FIRST, IT IS AN INTENTION. THEN A BEHAVIOR. THEN A HABIT. THEN A PRACTICE. THEN A SECOND NATURE. THEN IT IS SIMPLY WHO YOU ARE.

- Brendon Burchard

THE JOURNEY OF A LIFETIME STARTS WITH THE TURNING OF THE PAGE

-Rachel Anders

YOUR WILL NEVER SPEAK TO ANYONE MORE THAN YOU SPEAK TO YOURSELF IN YOUR HEAD. BE KIND TO YOURSELF.

- tinybuddha.com

BE CAREFUL HOW YOU TALK TO YOURSELF BECAUSE YOU ARE LISTENING.

- unknown

IF YOU TALKED TO YOUR BEST FRIEND THE WAY YOU TALK TO YOURSELF, WOULD SHE STILL BE YOUR BEST FRIEND?

- unknown

I AM EXPANSIVELY COURAGEOUS.

IF YOU ARGUE FOR YOUR LIMITATIONS, YOU GET TO KEEP THEM. BUT IF YOU ARGUE FOR YOUR POSSIBILITIES, YOU GET TO CREATE THEM!

- Kathy Lee Phipps

PULL A WEED AND PLANT A SEED

- Jeanne Ely

POSITIVE SELF-TALK IS TO Emotional pain as a pain Pill is to physical pain.

- Edword Mbiaka

WHEN MAKING DECISIONS FOCUS ON WHAT YOU WILL GAIN, NOT WHAT YOU WILL LOSE.

- Jeanne Ely

GRATITUDE IS THE ANTIDOTE TO FEAR.

- Robin Sharma

CHANGE IS INFLUENCED BY YOUR ENVIRONMENT.

- Jeanne Ely

Fixed vs. Growth Mindset

FIXED

Intelligence is set

Avoids challenges

Obstacles: defensive or gives up

Efforts: fruitless or worse

Criticism: ignore even if helpful or useful

Success of others: feels threatened, jealous, envy



GROWTH

Intelligence can be developed Embraces challenges

Obstacles: persists even with setbacks

Efforts: a path to mastery

Criticism: learns from it

Success of others: inspirational, learns from it, sees lessons



What can we do to change a fixed mindset?

- Embrace your imperfections (AND the imperfections of others).
- 2. Choose courage.
- 3.Your words set the tone for your life.
- 4. This is your life.
- 5. Respect yourself.
- 6. Cultivate your purpose.
- 7. Your strengths and weaknesses

are a part of who you are.

- 8. Lean into the process.
- 9. Learn to wait for the answer.

10. Don't quit on yourself!

Move the needle in your life

- 1. Speak positively to yourself OUT LOUD
- 2. Look yourself in the eye
- 3. Make declarative statements ... "I am"
- 4. Create a Vibrant Vision Board
- 5. Practice Gratitude

Additional Insights

 Develop a meditative practice
 Focus on what you want and appreciate that thing
 Question you beliefs
 Trust the One who made you
 Find your people

Mindset is the foundation of your life

Statements to make:

- 1. What you think about expandsbe selective in your thoughts
- 2. Life is always working out on my behalf

Questions to Ask:

- 1. What is the story I keep telling myself that is making me feel bad?
- 2. Will these thoughts help me create the vibrant life I want and deserve?

Analyze your decisions

Questions to Ask:

1. Does this _____ serve my Vibrant Vision for my life?

2. Does this _____ get me off the Carousel of Crazy or keep me there?

 Analysis Paralysis
 You can shrink back from your life OR you can Take Back Your Life
 There's "half-assery" and "badassery" - which do you want?
 "Half-assery" is easy but "badassery is

Build a bridge over the river denial

- 1. Identify the denial.
- 2. See it differently put fear in its place and reduce it.
- 3. Tough love? No be gentle, kind, and loving. Empathy is the gift of love.
- 4. Practice not being judgemental especially with yourself.
- 5. Actively listen and mirror it back to yourself.
- 6. In a confrontational situation, use"I feel" statements instead of blame.
- 7. Create space to analyze your emotions.

4 small steps to change

- 1. Figure out the change that is needed.
- 2. List small, doable steps to make it happen.
- 3. Figure out how to track your progress journal
- 4. Consider what your wins are.

When I can't change my situation, how do I change my attitude?

- 1. Stop, drop, and roll to put out the "fire" of your attitude.
- 2. Meditate, breathe and journal
- 3. Name it, don't blame it
- 4. Radical acceptance
- 5. Use your "I am" intentions

Vibrant Vison Board Checklist

- 1. Set aside time and energy to create your board.
- 2. Be definitive about what you want to become or have.
- 3. Make it yourself a physical product containing pictures and words you have chosen, cut out, and glued.
 4. Arrangement matters begin in the upper left corner with the most important item.
 5. Display your board and emote over it.