

# Mastering Your Mindset

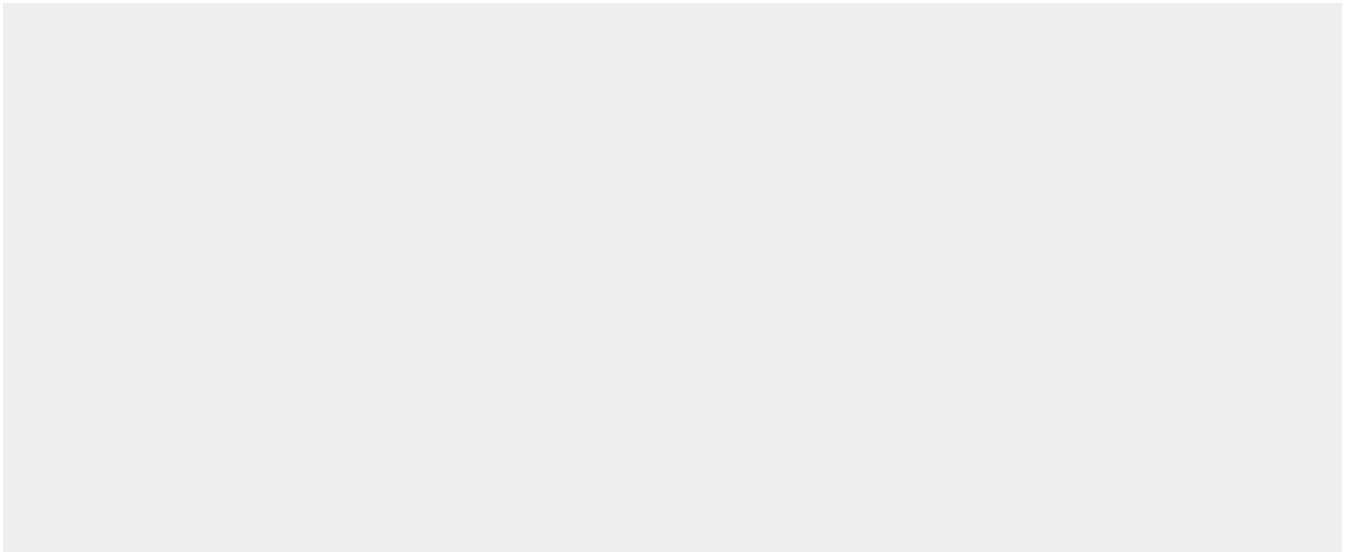
STR**O**BEL  
EDUCATION

## Lesson 1: Inside the Mindsets

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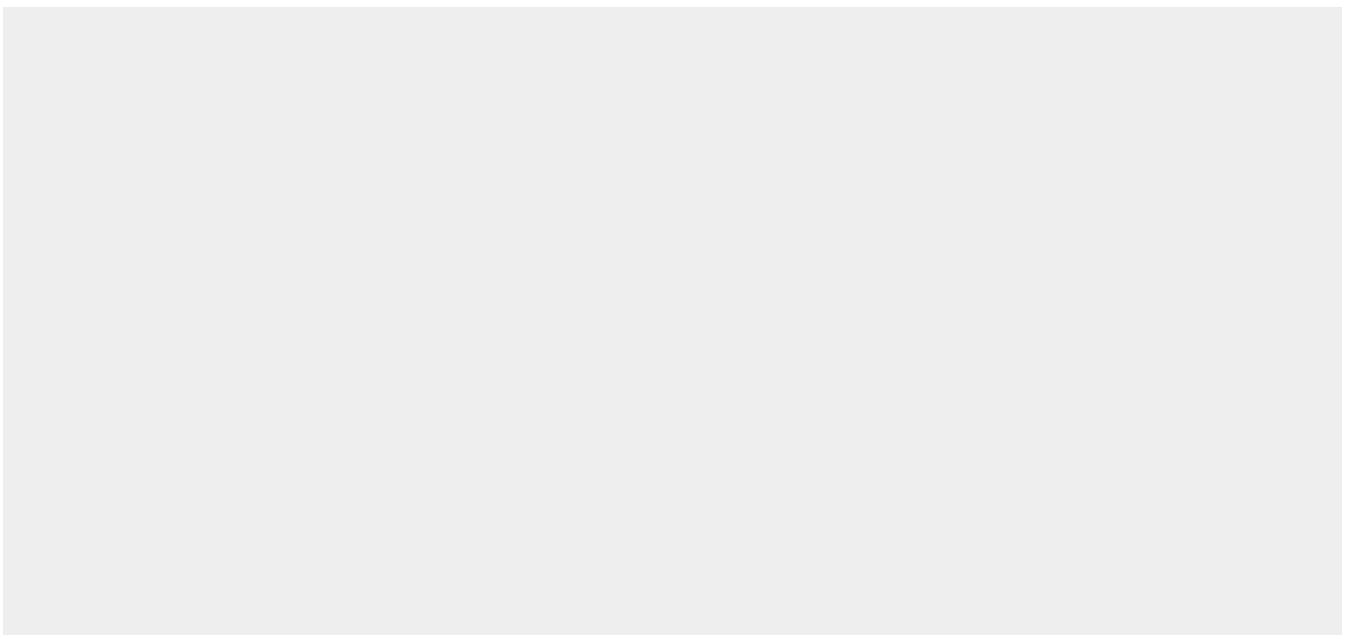
**Fixed Mindset:** You believe that your skills and intelligence are carved in stone and that you DON'T have the capacity to develop, cultivate, or improve them. You are born with a certain aptitude, skills, and intelligence and can't do much to change them. (Credit: Carol Dweck)

