

**30-PHOBIA**

**MINDHACKER  
CONVERSATION  
CARDS**

**Talk your way into a better life**

## 30-PHOBIA

*Hello friend*

**Feeling under pressure to get your act together and achieve ALL the goals now?  
Worried that you're falling behind?  
Struggling to getting started?**

**I got you!**

Based on hours of conversations with world leading experts in mindset, motivation and mental health, I've put together some simple conversation starters, or exercises, that can help you get clear on your life goals, remove the mental roadblocks and start living life your way.

## 30-PHOBIA

### These cards will support you with

#### UNDERSTANDING

Uncovering where your life goals come from - innate needs or external pressures

#### PRIORITISATION

Clarifying whether your goals are immediate priorities or lifelong objectives

#### PATHFINDING

Uncovering your purpose and finding a direction of travel

#### STARTING

Finding the support and motivation you need to start working towards your goals

## 30-PHOBIA

### Want to know the good news?

**You already have all the answers.** You just need a bit of help to organize your thoughts and get super clear on where you're at, and where you're going. Each of these cards can be applied to any area of your life – like relationships, friendships, finance, career, purpose, health and more. It's helpful to have one specific life goal in mind when you pick up the deck of cards and apply the question to that particular goal. You can use these cards on your own, or as a prompt for candid conversations with friends. There is no set order so just give them a shuffle and get started.

Kate Bershi

Mindhacker Conversation Cards

## 30-PHOBIA

### Pull Factors

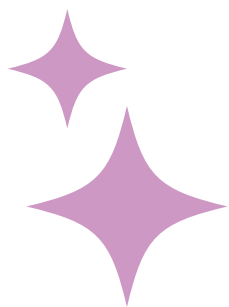


What is it about this goal that you feel innately attracted to?



How will achieving it benefit your life?

What need is it meeting in you?



## 30-PHOBIA

### Push Factors



Are there any negatives in your past that are pushing you towards this goal?



Is it about proving someone wrong?

or righting a wrong?

Are you trying to heal a hurt?

## 30-PHOBIA

### Motivators



What motivates you more -  
comfort and security or  
stimulation and excitement?



How will reaching this goal  
support your preference?



## 30-PHOBIA

### Fantasies



Which part of achieving your goal do you fantasize about most - the inner satisfaction and contentment or the praise and recognition from others?



## 30-PHOBIA

### Doom Scroll



How do the people you follow on social media make you feel about your own life and your progress towards your goal?



Is it time to 'unfollow' anyone?

## 30-PHOBIA

### Shoulds



Is this goal something you want or need to achieve for your own happiness and inner satisfaction?



Or is it something you feel you *should* do? Something expected of you?

## 30-PHOBIA

### Peer Pressure



How many of your friends and peers have already achieved this goal?



To what extent are you motivated by feeling left out or left behind?

## 30-PHOBIA

### Best Case



Imagine you achieve your goal right now at this moment. How does it change your life?



Consider the positive and potential negative impacts of achieving your end goal right now

## 30-PHOBIA

### Worst Case



What will happen if you don't achieve your goal by the deadline you have in mind?



## 30-PHOBIA

### Compromising



What compromises or changes would you need to make to your life(style) if you got exactly what you wanted right now?



Are you ready and willing to make these compromises at this time?

## 30-PHOBIA

### Deathbed



What's the one thing you will regret the most if it NEVER happens for you?



What is the one worry that keeps you awake at night?



## 30-PHOBIA

### Birthday Blues



What will happen if you don't achieve your goal by your next milestone birthday?



## 30-PHOBIA

### Tick Tock

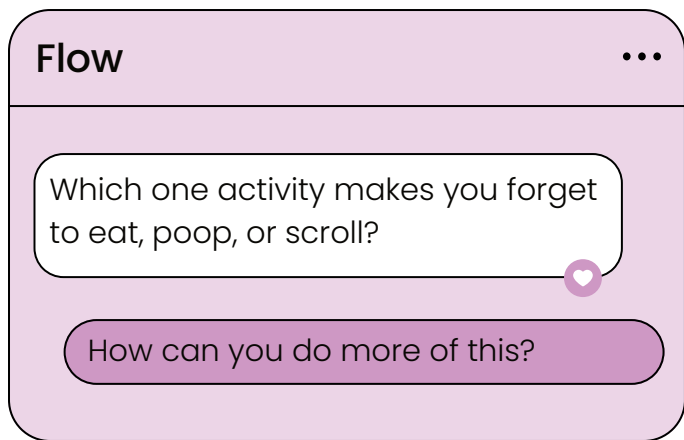


Is it more important to reach your goal at any time, or to meet your internal timeline?



Are you holding on to any 'false' deadlines like year ends or milestone birthdays?

## 30-PHOBIA



## 30-PHOBIA

### Legacy ...

How do you want to be remembered?

For which actions or deeds?

For which qualities or values?

## 30-PHOBIA

### Free Working



Which activity would you happily do all day, every day, for free?



Is there a way to get paid to do it?

How could you use this to meet new like-minded people?

## 30-PHOBIA

### Big Sisters



Who in your life has already achieved the goal you have in mind?



Ask them about their journey to reaching this goal - what steps did they take or changes did they make?

What did it feel like to achieve that goal and how did it change their life?

## 30-PHOBIA

### Small Wins



What progress have you already made towards this goal?



Think small wins, baby steps, 'inch-stones' not milestones

## 30-PHOBIA

### Progress Goals



Forget the end goal for a moment. What small actions could you commit to doing every day that will move you closer towards achieving your long-term goal?



Think small changes, daily habits, achievable actions, short time-commitments



## 30-PHOBIA

### Cheerleaders



Who in your life do you trust with your goal? (You don't have to share it with everyone)



Talk to them about your goal, ask them which of your qualities puts you in a great place to achieve it

Ask them to check in with you on your progress from time to time

## 30-PHOBIA

### Failure



What would be worse when pursuing this goal- you try and fail or you fail to try?



To what extent is fear of failure holding you back from pursuing your goal?

## 30-PHOBIA

### Happy Ending



How do you expect to FEEL when you achieve your goal? And how realistic is this?



Are you hoping for "happily ever after"?

To what extent are you seeking lasting feelings like contentment, belonging or purpose?