

Mindset Matters

MANAGE YOUR MIND - COACHING WORKSHOPS

Cultivate a Healthy Environment to Nurture the Whole Self



Think Well. Do well. Be well.



Manage the Mind

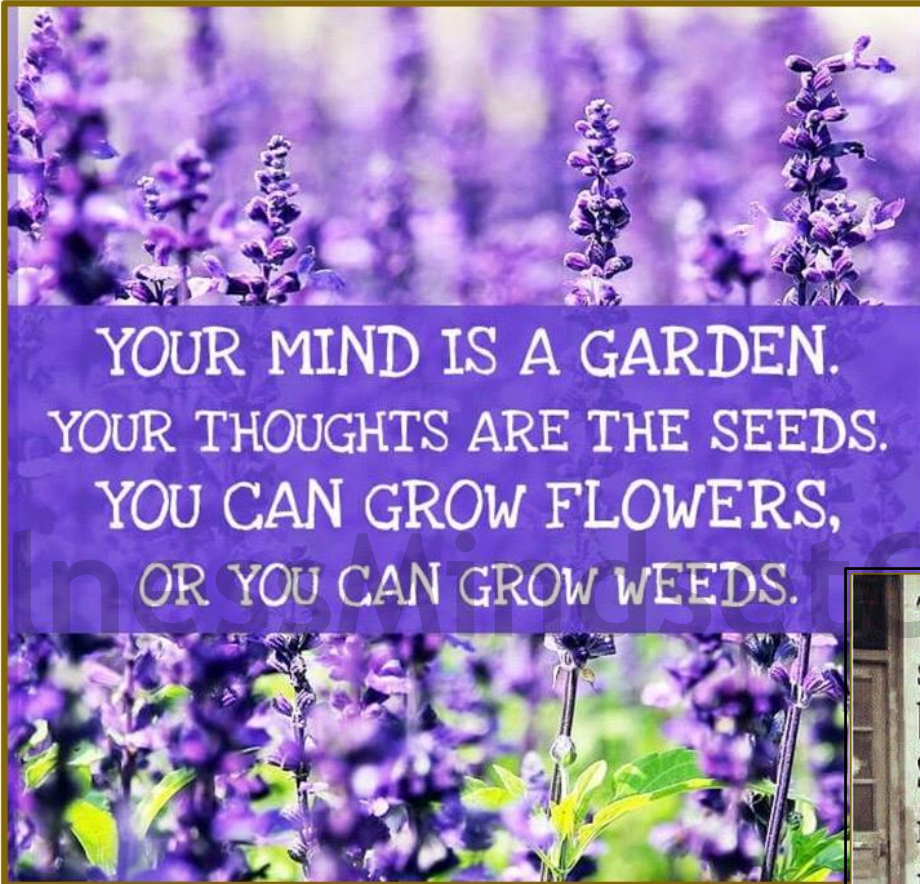


Honor the Body



Nourish the Spirit

Manage the Mind



Self-Acceptance

Embracing yourself as you are



If you want embrace who you are, you must accept *YOU*.

Key Concepts:

- Importance of self-acceptance
- Why don't we believe we are enough?
- Remember who you are!
- What matters most is how we see ourselves
- Self-talk Awareness
- Mindful Meditation: Thought Awareness

Self-Acceptance

Embracing
yourself as you are

self acceptance (noun)

the ability to love yourself unconditionally, no matter what flaws and traits exist



If you don't get along with yourself,
you won't be able to get along with anyone else.
It will affect every single relationship you will
ever have.

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The most important relationship in your
life is the relationship you have with
yourself. Because no matter what happens,
you will always be with yourself.

Diane Von Furstenberg

quartzfancy

In our natural state,
we are connected
to ourselves
and to others

What happens along the
way to change that?



Why don't we believe we are enough?

Disbelief is negative power. When the mind disbelieves or doubts, the mind attracts reasons to support the disbelief. - David Schwartz

SOCIAL CONDITIONING

We are constantly bombarded by what others say about how we should think, act, do, feel, look, everything...

