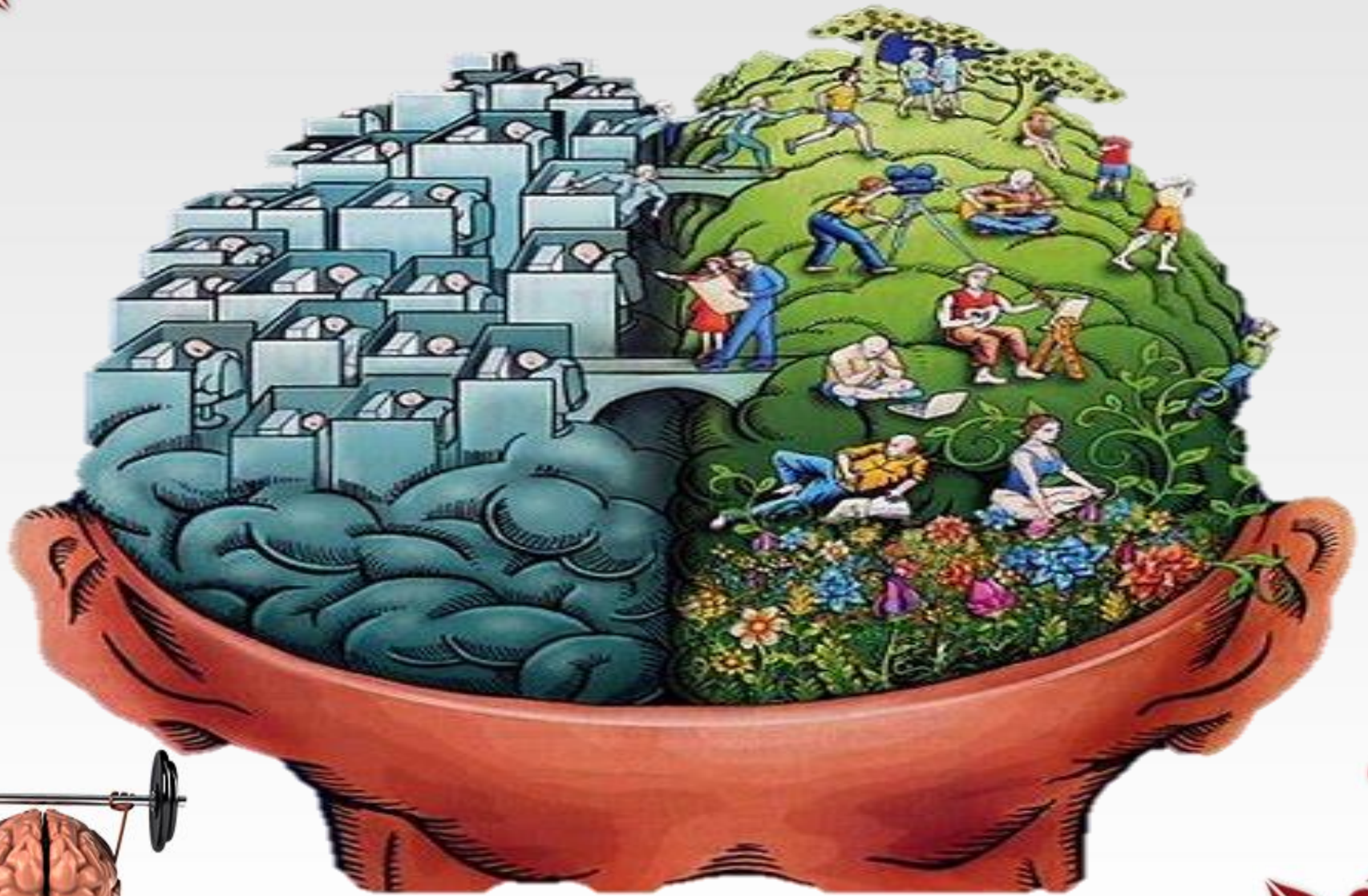


MIND POWER

A person in a white shirt is shown from the chest up, holding a glowing, translucent brain with intricate neural connections. The background is a light blue gradient. The image is framed by decorative blue and white corner ornaments.

