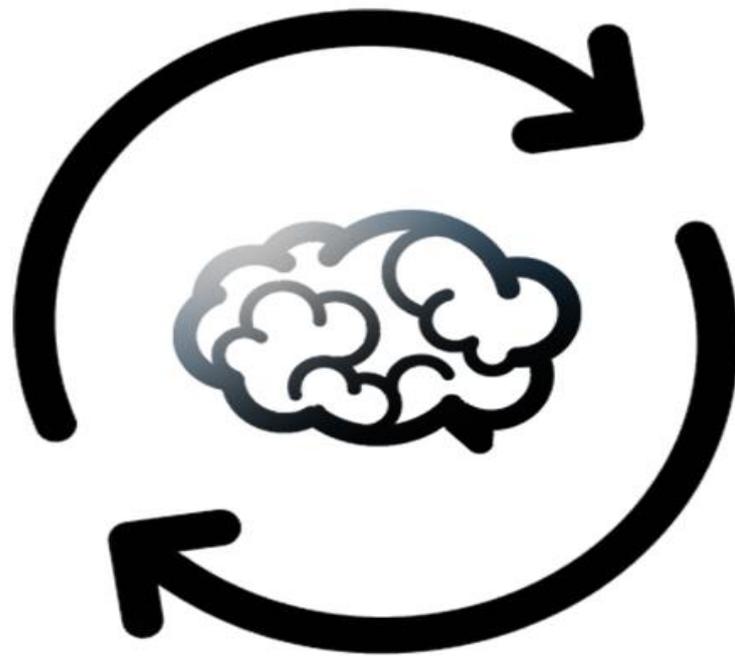


MIND RESET



CHECKLIST

Thoughts and beliefs are extremely powerful

- Your beliefs will control the way that you behave
- This in turn can transform the way others see you, as well as the chances you take and the way you present yourself
- That in turn alters the opportunities you get, the offers, and the things you accomplish
- This is the law of attraction.
 - This is why people who are more positive are actually “luckier” in many different ways
- Our limiting beliefs can hold us back and prevent us from fulfilling our potential. If you have limiting beliefs you won't take chances or invest in yourself.
- You MUST transform these limiting beliefs.

Identify your mindset

- Where do you want to be? What do you want to accomplish?
 - Use the 'five fold why'
 - Imagine writing your own eulogy
 - Look at your role models and see what they have in common
 - Think about when you were last truly happy
- This is what you are going to try and accomplish.
- Ask: why aren't you there now?
- Try using mindfulness and metacognition to listen to the contents of your thoughts. What are your beliefs with relation to those things?
- You will often find that beliefs are holding you back from taking those chances:
 - Fear
 - Lack of self esteem
 - Belief that you will fail
 - Belief that failure is permanent
- Listen for the actual fears that are holding you back and make a note of them.
- Understand that short-term beliefs can also hold you back, in the forms of implicit memories, as well as being 'primed' to perform sub optimally.

Change Your Thinking

- CBT is Cognitive Behavioral Therapy
- This is a psychotherapeutic technique used to change the way people think and view themselves to eradicate maladaptive thoughts and behaviors
- Look at the list of negative thoughts and beliefs and use cognitive restructuring to challenge them
 - Thought challenging: how realistic are these fears? Would they really come true? Are your statements about yourself or the situation accurate?
 - By disproving these limiting beliefs, you can free yourself to act on your desires.
 - Hypothesis testing: instead of simply asking the question, here you test the theory. That means that you do the thing you're afraid of or putting off in a controlled environment.
 - Was your fear disproportionate to the reality?
 - Positive affirmations: use positive phrases and affirmations to override the negative ones and feel better about yourself.
 - You can place these around the home using post-it notes
 - They will improve how you feel in the short term
 - Over time, those positive thought patterns become ingrained and will become your default way of thinking

Let Go

- Let go of the old you including negative beliefs and traumatic past experiences
- Throw a leaving party for the old you to mark the end
- Change your environment in order to help present a new face and to trigger different associations in your mind
- Change the way you dress (see law of attraction)
- Realize that you don't have to behave within your "type" at all times
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The Law of Attraction

- The law of attraction tells us that as we behave, so we will become. Like attracts like.
- If you believe you are highly capable, you will dress and behave like someone who is.
- Thus, others will believe that you are, and they will give you more opportunities and more ways to feel better about yourself.
 - Dress for the job and the LIFE that you want. Present yourself well to feel good and attract better opportunities.
 - Adopt positive, confident, and dominant body language.
 - Beam with your chest when you enter a room
 - Take up more space
 - Smile more
 - Facial feedback means that you will feel happier about yourself.
 - Mirror neurons means that this will also help others to feel happier and more positive and thus to want to spend more time with you

Meditation

- Meditation is a powerful tool to help you feel better and reset your mind
- Meditation comes in different flavors but ultimately involves focusing on something to better control your thoughts
- Write positive affirmations and use these to meditate
 - Try a gratitude attitude by meditating on things you're grateful for