

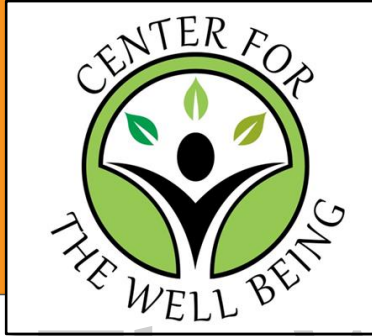


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Mindset Matters

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



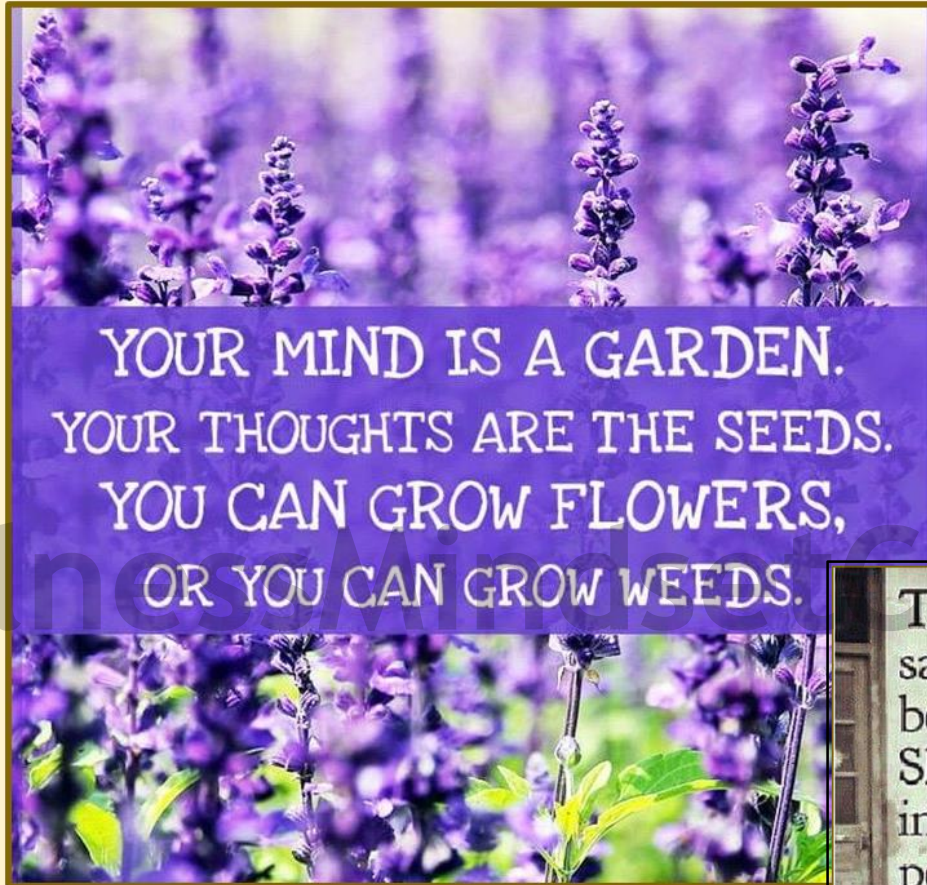
Honor the Body



Nourish the Spirit

MANAGE THE MIND

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Developing Self-Awareness

Part 1

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ALWAYS...
Remember to Breathe

What is a Coach?

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?

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



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



- 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

Over the next month...



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

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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**