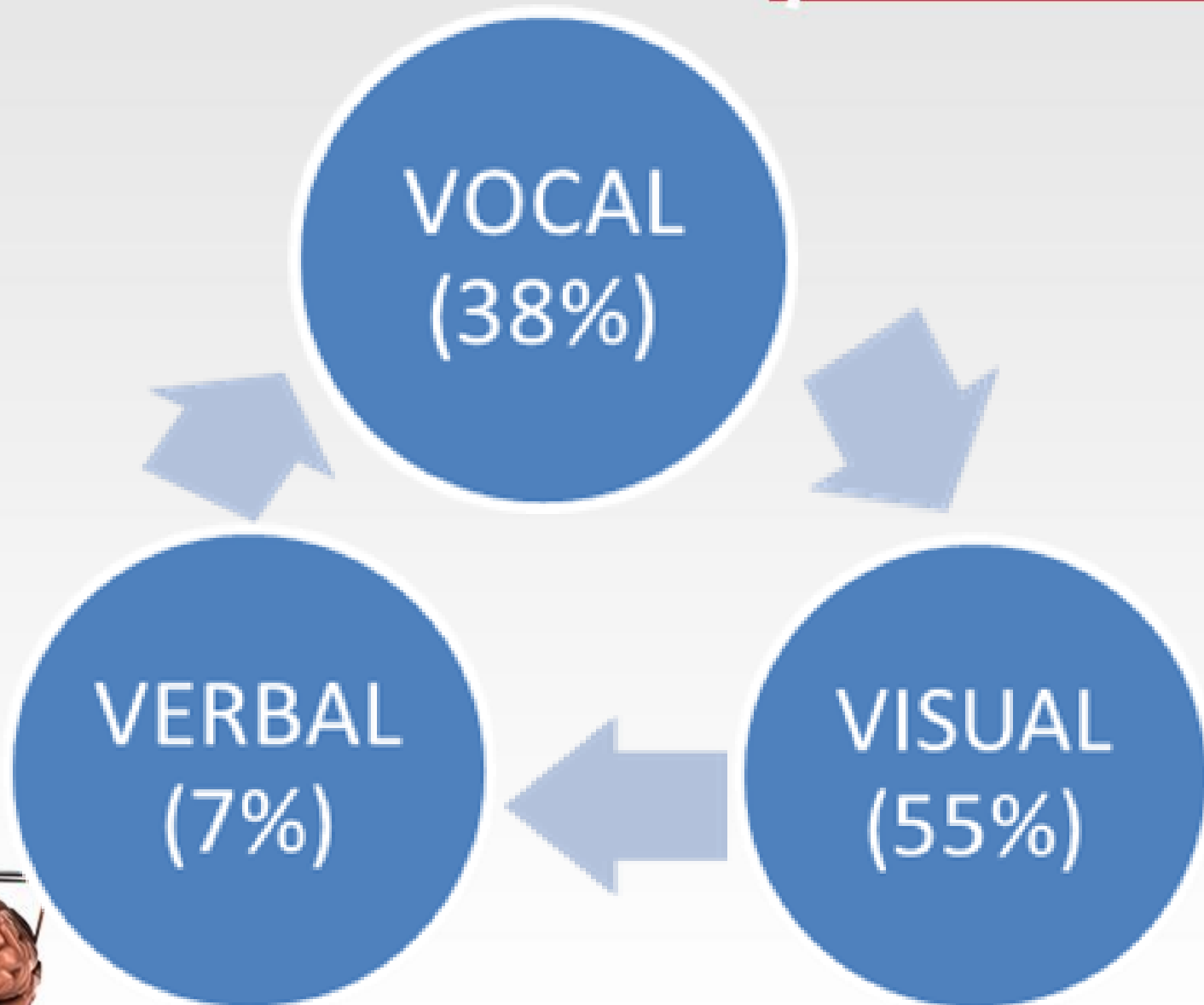
NOORIHAYATTI NOORUDIN K.B, P.A
PEGAWAI PSIKOLOGI KANAN
BAHAGIAN KAUNSELING
UNIVERSITI PUTRA MALAYSIA

MIND POWER



TOOLBOX 1 :WHO AM I?





M VALLEY



APPPEARANCE

BEHAVIOUR

COMMUNICATION



FIRST

I  VE

YOURSELF



Chit Chat





TOOLBOX 2 : DRAW & WRITE



7 EFFECTIVE WAYS YOU CAN UPGRADE YOUR MINDSET :

1. **Change your self-talk**
2. **Change your Language**
3. **Determine the mindset you need and act as if**
4. **Learn & Apply**
5. **Surround yourself with people that match your desired mindset**
6. **Create new habits to support your mindset change**
7. **Jump out of your comfort zone**



TOOLBOX 3 : HEALING BRIEFCASE



Chit Chat



TOOLBOX 4 :WHO ARE YOU?