1. What is something you are fixed-minded about?



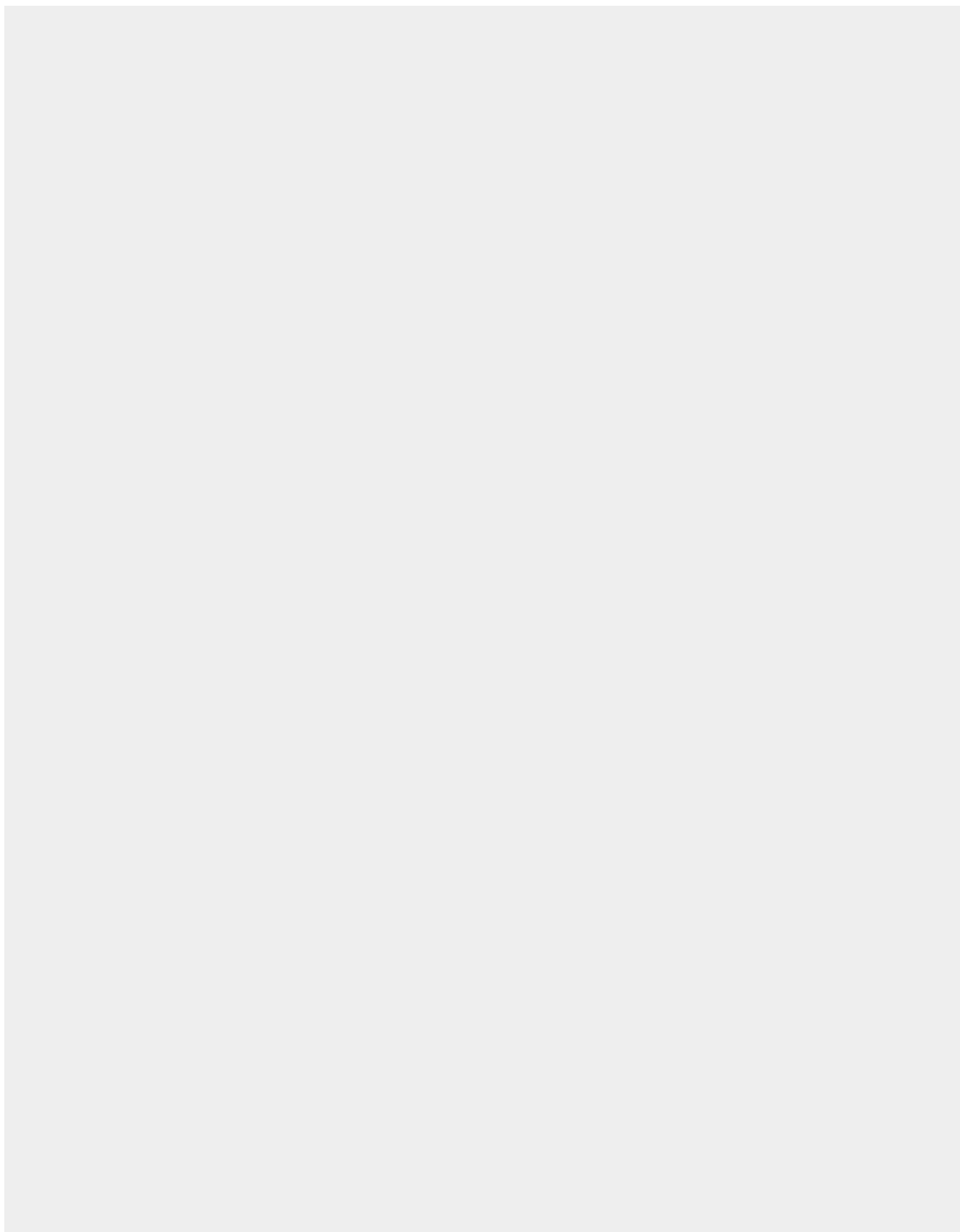
**Growth Mindset:** You believe that your skills and intelligence are things that can be developed, cultivated, and improved—that you DO have the capacity to learn and grow. Skills are built through effort and everyone can change and grow. (Credit: Carol Dweck)

