

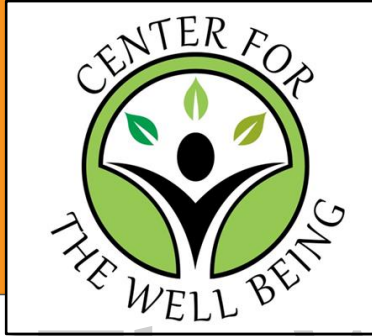


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Mindset Matters

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



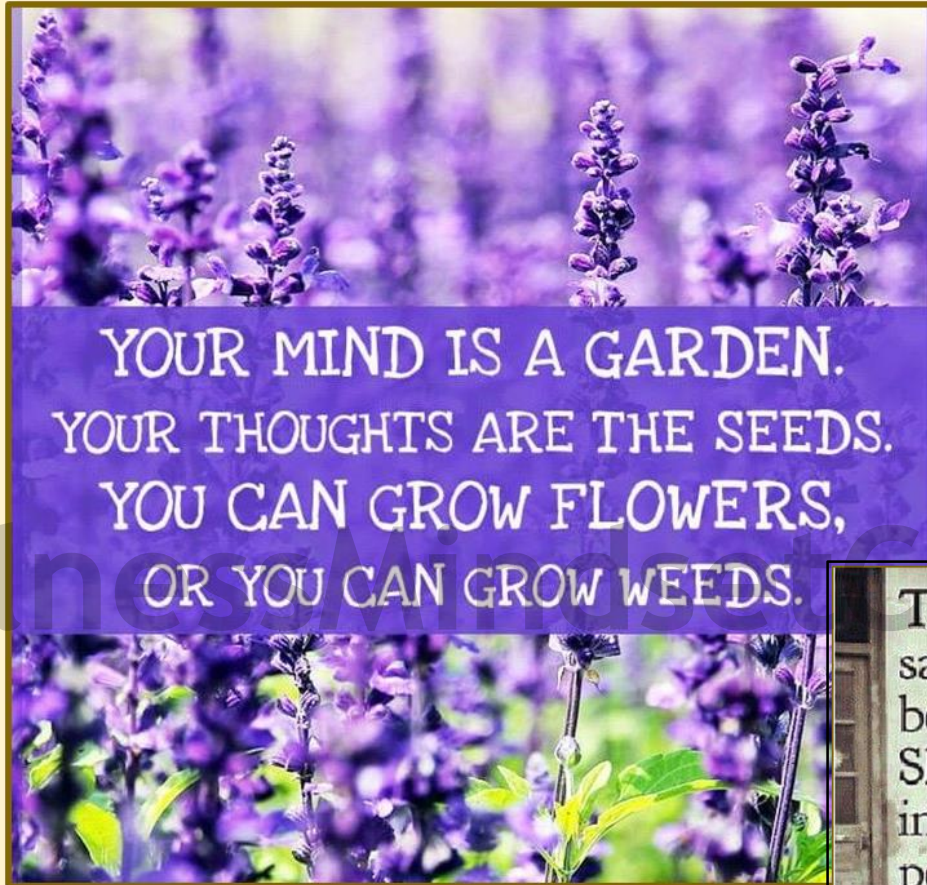
Honor the Body



Nourish the Spirit

MANAGE THE MIND

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What we did over the past month



- 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
- Talk nicely to yourself
- Keep a journal of your thoughts and experiences
- Be disciplined
- Be consistent
- BREATH

Recap of Part 2: Developing Self-Awareness

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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

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

Some thoughts on thoughts...



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

The 2020 Mindset

Virtues and Values

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The Trouble with Resolutions



Being too focused on results usually leads to **GIVING UP**

When you define your resolution in terms of an outcome or goal

- *lose 15 pounds*
- *learn to salsa dance*
- *landscape the backyard*
- *quit smoking*
- *save more money*
- *get in shape*

you set yourself up for chronic disappointment, shame
and eventually... **GIVING UP**

How It Works



Initially, that idealized vision of your future self - thinner, smarter, richer, whatever - is motivating because the possibility of a better self is novel and exciting

But the novelty and excitement quickly fade leaving you with a stream of constant comparisons to a better version of yourself you haven't yet reached

Enter judgement and negative self-talk...

