

Module One: The Power of Mindset

THE THOUGHTS AND BELIEFS HOLDING YOU BACK

The stories you tell yourself and others about your past and who you are is everything - it's your stories that go on to shape and define how you think, feel and act. Before you shift your story to one that serves you, we've got to figure out the story that you're currently telling, how this story makes you feel, and the results that this story creates in your life and business.

Q. What do you often complain about? Are you always running late? Do your friends always let you down? Do you have too much debt? Are your parents unsupportive?

Q. What's the first thing you think about when you wake up in the morning?

Q. Why aren't you successful?

Q. What experiences from the past are holding you back?

Q. Who do you compare yourself to? And Why?

Q. Why aren't you happy? Why aren't you confident?

Now go through your answers and rewrite the statements that are factual.

A fact is a statement that in a court of law it would be uncontestable, and when presented everyone in the world would agree.

E.g: "It is monday today" fact

"Because of what they said, it means they don't like me" the meaning is subjective, someone else could hear the same words and think something totally different.

Q. The facts are

Anything that is not a fact is a story. The stories we believe and think about ourselves are totally optional, and malleable. We get to change them into anything we want.

Q. When you look at the story you've been telling yourself, what feelings do these stories create?

Q. When you feel this way, what actions do you take?

Q. What aren't you doing when you feel this way?

Q. As you recite this story over and over again to yourself, what do you miss out on?

Q. Do you like the results and the experience that this story is creating in your life? What are they?

Q. What results do you want to create in your life? What do you want to experience?

Q. What wins have you had up to this point? Write down as many as you can

Q. Why are you worthy of creating what you want?

Without changing the facts of your past, you have the ability to tell any story you want with them. The story matters because whatever story you tell is the story you'll start to live into.

Q. Look at the facts of your past again and write a story that makes you feel proud, excited or empowered.

Take another situation that creates negative emotion for you and separate the facts from the story.

Facts

story



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No Room for Doubt Podcast

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