2. What is something you are growth-minded about?



## Notes and Reflections


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## Lesson 2: The Power of Beliefs

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Notes



**"The view you adopt  
for yourself  
profoundly affects  
the way you  
lead your life."  
—Carol Dweck**

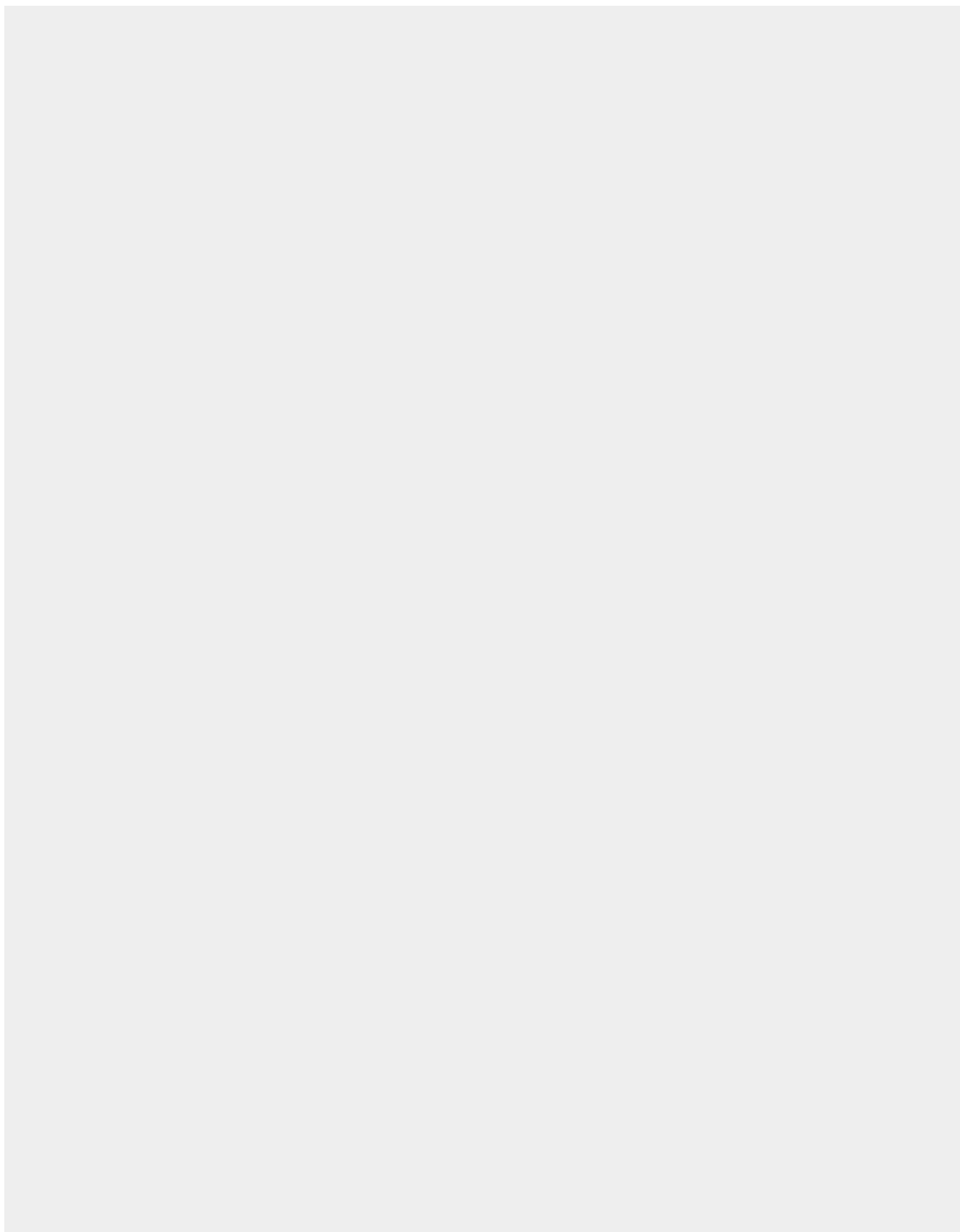


**Your THOUGHTS become your  
WORDS  
Your words become your  
BELIEFS  
Your beliefs become your  
ACTIONS  
Your actions become your  
HABITS  
Your habits become your  
REALITY**

