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# Mindset Matters

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MANAGE YOUR MIND - COACHING WORKSHOPS

2ND SATURDAY OF EVERY MONTH



Think Well. Do well. Be well.

# Cultivate a Healthy Environment to Nurture the Whole Self



**Manage the Mind**



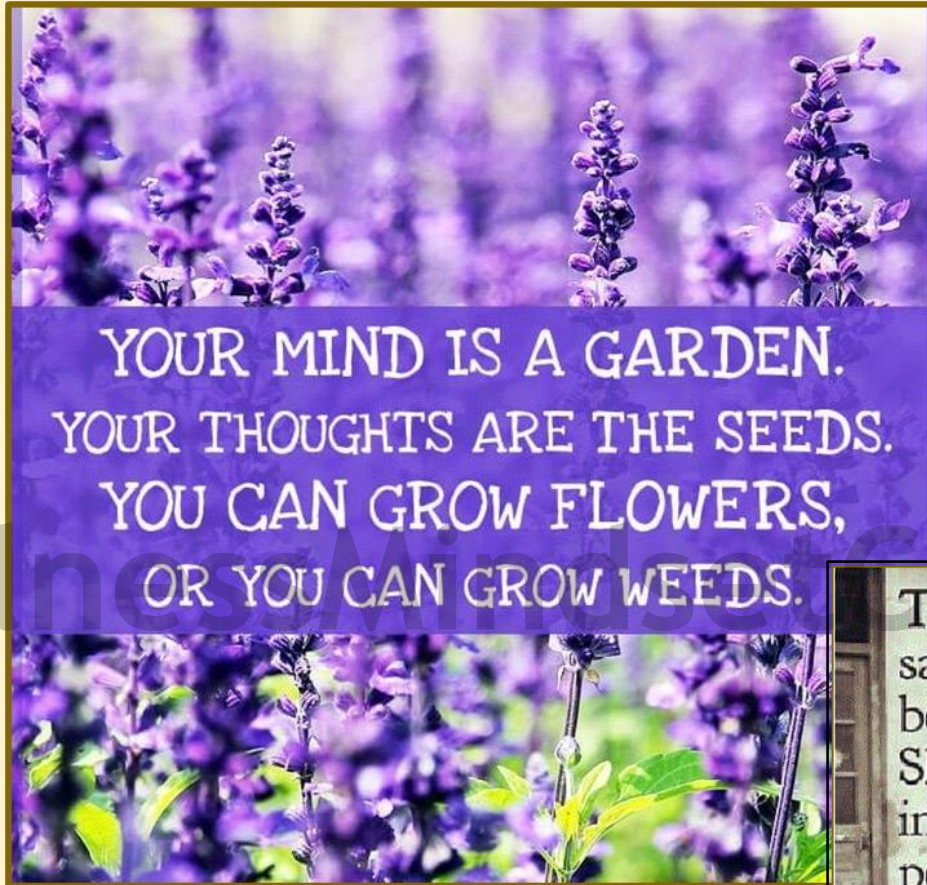
**Honor the Body**



**Nourish the Spirit**

# MANAGE THE MIND

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# What we did over the past month...

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Pay attention to your thoughts

Be patient with yourself

Don't stay in your head

Talk nicely to yourself

Keep a journal

Be disciplined

Be consistent

BREATH



# Recap of Part 1: Developing Self-Awareness

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**ALWAYS...**  
**Remember to Breathe**

# What is a Coach?

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## COUNSELOR

assists and guides in resolving personal, social or psychological problems and difficulties



## MENTOR

someone seen as more knowledgeable and wise gives advice and acts as a role model



## COACH

builds awareness and skills that empower choice which leads to change in a way of thinking and behavior

# What is Mindset?



Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.

