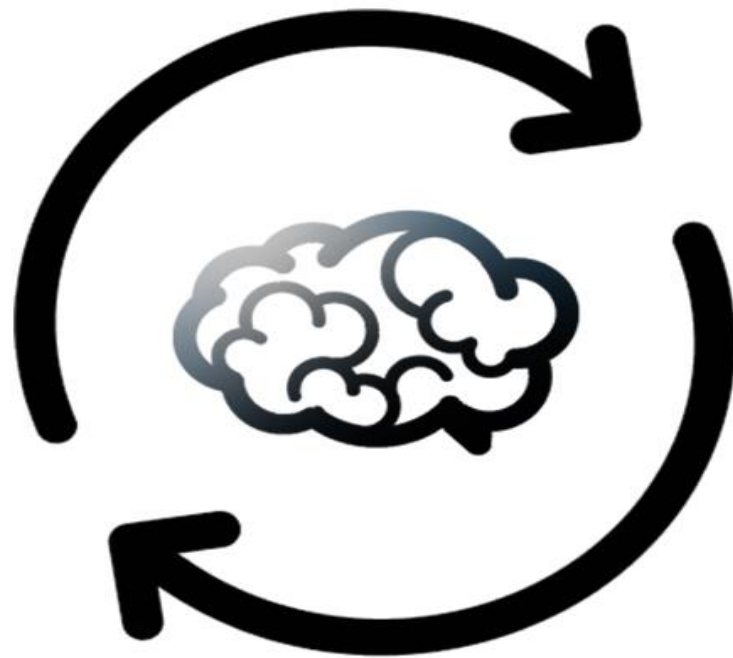


MIND RESET



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
- ☐

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