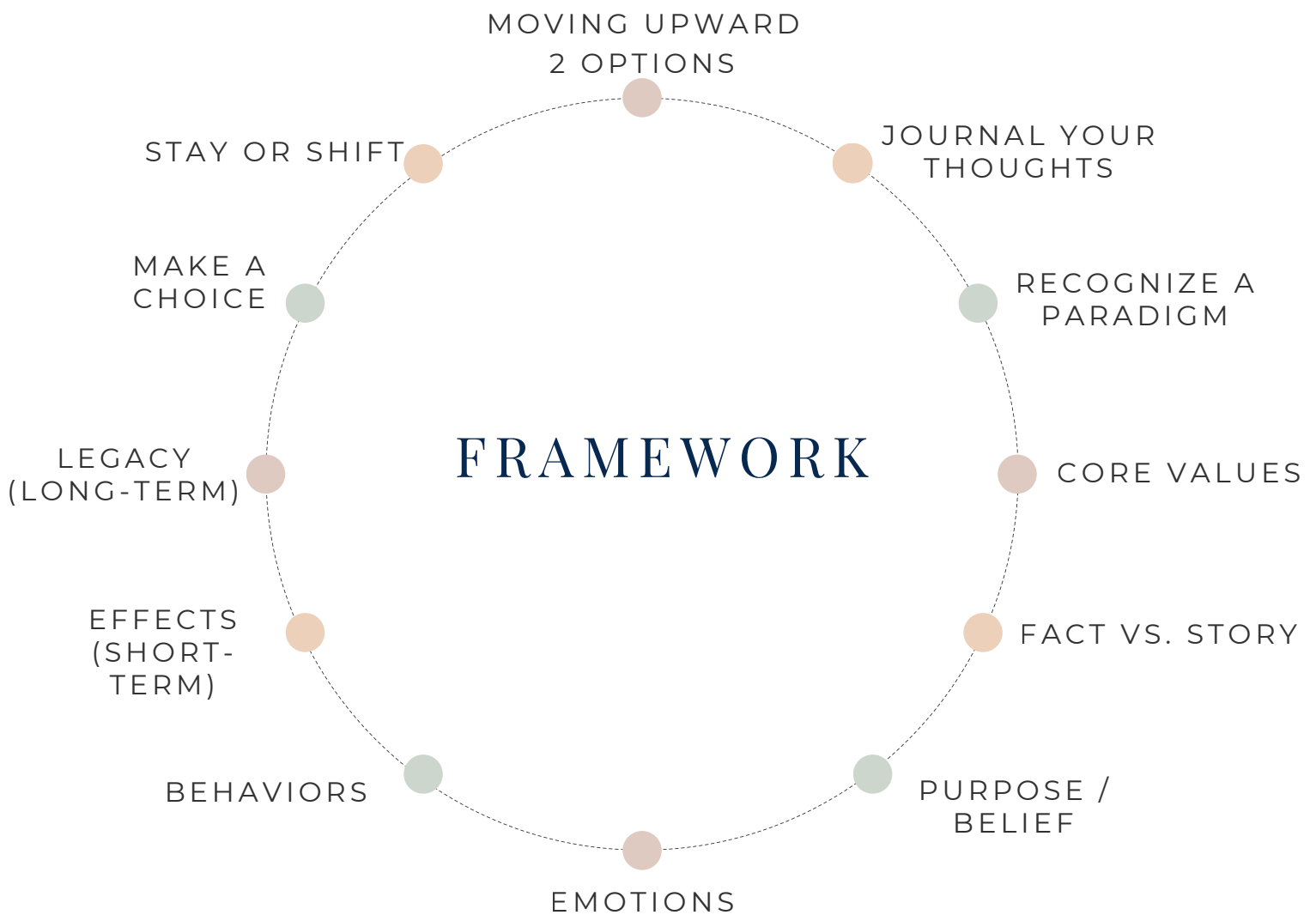


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12 DAYS

MENTAL
MASTERY
GUIDE

INTRODUCTION



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IT STARTS IN THE MIND

- What is a problem you're having right now?
- What do you wish was different and why?
- What obstacles are keeping you from changing this problem?
- Is there someone in your life you're currently struggling with? Why?

COMMIT TO 12 DAYS

Choose a specific time & a quiet place each day to do your self-coaching.

START HERE:

Journal ANY & ALL thoughts and feelings you are having.

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DAY ONE

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RECOGNIZE YOUR PARADIGM

Pick one of the thoughts or feelings from your journaling that stands out to you.

Sit with it. No judgment.
How would you describe it?
Where does it present itself in your body?

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DAY TWO



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CORE VALUES

Journal your top 3 core values.

Be as specific as possible in this list (ex. fun, education, faith, wealth)

What is at your core, and what words describe these values?

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FACT VS. STORY

Back to Your Paradigm/Thought

What part of this thought or story is fact (undeniable truth), and what part is your personal perspective?

Journal both fact and perspective.

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DAY FOUR



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PURPOSE / BELIEF

Your thoughts do not own you nor do they define you.

Which of your core values is evident in this particular paradigm?

Journal how the thought opposes or supports any additional core values?

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DAY FIVE



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EMOTIONS

What feeling is most dominant when experiencing this story/thought?

Where in your body is it manifest?

If this feeling could talk, what would it say??

DAY SIX



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BEHAVIORS

Referring back to the emotion that is attached to your story/paradigm then...

HOW are you showing up or not showing up?

WHAT actions are manifest because of your emotion?

DAY SEVEN



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EFFECTS

SHORT-TERM OUTCOMES

After thinking about your behaviors resulting from this paradigm, what short-term effect does this have?

Describe it.

(Examples: effects on relationships, personal growth, career advancements, etc.)

DAY EIGHT



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LEGACY

LONG-TERM OUTCOMES

Small effects lead to larger outcomes.

If this particular effect
continues over time, what
long-lasting outcome or
legacy will you own?

What will you become?

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DAY NINE



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MAKE A CHOICE

Not every thought is worth keeping.

Is this legacy which results
from your paradigm a
legacy you want?

Why or why not?

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DAY TEN

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STAY OR SHIFT

If you decided this story serves you well
& has purpose then:

Journal other thoughts or feelings that
are evident in your life right now.

OR

If you decided this paradigm needs to
shift then:

Journal possible changes you can make
to the current story you've been telling
yourself.

Be open, humble, honest, & sincere in this process.

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NO PARADIGM SHIFT

MOVING UPWARD

You climb a staircase not by jumping from the bottom stair to the top, but by taking the stairs one at a time.

Review your journal entries from
yesterday.

Since you are choosing to keep your
current paradigm, explore another
thought or feeling that jumps off the
page.

Why is this story or feeling significant
right now?

Is there a potential need to shift from
this paradigm?

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DAY TWELVE



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PARADIGM SHIFT

MOVING UPWARD

You climb a staircase not by jumping from the bottom stair to the top, but by taking the stairs one at a time.

Review your journal entries from
yesterday.

As you begin to shift from the old
paradigm into a new one, choose a
single entry that resonates with you.

Why does this new thought/story seem
doable and forward focused?

How will you practice this thought in the
future?

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DAY TWELVE



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KEEP GOING!

You cannot become
who you need to be by
remaining who you are.

Embrace the choice of
change & sign up for 12
weeks of personal
coaching.

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