- Mahatma Gandhi

## **HABITS OF THE MIND**

beliefs, attitudes, assumptions we create of who we are and how the world works

## **CREATED BY EXPERIENCES**

created from the distinctions we are able to make about our experiences

## **CREATES BLIND SPOTS**

see the world through the filter of our mindsets which is always incomplete

## **SELF-DECEPTIVE**

any attempt to shift our mindsets will be met by powerful forces

## **SHAPES OUR EVERYDAY LIVES**

we make our mindsets and our mindsets make us

## **CAN BE TRANSCENDED**

examine how our habits of mind manifest to create our lives

# What is Self-Awareness?

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The habit of paying attention to the way we think, feel and behave  
- a deep understanding of how we “tick”



Looking at patterns in the way we tend to think about and perceive what happens to us; how we explain things to ourselves and make sense of the world around us



Understanding our own emotions and moods; instead of trying to “fix” how we feel, we observe and stay curious about our feelings, even the difficult ones



Paying attention to how we tend to act and behave in certain situations; what are our default responses, habits and tendencies



# Benefits of Self-Awareness

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## **BETTER RELATIONSHIPS**

Ability to stay clear about our wants and needs; set boundaries

## **IMPROVED MOODS**

Our mood is largely dependent on how we CHOOSE to think and behave

## **CLEARER THINKING**

Shift from muddled thinking and strong emotional reactions

## **BETTER DECISION-MAKING**

Distinguish between impulses and core values and long term goals

## **EFFECTIVE COMMUNICATION**

The better we know ourselves, the easier it is to be honest about what we want and be respectful of other's wants and needs

## **INCREASED PRODUCTIVITY**

Keeping our thoughts from getting in our way; eliminating negative thought processes that cause us to procrastinate

# Ways to Develop Self-Awareness

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- Pay attention to what bothers you about other people
- Identify your go-to mental habits and self-talk
- Identify your “Emotional Kryptonite”
- Meditate on your mind
- Draw a timeline of your life
- Ask for feedback
- Take a day trip
- Learn a new skill
- Read some high-quality fiction
- Make time to clarify your values and aspirations

# Developing Self-Awareness

## Part 2

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# Some thoughts on thoughts...

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## **SELF- AWARENESS**

is like a clear jar that can hold and contain our thinking, helping us to see and know our thoughts as thoughts rather than confusing them with being reality

**You are NOT your thoughts**

**DON'T  
BELIEVE  
EVERYTHING  
YOU THINK**

**The more space  
we can have  
between our  
thoughts and  
our Self, the less  
power they have  
over us**

# Rewire Thinking Patterns



## Step-by-Step Action Plan

### **STEP 1: PAUSE AND BREATH**

Respond with an attitude of curiosity; Ask yourself “what’s going on here?”

### **STEP 2: IDENTIFY THE TRIGGER**

Consider the WHO, WHAT, WHERE, WHEN; note even the smallest details

### **STEP 3: NOTICE YOUR AUTOMATIC THOUGHTS**

What did you JUST tell yourself? What is your immediate thought?

### **STEP 4: IDENTIFY YOUR EMOTIONAL REACTION AND INTENSITY**

Was it anger? Fear? Rate the intensity of your reaction

### **STEP 5: GENERATE ALTERNATIVE THOUGHTS**

2-3 alternatives; be flexible to disengage from the unhealthy thoughts

### **STEP 6: RE-RATE THE EMOTIONAL REACTION INTENSITY**

Re-rate your current physical and emotional state; note the improvement

# Reaction vs. Response



Some Real Life  
Examples

**Societal “Norms”**

**Traffic**

**Holidays**

**Conflict**

**Family Life**

**Financial Issues**

**Waking up in the Morning**

**Going to Bed at Night**

**Watching the News**

**Looking at Yourself in the Mirror**

The soul becomes dyed with the color of its thoughts



Marcus Aurelius

Everything we hear is an opinion, not a fact.  
Everything we see is a perspective, not the truth



# Over the next month...

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Be curious

Pay attention to your thoughts

Be patient with yourself

Practice tracking the flow of your thoughts

Notice any knee-jerk reactions

Notice your thoughts when having any emotion

Keep a journal

Be disciplined

Be consistent

**BREATH**

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# Thank you for coming!

Join us again next month for

## Mindset Matters



**We appreciate your donations to help us  
continue to deliver these workshops to the community**