

Our Mind.



Our Mind stores memories of our experiences based on how we filter information. We take in information through our senses. Most of this happens subconsciously.

We generalize, distort, and sift through the information and filter it based on our beliefs, values, personality, attitude, and mindset.

Our future and current behaviors are guided by our memories. Our memories can continue to affect our thoughts and beliefs which then affect our behaviors.

Our Filters.

Think of our filters like the star in this maze. Every new experience from beginning to end will pass through the star. After a while the filter may get “dirty” and we will want to clean or change it.

We often go through life without cleaning our filter or even realizing we can change our filter.

Changing Behavior.

The first step is to become aware of the Behaviors you want to change. Know why these behaviors aren't helping you achieve your goals. Understand what thoughts or beliefs cause these behaviors. Uncover what makes it difficult to change the thoughts or beliefs. Then focus on the desired behavior. Finally use Mental Training Principles to change.



21 Day Challenge

1. What do you want?
 - Is this realistic, specific, and achievable?
 - Is this self-initiated and only for you?
 - State with in the Positive. (What you want to do, not what you don't want to do.)

2. What is your present situation?
 - This is where you are starting, the state where you are now?
 - What thoughts or beliefs do you have that affect your behavior?

3. How will this change help you?

Worksheet:

What do you want to change?

What are the general thoughts about this situation?

What is the exact thoughts about this situation?



Week 1:

- Purposely think about the thought when you are in a safe and comfortable place. When you think about it, how do you feel. Pay attention to your breathing, heart rate, muscles tightening, if you start to sweat, and the sensation in your stomach.
- Challenge the thought: are they fact, are they going to happen, or are they worries and what ifs?
- Use Empowering Self-Talk and talk about what you WANT.

Week 2:

- Continue with the steps in Week 1. After 7 days, you will start to build new thoughts. Now we will add in associations with thoughts and emotions.
- Do you want to relax, energize, or stay neutral when you frame the new thought?
 - relaxation- breathing techniques, meditation, calming smells
 - energize-play music, jumps,
 - neutral- Neutral music, smells,
- Use Empowering Self-Talk and talk about what you WANT and Focus on HOW to get there.

Week 3:

- Continue with the steps in Week 1 and 2. Now we will add in Anchors.
- Use Words, Motions, Signals, Sounds, Signs, Bracelets, etc.



Use this chart to keep track of your change. In each box write what techniques you used and the results. The Challenge is separated in “weeks” however, you may start at any time.

Week 1							
Week 2							
Week 3							