



Positive Mind Training

Intro part 1 - Changing Mindsets

Impacts on life

- **At birth:** e.g. geography, gender, genetics, family
- **Variable:** e.g. education, career, relationships
- **Mind-based:** e.g. knowledge, abilities, mindset
 - The most significant, by far, is **mindset**
- What is **mindset**?
 - All our unconscious beliefs and programming
- **Examples** of mindset:
 - Confidence, drive, self-esteem
 - Fear, self-doubt, limiting beliefs
- What **generates** mindset?
 - Upbringing, education, experience
 - But the biggest influence is behaviour

Reinforcing, or unwinding, beliefs

- Most people spend their lives letting any limiting thoughts, feelings or desires, drive their **behaviour**
 - Doing so might make us feel better for now, **BUT**
 - It **ALWAYS** reinforces the unconscious beliefs driving the thought, feeling or desire
- To **unwind** limiting beliefs, or generate a more powerful mindset:
 - **Accept** for now any uncomfortable feeling or unproductive desire
 - Repeatedly act more **powerfully** than it's telling us to do
 - 'Accept the feeling, choose the (opposite) action'

Accepting an uncomfortable feeling

- Be willing to **experience** it
- **Accept** it ... "it's OK to have this feeling for now"

Benefits of accepting uncomfortable feelings

- Recognizes they're '**OK**'
- **Diminishes**, and often 'disappears', the feeling (what we resist will persist)
- Enables us to '**accept** the feeling, **choose** the (opposite) action'
- **Contributes** directly to unwinding limiting beliefs

Three questions to ask, to accept an uncomfortable feeling

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1. Will it **harm me**? No-one's ever been harmed by a feeling
2. Can I **bear** it? Anything less than extreme pain is bearable
3. So what exactly is the **problem** with having it for now (other than that it's uncomfortable)? Why can't I let it be there?

Exercises to practice the three questions

- Shower exercise (or walk outside underdressed in winter)
- Climb several flights of stairs
- Walk or run up escalators
- Other physical exercise

Accept the feeling, choose the action to unwind limiting beliefs:

- Accept the **fear**, while doing whatever we're afraid of (irrational fears)
- Accept feeling **low**, while engaging fully with life (+ exercise)
- Accept the **desire, craving** or **compulsion**, while not indulging it (weight loss, addictions, OCD)
- Accept the **anger**, while withholding the response (anger problems)
- Accept the **reticence**, while acting powerfully (procrastination, low confidence)

Developing a powerful mindset:

- As with unwinding limiting beliefs, **behaviour** is the key
- We've created our current mindset primarily through our past **behaviour**
- We can create any mindset we want by repeatably taking powerful **action**
- Self-talk can help, but **action** is way more powerful
- So **act** powerfully while **accepting** any resulting feelings
- i.e. once again ... "**Accept** the feeling, **choose** the (opposite) action"

Summary:

- More tools to come but can start now
- Identify any **limiting** beliefs, feelings, desires or behaviours or aspects of your work or life where you'd like to develop a more powerful mindset
- Identify any actions that will stretch you beyond your **comfort zone**
- Practice accepting **feelings**, using the three questions and exercises
- Start taking powerful **actions**, while accepting any uncomfortable feelings
- Can start small and build up

Positive Mind Training

- Three steps to an **amazing life**
 - Resilience
 - Power
 - Relations

Course outcomes:

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- Gain total **control** of your mind
- **Become** highly resilient, motivated, confident, powerful, achieving and successful
- Totally **eliminate** stress, regret, worry and dissatisfaction
- **Remove** limiting beliefs, feelings and behaviours
- Take control of your **future**
- Eliminate **fear** and acquire huge **self-belief**
- Deal effectively and calmly with any challenges in relating to others and **relationships**
- If relevant to you: eliminate **procrastination**; become a powerful public **speaker**

Intro Part 2: outcomes

- Develop major **resilience**
- Remove **negative thoughts**
- Eliminate **worry**

Temporary investment:

- The 'Intro part 2' webinar is **FREE**, though there's an initial 'temporary' investment:
 - Normally **£17.00** (US\$22)
 - Reduced to **£4.00** (US\$5) if you register by the end of this webinar (now within 24 hours)
- The temporary investment will be recovered many times (**many hundreds of times if you register during this webinar**) within a few months of the webinar, through a mechanism provided on the course
- In the highly unlikely event it isn't recovered within 3 months of this webinar, let us know and we'll **refund** it

Testimonials:

- See <http://www.aaact.com/testimonials>