And then frustration, disappointment and shame

Even though you may be making progress, it never feels rewarding and therefore motivating because it's instantly overshadowed by the burden of perfection that is your version of your idealized self

Eventually (usually sometime mid-Feb) we get sick of all the negative thinking we do to ourselves and just give up

Virtues and Values

Build on Virtues that Align to Your Values

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Values
Virtues
Behaviors



The Seen
and Unseen



Values



VALUES

*a person's
principles or
standards of
behavior; one's
judgement of
what is important
in life*

PEACE

harmony, unity, tranquility, serenity

PERSERVERANCE

persistence, determination

RESPECT

appreciate, esteem, value

ACHIEVEMENT

success, accomplishment

LOVE

patience, kindness, forgiveness, trust, selflessness, compassion

INTEGRITY

honesty, decency, justice, responsibility, commitment, dependability

STEWARDSHIP

resourcefulness, charity, contribution, giving

WISDOM

understanding, knowledge, good judgment, insight, perception

FREEDOM

independence, free will, liberty, autonomy, self-determination

HAPPINESS

joy, contentment, pleasure, bliss, delight, gladness

Why do we value our values?

Reduce stress • Make better decisions • Increase joy and happiness
Find aligning environments and people • Support growth and development
Helps in times of conflict or confusion • Provide motivation

Our **VALUES** are a clear set
of guidelines for our words
and actions
that direct us to make
decisions

INSPIRATIONAL

encourage you to fulfill your purpose in life

UNIQUE

they speak to **YOU** and reflect **YOUR** priorities

GUIDING

help you in everyday situations

LIFE LONG

evolve as you evolve

MEANINGFUL AND REWARDING

help us to live what fulfills us



Virtues



VIRTUE

“behavior showing high moral standards”

- Oxford Dictionary

VIRTUES are behaviors that can become habits with enough repetition and reinforcement



Once acquired, **VIRTUES** become characteristic of a person
Example: **GENEROSITY**



A person who has developed **VIRTUES** will be naturally disposed to act in ways that are consistent with their values



Eventually **VIRTUES** - relatively self-sustaining - will move you toward your goals without conscious effort

