

Mindset
Mini Course

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Find your magic

HOW TO USE THIS LOVE BOOK

Welcome to Mindset

This is your workbook.

Feel free to work through it anyway that appeals to you. Do it all at once or break it into different parts.

Here are some pointers:

Be easy and do not worry about having all the answers or the right answers.

Progress not perfection.

Have fun with the workbook. Work on it when you are relaxed and feeling positive.

Your first lesson in shifting mindset. If you have one of these two thoughts:

- You know this stuff already. Ask yourself, what can I learn from this.
- This won't work for me. Ask yourself, how can this work me.

ABOUT MINDSET

Mindset ~ Noun

1. an attitude, disposition, or mood.

2. an intention or inclination.

I'm going to give you the short version of mindset. If you want to know the science behind it, Google!

Whatever you think about you get…or at least a version of it. Why? Because thoughts create actions or lack of actions.

One of the fastest ways to achieve something is to shift your mindset from negative to positive. This entire love book will teach you to shift quickly from negative to positive. This is a skill which everyone needs to learn and to practice. There is no way you can control every thought that comes into your pretty head. So, the trick is to turn the negative thought around.

Practice makes perfect.

Do you want proof? On the next page, write down your negative thoughts. Next, write down actions or lack of actions that you took to support your negative thought.

Then do the same thing for your positive thoughts and actions.

