

SPECIAL TRAINING VIDEO 1 NOTES: GOALS & MINDSET

DEALING WITH DOUBTS

What-ifs... these can be good!

They help us evaluate better, see things more clearly at times, pause and question actions.

But... it's when they grow into that negative 'What If Monster' that it's a problem.

Turn the 'What-If's into Encouraged Action

Thinking about my goal what are my doubts and 'What If's to achieve it...

- What If _____
✓ Encouraged Action: _____
- What If _____
✓ Encouraged Action: _____
- What If _____
✓ Encouraged Action: _____

Zap Pesky Thoughts

With new things, our mind can play tricks on us, distort the situation or how we see things... a bit like a disaster movie. Everything goes wrong and we feel stuck.

But it's just our imagination and the worry that's causing us to think like that. What we need is to Zap It and Re-Think It.

- Pesky Thought: _____
ZAP IT!
✓ Re-think it... _____
- Pesky Thought: _____
ZAP IT!
✓ Re-think it... _____

"I will focus on having an encouraging and positive Mindset to help me achieve my goal."