

Retrain Your Brain

Mindset Preprogramming Exercise

This exercise is designed to help you become the best version of yourself. It's designed to help you see the connection between your thoughts, emotions, outcomes and impact on the team. Once you're aware of how your inner world affects your relationships, you can consciously choose thoughts that empower you and inspire others.

1. Notice where you're a 7/10 emotionally. For example, where are you experiencing even a small amount of stress, fear, anxiety, doubt, low self esteem, apathy at work? This could be in your work or personal life. Write down one example.
2. What thought might contribute to or fill you with that unwanted feeling? What's the story in your head that you've been believing about yourself or about what the outcome might be? We believe the stories in our minds if we don't notice and question them.
3. If you were thinking the best about yourself, others or the outcome, what would the story in your head sound like?

Empowering thought examples:

- ★ I always have more than enough time to honor my personal and work priorities.
- ★ I'm capable of having difficult conversations
- ★ I'm smart, resourceful and creative. I'll figure out a way.
- ★ I can handle discomfort
- ★ It's ok if some people don't like me. I like myself.
- ★ I am an equal (not less or more important than others).
- ★ My opinions are important.
- ★ People want to hear what I have to say
- ★ With practice I'll learn how to be direct and kind at the same time
- ★ I believe that everything is working out for me
- ★ I believe that as I give, I will receive
- ★ Asking for help is a sign of strength
- ★ My value comes from within so no one can take away my importance
- ★ I approve of and accept myself.
- ★ My happiness is just as important as others happiness
- ★ I need others and they need me
- ★ I am the master of my mind