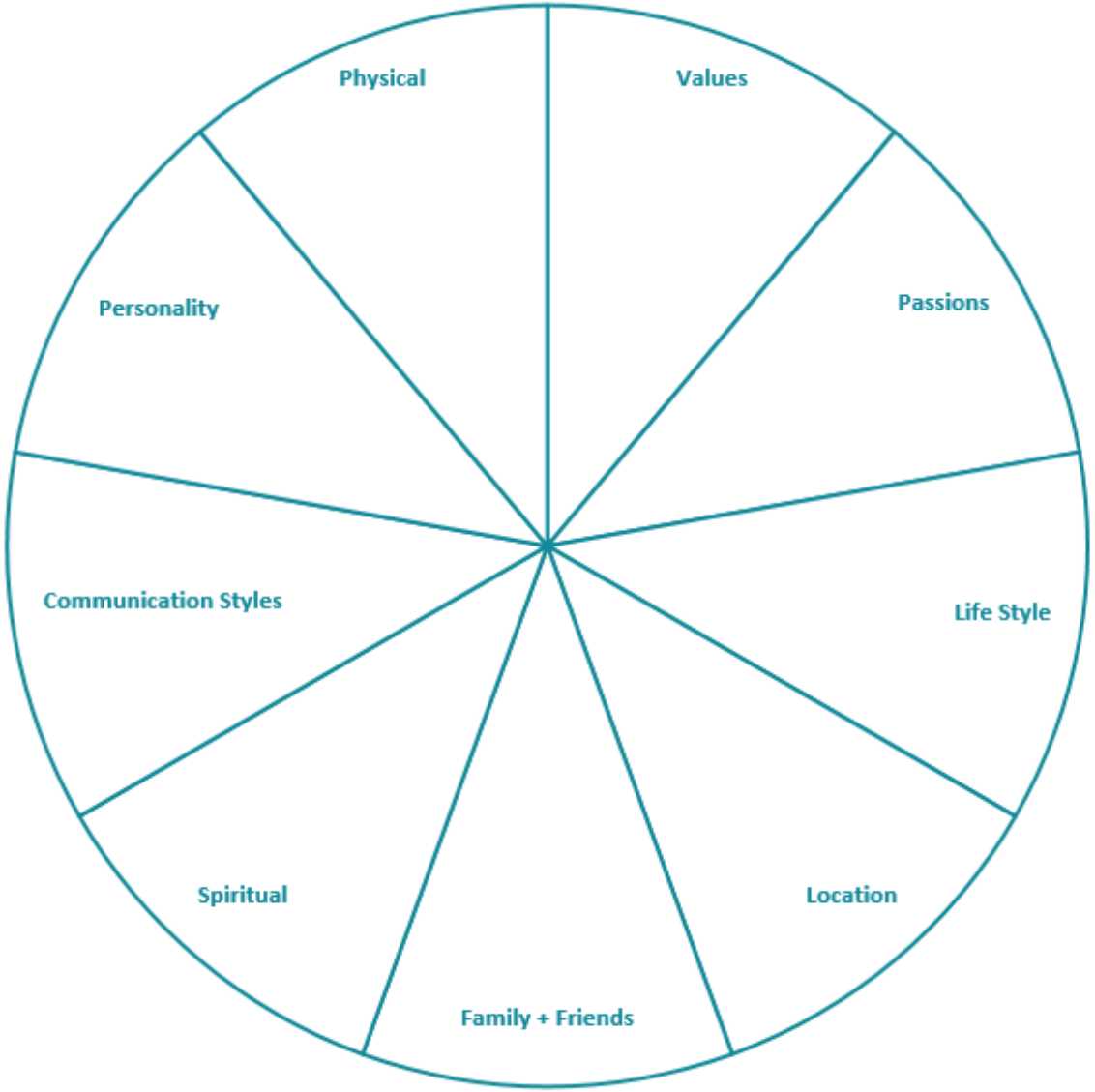
WHEEL OF LIFE

Each piece of pie represents a category of your life.

First, I want you to rank how important each of the categories is to you. A dot in the center means that this category is not that important, a zero. A dot on the outside of the pie means it is very important to you, a ten. Next connect all of the dots. You'll get a funky looking circle.

Next, I want you to rate how your feel you are doing in each category. A dot near the center means you are not feeling so hot about this area. A dot on the outside of the pie means you feel amazing. Next connect all of the dots. You'll get another funky looking circle.

Now look at the two circles. This will give you the order that you will tackle negative thoughts in. The area with the highest importance but with the lowest happy feeling will be the area where your mindset is at it's worst.



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THE CYCLE

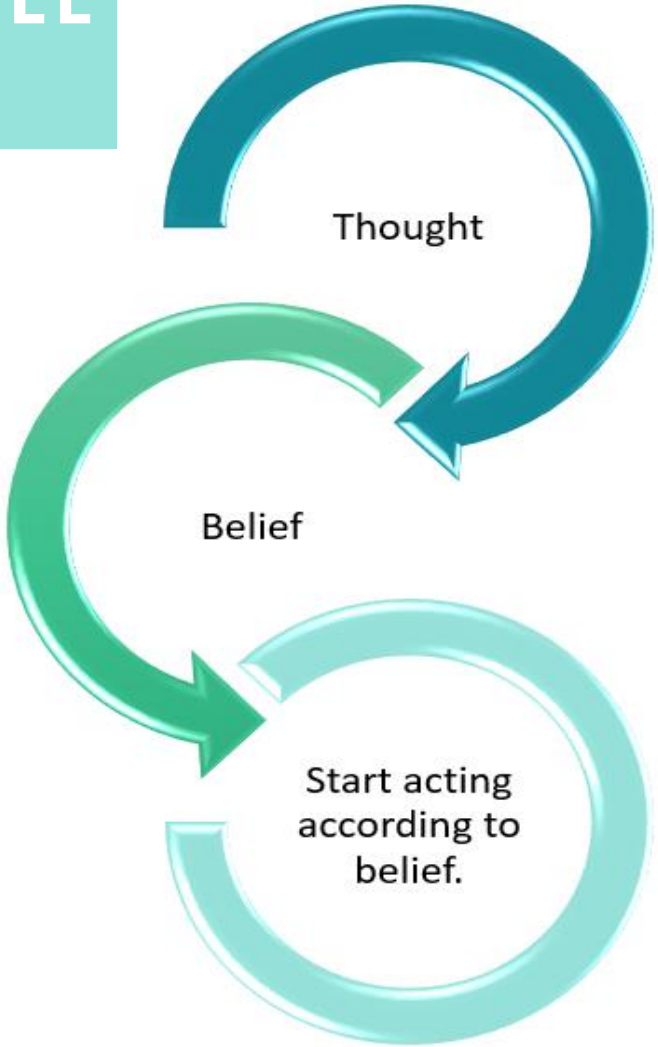
You were introduced to this thought cycle in self-love. Negative thoughts are one of the biggest blocks to moving forward. Otherwise known as a negative mindset!

If we keep having the same thought over and over, it will become a belief. Negative thoughts are easier to get rid of than negative beliefs.

The way that we think can change how we act.

Positive thoughts → Positive actions.

Negative thoughts → Negative actions.



