

## MINDSET HACK 101

Did you know that you are fully capable of flipping your mindset to one that serves you?  
That works for you and the life you are creating?

TIP – You are not your thoughts, they are exactly that, just a thought. The stories your mind creates, are not true. The judgement on self and others, not true.  
Are you able to change the thoughts that you have? True.  
Are you able to have your mindset more powerful than ever before? True.

You see, with willingness and practice to create the change, you can train your brain just like you would a loyal dog. Train it to show up for you when you want, to create the stories you wish to see, leaving you feeling ever so empowered and in control of you and your life.

In the meantime, print this out, stick it on your fridge, write it on your whiteboard and use it every time you feel like your thoughts are taking you on a rat race:

### STEP ONE:

Acknowledge the ringleader of your thoughts – your ego.  
Say hello and show them that you are aware of what's going on.

### STEP TWO:

Write down the thoughts that are bothering you, question it and ask:  
What if this thought isn't actually true?  
How can you show me that this thought is fact?

### STEP THREE:

Write:  
Well, the opposite of this thought is this .... And this is truth.

### STEP FOUR:

I can show you that this thought is fact by... (Take action based on this thought).

Complete the above for the thought processes you would like to change.  
At the beginning it may seem silly, tedious or if it doesn't work. But that's just another unwanted thought that your brain is creating!!

The aim is to lessen the size of the unwanted thoughts and increase the size of the wanted thoughts as this will enable you to take more and more action over time.

