

# NatWest Thrive Sessions

With Luke Vernon

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NatWest

## Session Sheet 1

# Luke

### About Luke Vernon

Luke Vernon is a presenter, actor, comedian and TikTok Superstar with 1.9 million followers. As positive off screen as his on screen, he's worked with Disney, WWE and is loved for his cheeky upbeat videos.



### Luke says:

I've teamed up with Marcus Rashford on NatWest Thrive. And the other week, I sat down with the amazing Tiger, one of the NatWest Rising Stars, who's from my hometown of Birmingham.

We're here to inspire you to build up your confidence, go after your dreams and get into good money habits. Let's go!

## The Power of Yet

**"I use this little game throughout my own life. I use it mentally, physically, financially, emotionally." Luke Vernon.**

If you ever feel stuck, take a minute to do this. It's a quick, simple, easy way to shift your mindset and turn any situation into something more positive. Let's do this.

### Step 1:

Write down something you're struggling with, or things you'd like to be better at. Could be, I can't concentrate for a long time; I can't afford some of the things I want; I can't drive; I can't manage my money; I can't do 20 keepy-uppies.

### Step 2:

Now at the end of those statements in capital letters write YET!

E.g. I can't afford some of the things I want, YET! I can't drive, YET! I can't concentrate for a long time, YET.

### Step 3:

Read your statements back. How do they make you feel? More hopeful? More optimistic? More positive?

There's loads of things in life I want. This little game helps me re-focus and stay inspired; knowing that I am on the journey to get there. I might not be there yet, but tomorrow, or someday soon I will.

There are going to be setbacks and obstacles to overcome. That's just part of life. But with practice, patience and perseverance you'll do amazing things.



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## Session Sheet 2

# Luke

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## Famous Failures

**"Every failure in my life was a pure positive. So no matter what's happened in my life, failure's made me want more, push for more. Failing is a beautiful thing," Luke Vernon.**

Failure, or falling on hard times, can become your superpower. It has been for me. It's helped me strive and thrive in everything I do. It's all a question of how you look at things and what you take from them. Let's go!

### Step 1:

Do you know any famous people, who've experience hardship on the way to success? Tiger mentioned NBA basket baller Jimmy Butler, who was homeless when he was teen. Can you think of other celebrities who suffered setbacks before they made it? What do you think failure taught them?

### Step 2:

Think about a time in your life when things were tough, or when you failed at something you attempted.

### Step 3:

Did you learn from it? Did you come back stronger? Did it help you get where you want to be today? What did it teach you?

### Step 4:

Take a moment or two, to change how you think about failure. Failure can be your friend. Take it, use it to inspire you and learn from it.



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## Session Sheet 3

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## Put a value on this

### "My time is the most important thing to me," Luke Vernon

Life is about finding balance between all the things that are important to you. But some of the most important things, like time, family, mental health and following your passions, you can't put a price on. Use this game to you work out what really matters to you.

### Setting up the game:

Take a piece of paper and then rank these words in order of importance.

<b>Holiday</b>	<b>Time</b>
<b>New trainers</b>	<b>Family</b>
<b>New clothes</b>	<b>Privacy</b>
<b>New smartphone</b>	

### Exploring your values

What does your list look like? What's at the top and what's the bottom? What are the top three most important things to you?

### Living your values

Think of your list like a blueprint for how you want to be spending your time, money, and energy. Structure your life around what you know are your priorities and push for what you want out of life.



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