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LET ME INTRODUCE YOU TO THE MEAN GIRL

You have a nasty voice inside your head. Let's call her the mean girl. Most of us have one, too. Her only job is to stop you from living your ideal life. That's it. She serves no other purpose. She can take the form of a perfect image of yourself, another person, or even a scary monster. She feeds on your negative experiences and uses those to create negative thoughts.

She spends her entire day and night whispering or yelling horrible things at you.

"You aren't pretty enough."

"You don't have what it takes to own a business. "

"People don't like you."

"You can't do that."

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MEAN GIRL

Let's look at what the mean girl does and how she prevents you from living your ideal life.

She knows you better than you know yourself at times. She works mainly with three areas. She's mean, she's scary, and she loves chaos.

She bullies you just like any schoolyard bully. She will yell at you, insult you, and put on a big show for you. She knows this will stop you a lot of the time. Easy win for her.

If berating you didn't work, then she moves on to fear. She becomes the monster under the bed. She will scare you so that you don't take action. Again another easy win.

Then if insults and fear didn't work, she moves on to chaos. She pollutes your brain with indecision. If you can't make a decision, you can't move forward. She wins AGAIN!

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MEAN GIRL

So why does she not want you to take action and achieve your goals?

That's simple. She doesn't want change. She has a nice little nest and it's comfortable. It doesn't matter if you are uncomfortable or need to change. Her survival is dependent on you staying the same.

Anytime you want to upgrade your life she will make herself known even louder.

If you want to test this theory, think of one thing that you really want to do or change right now. Now sit there quietly. First you will feel excited about this new idea. Wait for it. Any second now, she will pop up and start telling why you can't, how you are unable to do it, or how inadequate you really are.

So let's get clear…

She is a liar!

She isn't real!

She is a mindset destroyer!

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THE COMMITTEE AND THE WHEEL OF PERSONALITY

Let me introduce you to The Committee.

The Committee is your personality and how everything in your world is filtered.

Understanding The Committee and how the mean girl will try to get each committee member on her side, is step number one to a mindset make-over.

Let's meet them!



The Wheel of Personality
"The Committee"

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THE JUDGE

The Judge cares about justice, fairness, and doing the right thing. Example thought of the Judge: How will the people in my life be impacted by my decision?

When the mean girl has infected the Judge, the judge will be very harsh and looking to punish you.

THE BELIEVER

The Believer is the personality that creates your dreams. Example thought of the Believer: How can I make the lives of the people in my life better?

When the mean girl has infected the Believer, the Believer will make you believe that people are better without you or that you cannot improve.

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THE CHILD

The Child is innocent and looking to have fun or be nurtured. Example thought of the Child: I trust my people and how can I have more fun with them?

When the mean girl has infected the Child: temper tantrums for no reason.

THE REBEL

The Rebel is all about rebelling against social norms or family norms.

When the mean girl has infected the Rebel, unhealthy addictions start.

THE ROMANTIC

The Romantic is the personality that likes life to be pretty. She is the one that will buy flowers for herself and make her environment enchanting.

When the mean girl has infected the Romantic, the Romantic gives up creating beauty because you don't deserve it.

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THE SCEPTIC

The Sceptic is the part of the personality that looks at things with a critical eye and is very much needed to help protect you.

However, the mean girl loves the Sceptic and Ms. Together. They are the easiest for her to infect and the hardest personalities to know if infection has happened. When the Sceptic is infected there is nothing that you can do that will work to make anything better.

MS. TOGETHER

Ms. Together is the personality that likes things to be neat, finished, and done to the best of your ability. She is a work horse and loves to get things done.

When she is infected by the mean girl, you will see the perfectionist and the control freak pop up. Ms. Together will be extremely critical of you and controlling of absolutely everything.

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YOUR COMMITTEE HAS BEEN INFECTED IF…

The mean girl desperately wants to be on the Committee but she is not a real personality and brings nothing positive to you. So she is not allowed to sit at the table. She serves NO purpose.

Understand that you have many parts to your personality and that the mean girl will try to attach herself to these parts.

If your Committee seems mean and harsh. If your are just not yourself. If you are feeling negative, scared, or hopeless. If you have lost you passions. If everything is just blah…

Your Committee has been infected, which results in a negative mindset!

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LET'S GET RID OF HER

We need to get the mean girl out of your head because she is the cause of negative thoughts, beliefs, and fears.