S.W.O.T ANALYSIS

MIND POWER

Strengths

Weaknesses

Opportunities

Threats



Strengths

S

Weaknesses

W

Internal factors

Opportunities

O

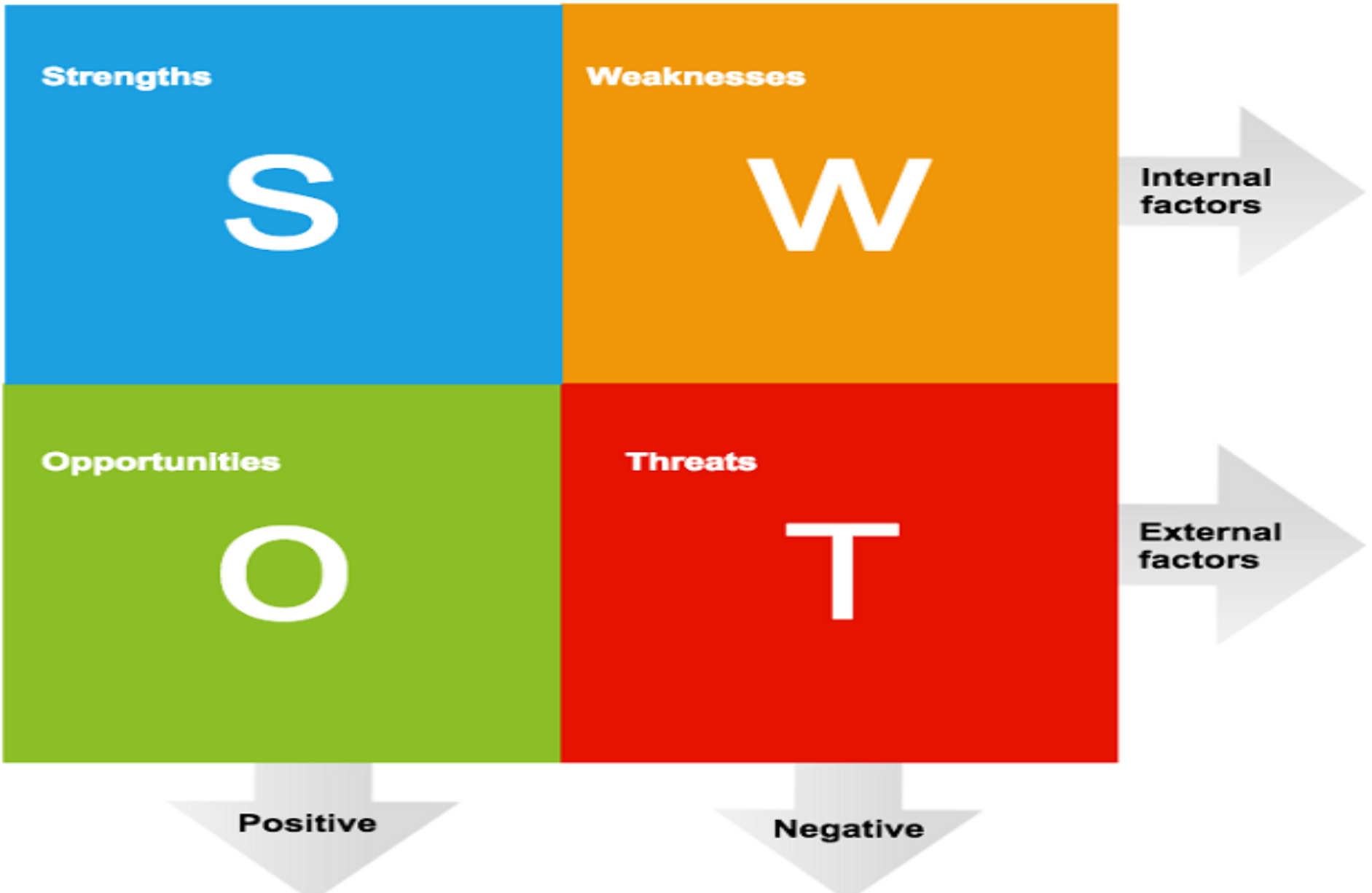
Threats

T

External factors

Positive

Negative



TOOLBOX 5 : GROUP ACTIVITY





**SHOWTIME
LIVE**

○ **Matlamat Jelas**

○ **Ilmu**

○ **New Day**


○ **Doa**

○ **Allah** is always be with you



Thank
You

 noorihayatti@upm.edu.my

 03-9769 8571