HABITS OF SELF-TALK

We start to talk with ourselves when we are very young about how we are "supposed to" be, how to behave, to learn, how we are supposed to love, how to think

BLACKSHEEP OF THE FAMILY SYNDROME

- Sometimes the people closest to us, can't see who we really are
- Maybe they don't celebrate us or validate us - that's not really about us
- Don't spend your life trying to get something from them that they cannot give - let it go

LACK OF EXPOSURE TO HEALTHY MINDSET

- Maybe we haven't been exposed to healthy mind care as children or adults
- We may have a limited understanding of awareness and self-care
- Maybe we simply don't know where to start



Remember who you are!



When we are
FOR ourselves,
we are no longer
AGAINST ourselves

RECOGNIZE YOUR VALUE

- Value is not based on what you do, what your income is, or who you know
- Those things can change and when they do, can affect how you value yourself

YOU DON'T HAVE TO PROVE YOURSELF TO ANYONE

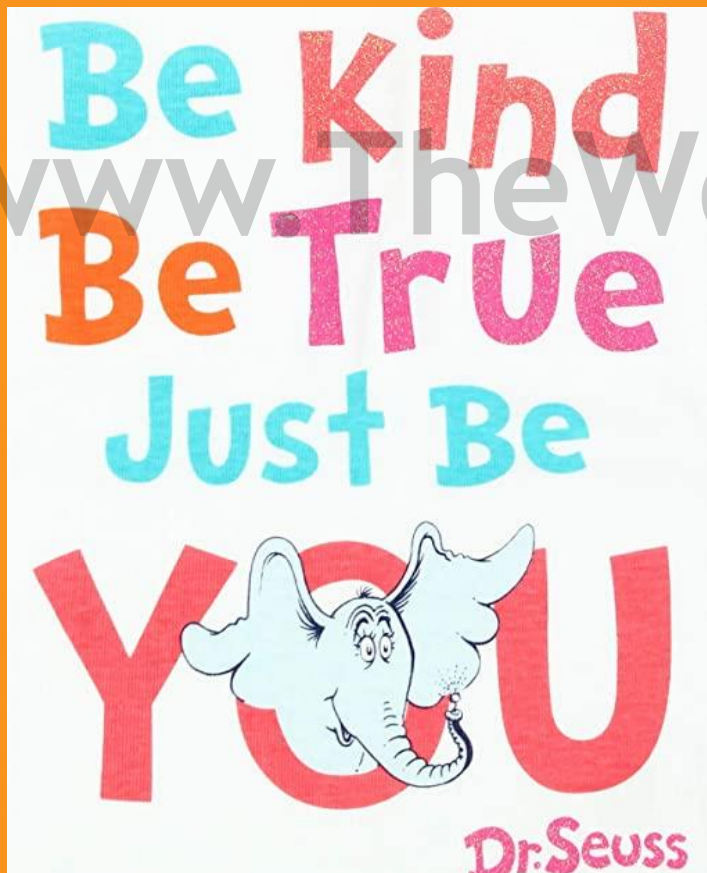
- How someone treats you does not change your value
- What they say about you or do to you, does not lessen who you are or your worth
- Once we understand that, we can see that a layer of pressure is removed

BE SECURE WITH WHO YOU ARE

- Don't give away your power
- Don't put your identity or value into someone else's hands
- If you don't know who you are without other people, then if they leave, you'll be lost - they will take you with them

ACCEPT THAT YOU ARE A WORK IN PROGRESS

- Start to look at the good things about you and what you are doing
- Focus on what is RIGHT with you
- Embrace all of you...including your weaknesses
- Accept that you are growing and changing; nothing lasting happens overnight
- When you are *FOR* yourself, you are no longer *AGAINST* yourself
- Be in agreement with yourself



Be uniquely YOU

What matters most is
how WE see ourselves




BECOME EVERYTHING YOU WERE CREATED TO BE


- Embrace the gifts you were born with, the skills you have developed, the lessons you have learned.
- These have all come together to form you into the unique and special person that you are.



I am grateful for
everything I have,
everything I know,
everything I am.



Today you are
You,
that is truer
than **true.**
there is no one alive
who is **Youer**
than **You.**
-Dr. Seuss



Self-Acceptance: Embracing yourself as you are

How have you struggled with feeling like you are not enough?

Are you aware of how you talk to yourself?

What things do you say to yourself?

Do you believe what you tell yourself?

What ways can you change your self-talk?



Mindful Meditation

Thought Awareness

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ALWAYS REMEMBER...
BREATHE