In the next section, we're going to explore your negative thoughts.

We're going to accentuate the positive ones, and stop believing the ones that don't serve you!

We are evicting her...



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CLARIFICATION

In this next exercise, we are going to write down the negative thoughts that you routinely have.

Let's make sure that you label them.

- T = thought
- B = belief
- F = fear

After you have written down all of the negative thoughts, see if you have any aha moments.

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THOUGHT CLARITY

Thought	Is this a thought, belief, or fear?

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THOUGHT CLARITY

Thought or Belief	Is this a thought, belief, or fear?

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FIND THE OPPOSITE

Find the Opposite Instructions:

Don't let those negative thoughts become negative beliefs.

You might hear yourself thinking something that is negative, write that thought down.

Next you need to find the opposite positive thought about yourself.

We have to stop the negative thought before it becomes a limiting belief.

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OPPOSITE SIDES OF THE ROAD

Negative Thought

Positive Thought

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OPPOSITE SIDES OF THE ROAD

Negative Thought

Positive Thought

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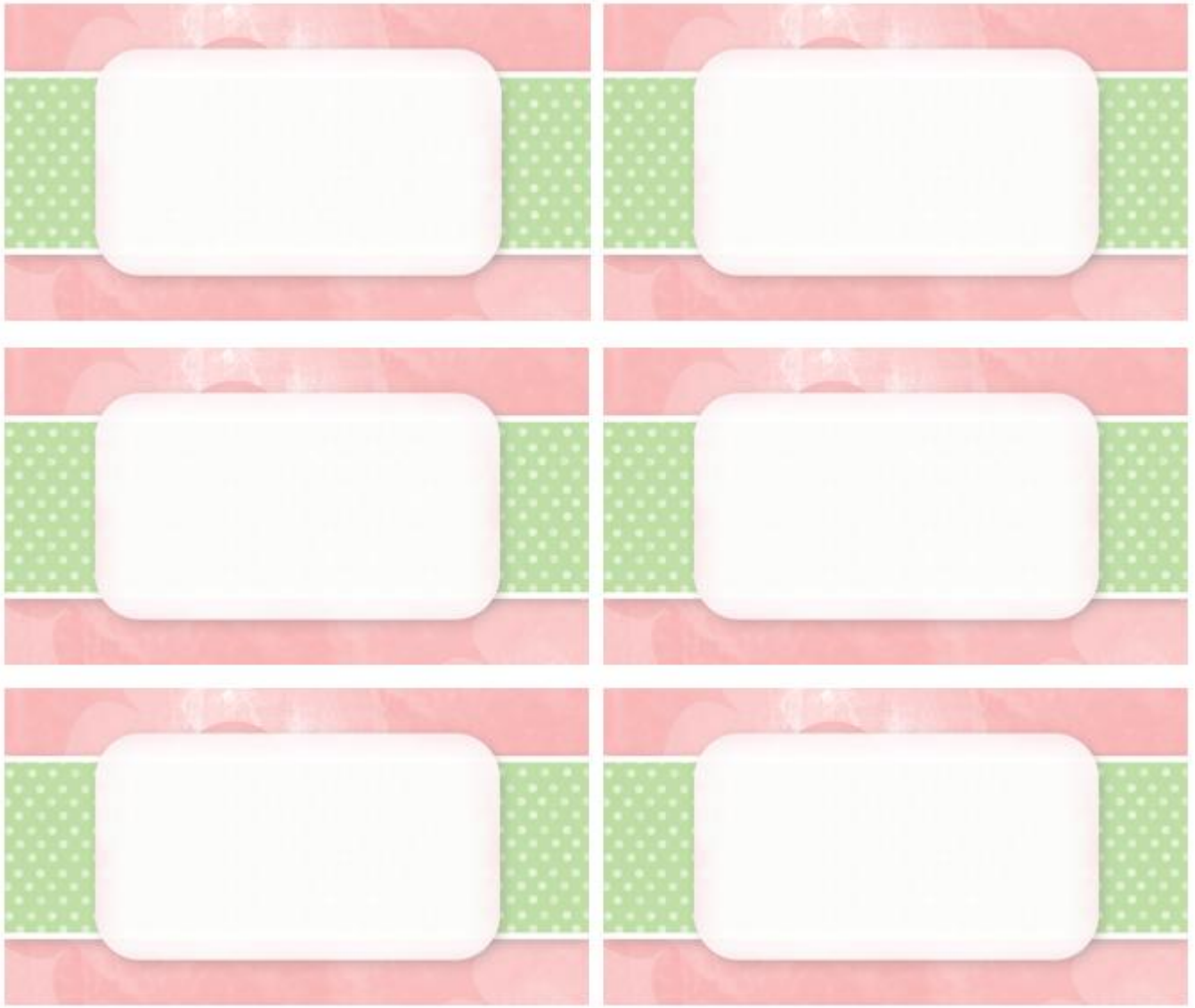
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POSITIVE THOUGHTS