Classic Virtues

7 Heavenly Virtues

CHARITY

will, benevolence, generosity

CHASTITY

purity, abstinence

DILIGENCE

persistence, effortful, ethics

HUMILITY

bravery, modesty, reverence

KINDNESS

satisfaction, compassion

PATIENCE

forgiveness, mercy

TEMPERANCE

humanity, equanimity

ARISTOTLE'S VIRTUES

INTELLECTUAL - inheritance and education

MORAL - imitation of practice and habit

COURAGE - bravery, valor

TEMPERANCE - self-control, restraint

LIBERALITY - charity, generosity

MAGNIFICENCE - radiance, joie de vivre

PRIDE - self-satisfaction

HONOR - respect, reverence, admiration

GOOD TEMPER - equanimity, level-headedness

FRIENDLINESS - conviviality, sociability

TRUTHFULNESS - frankness, candor

WIT - sense of humor

FRIENDSHIP - camaraderie, companionship

JUSTICE - impartiality, fairness

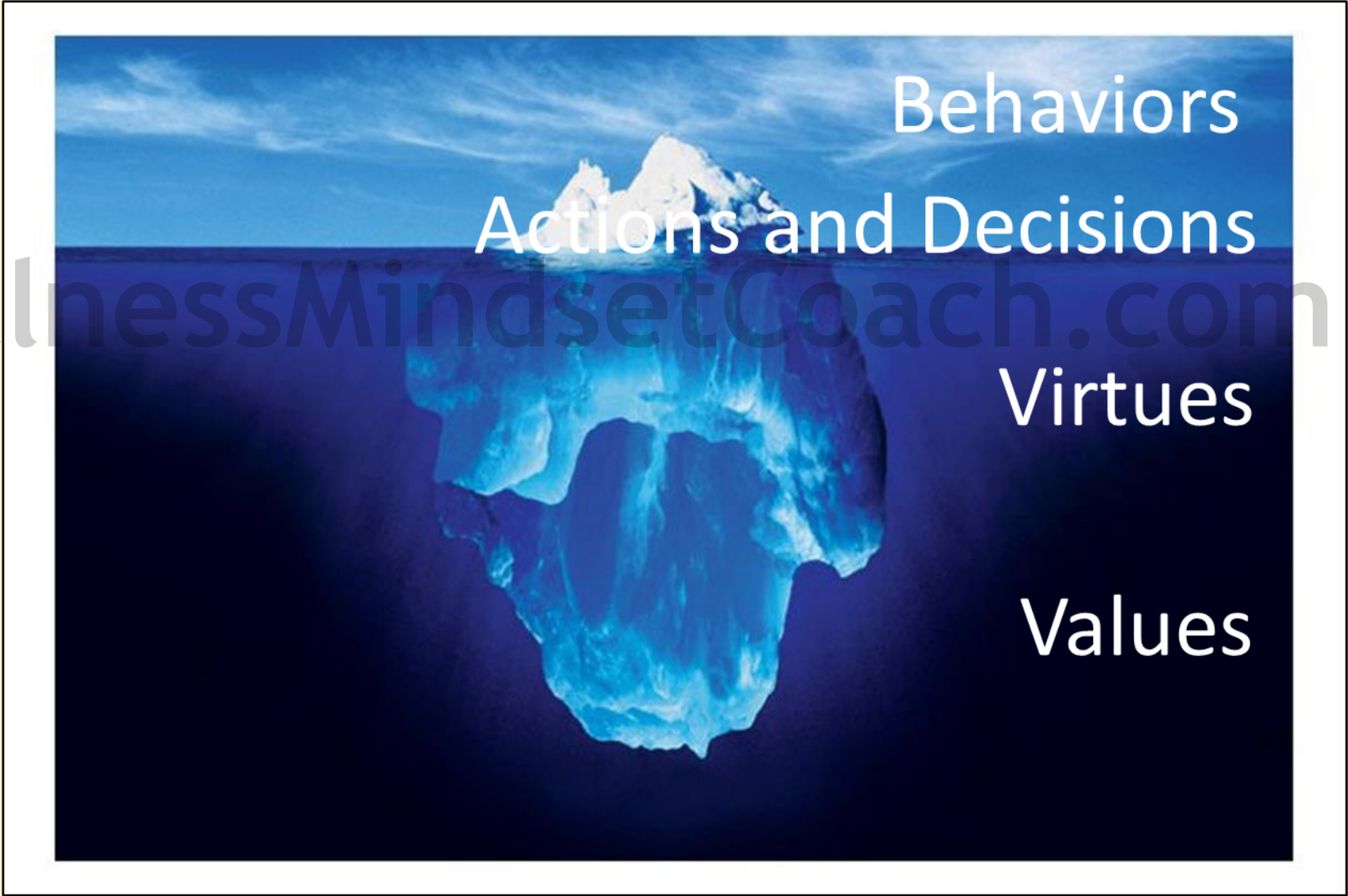


REMEMBER

Values
Virtues
Behaviors



The Seen
and Unseen



It's all about the JOURNEY, not the DESTINATION



The best way to reach a goal is to forget about the goal itself and focus on the process
- the small, concrete steps that if taken often and CONSISTENTLY -
will inevitably get you to where you want to be

JOURNEY over DESTINATION
PROCESS over GOAL
VIRTUE over RESOLUTION



Over the next month...



- **Pick a virtue (or more) to build on**
- **Look for ways to build on the virtue**
- **Think about why this virtue is important to you**
- **How does this virtue align to your values?**
- **Think of ways to put this virtue into action**
- **Talk nicely to yourself**
- **Keep a journal of your thoughts and experiences**
- **Be disciplined**
- **Be consistent**
- **BREATH**

Thank you for coming!

Join us again next month for

Mindset Matters



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