



STEAR MODEL

Day 7

The foundation piece of thought work or mindset management is the STEAR model.

A STEAR model is a mindset tool for helping us understand how we create the results in our lives.

We use a STEAR model to understand what our brain is thinking and how it's driving our actions and producing our results.

We all have unintentional models running all the time. We believe things about ourself and our world that are not true. At one level we know that, but at another level we still tend to think that most of our thoughts, especially the ones we have about ourself, are objectively true. They're facts.

This is not the case. They are mostly opinions. This is not a problem unless our thoughts in our unintentional models are producing results in our life that we don't want.

Developing the skill of articulating your unintentional model and devising your intentional model can radically change your life.

Create your own STEAR models

We experience a situation, that provokes thoughts, which generate emotions, that drive both our actions and our inaction, which in turn produce our results.

When we break out the sequence we can gain clarity and insights that help us decide whether we want to change what we are thinking, or not.

Sometimes we are happy with our results and sometimes we aren't. Sometimes we are happy with our result but want to be fuelled by a different emotion.

- **S**ituation external or internal
- **T**hought about the situation
- **E**motion generated by the thought
- **A**ctions driven by the emotion
- **R**esults created by the actions

Want help with this? Book a free fifteen minute session and I will guide you through articulating your unintentional model and creating your intentional model.



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Unintentional Model

Situation

Current Thought

Current Emotion

Current Actions

Current Results

Intentional Model

Situation

Desired Thought

Desired Emotion

Desired Actions

Desired Result