In the exercise above you wrote a positive thought to counter act your common negative thoughts.

Now, I want you to write down those positive thoughts on these cards.

When you are struggling, pull these cards out, and stop that negative thought!



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NEGATIVE THOUGHTS

The point of this workbook is to clean up all of the old thoughts before they turn into beliefs.

In the future, If a thought doesn't feel good, pay attention to it.

Explore it.

Is the thought a fact or has it morphed into a falsehood?

Start by writing down the thought. Then decide if the thought is true, a belief, or a fear. Is there any truth to it? Examples of working with thoughts are on the next page.

Stop the negative mindset before the thought becomes anything!



WORK THROUGH NEGATIVE THOUGHTS

Belief: I am not good enough.

Start working with the thought. Ask yourself a lot of questions.

Is it true? Do you really believe that? Are you afraid?

Answer: I think I'm okay. I may not be perfect but neither is anyone else.

Do I really believe that I'm not good enough? Do I have any actual facts that I'm not good enough?

No, I know I'm good enough. I might have some things that I would like to improve. Those things are for me though, not another person.

New belief: I can't do it.

REALLY!!! Come on! You can and you will.

You used your mind to logically think through your negative thoughts.

Work on any negative beliefs on the next journal page.

INNER VOICE

If you keep having a negative thought over and over and over again, it will turn into a belief.



Beliefs can be a little harder to change because you believe they are true, set in stone, this is the way it is.

Which is fine if the belief is positive and serving you well. Chances are you have some negative beliefs that you need to get rid of.

We're going to dig into those negative beliefs on the next page by writing them down. Then examine each belief and see if you're willing to let it go.

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ACCOUNTABILITY

I'm including some calendar pages to help you keep track of ideas, goals, commitments, and to set up your mindset practice.

On the weekly calendar:

- Schedule the exercises from this guide.
- Schedule some FUN!
- Write your positive opposite thoughts.

On the monthly Calendar: Fill in the month name.

- Write how you felt at the beginning of the month and how you have improved.
- Write in a future self thought.
- Write monthly goals.

Weekly

monday	tuesday	wednesday	thursday	friday	saturday
					sunday

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POSITIVE HABITS

With any skill, you have to practice. Skills take time to learn and master. The truth about mindset is that you'll have to work on mindset forever. Issues will always come up. The last part of this module is putting together a weekly and monthly practice to stop negative mindset.

Meditation ~ One of the best mindset resets ever!

Take a walk, smell the roses ~ You can't beat a little physical activity and fresh air to help clear a negative mindset.

Reach for a better feeling thought ~ If you're thinking negatively, reach for a slightly better thought.

Mental Rehearsal ~ Set aside time to talk to your future self. Talk about all the positive changes.

Rev up your gratitude ~ Actively working on gratitude will help mindset by leaps and bounds.

Focus on someone else ~ Set some time aside every week to be of service to someone else.

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MAKE IT A HABIT

New habits and goals take time. I am including a monthly habit tracker.

Instructions:

Print the tracker out.

Write your new mindset practices on the habit tracker.

At thee end of each day, evaluate how you did. Color the box in accordingly.

- Completed the task ~ Color the whole box in
- Attempted but didn't get it all the way done ~ Color half the box in
- Didn't even think about it ~ Don't color the box in



At the end of the month, evaluate how you did. Adjust accordingly for the next month.

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MINDSET HABIT TRACKER

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

CONGRATULATIONS

You did it! Mindset is done!

Keep working on your mindset. Keep it positive where you can and work with the negative. It's a process.

Remember, we are looking for progress, not perfection.

You are amazing!

Love,

Angelina



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