

MONK

VS

MONKEY

SELF AWARENESS & RESPONSIBILITY

The Monk reflects on personal strengths and weaknesses, taking ownership of actions instead of placing blame.

COMPASSION & UNDERSTANDING

A Monk mindset thrives by understanding the perspectives, struggles and beliefs of others, and acting out of empathy and curiosity.

REALISM & ACCEPTANCE

The Monk embraces life's impermanence, facing reality without resistance. There is an acceptance of what cannot be controlled and peace in the present moment.

PURPOSEFUL LIVING & PLANNING

With intention behind each step, the Monk aligns daily actions with deeper purpose, setting meaningful goals that reflect a long-term vision.

ADAPTABILITY & CALM PROBLEM-SOLVING

Rather than resist change, the Monk flows with it, responding with grace and solving problems with the goal of clarity, not chaos.

EMOTIONAL REGULATION & PEACE

Emotions rise and fall every day. The Monk lets them come and go, responding with steadiness and nurturing peace within, even under pressure.

WHAT'S YOUR MINDSET?



**Feeling like you're going bananas?
Being as calm as a monk takes
some work, but it's never too early
to start practising.**

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DENIAL & RESISTANCE

The Monkey avoids life's hard truths. It pushes against what feels uncomfortable, chasing distraction over acceptance and failing to mindfully challenge itself.

IMPULSIVE LIVING & SCATTERED PLANNING

Without clear direction, the Monkey jumps from one idea to the next. Long-term goals are vague or missing, replaced by short-term instincts.

REACTIVITY & DISORDER

When challenges arise, the Monkey panics or lashes out. It struggles to pause, often fanning the flame of confusion rather than seeking calm solutions.

IMBALANCE & OVERLOAD

The Monkey rushes to do everything and ends up overwhelmed. It forgets to rest, juggling constant activity without regard for wellbeing.

STAGNATION & DISTRACTION

Drawn to novelty, the Monkey resists growth. It fills time with low-value distractions, avoiding deeper learning or meaningful reflection.

EMOTIONAL TURBULENCE

With moods that swing wildly, the Monkey lets emotion drive action. It reacts without reflecting and finds itself stuck in a cycle of stress and drama.