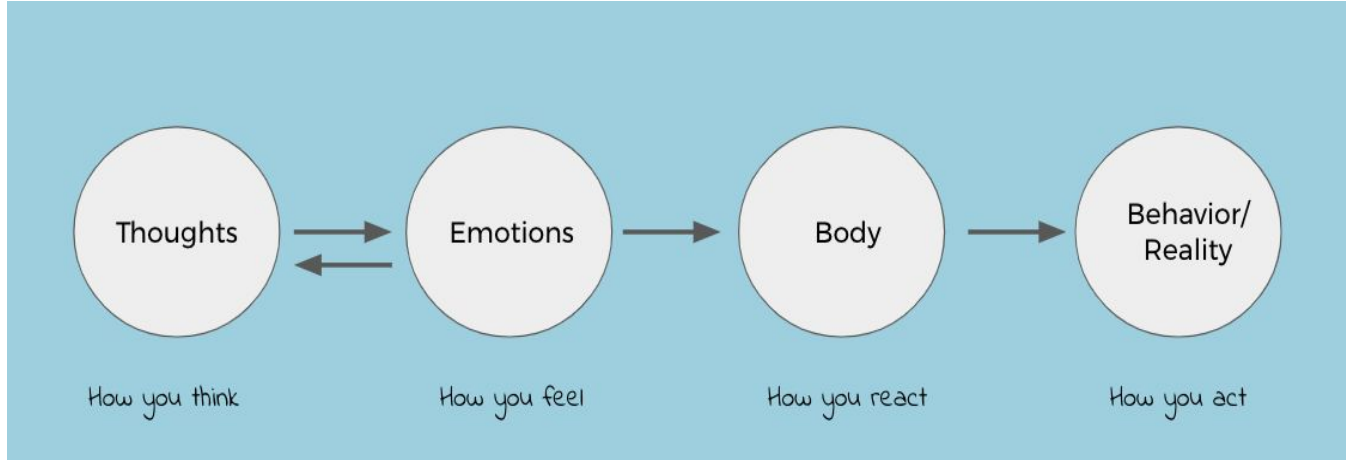


## Notes and Reflections

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## Lesson 3: The Link Between Thoughts, Emotions, & Behaviors



1. Emotions are the reactions to the thoughts you give attention to.
2. How you feel (and your body language) is a reflection of what you're thinking about.
3. Since emotions and the body's reactions are triggered by the thoughts you give attention to, therefore, you're living in a world of thought. Your thoughts create your experiences, and thus, you experience what you think.

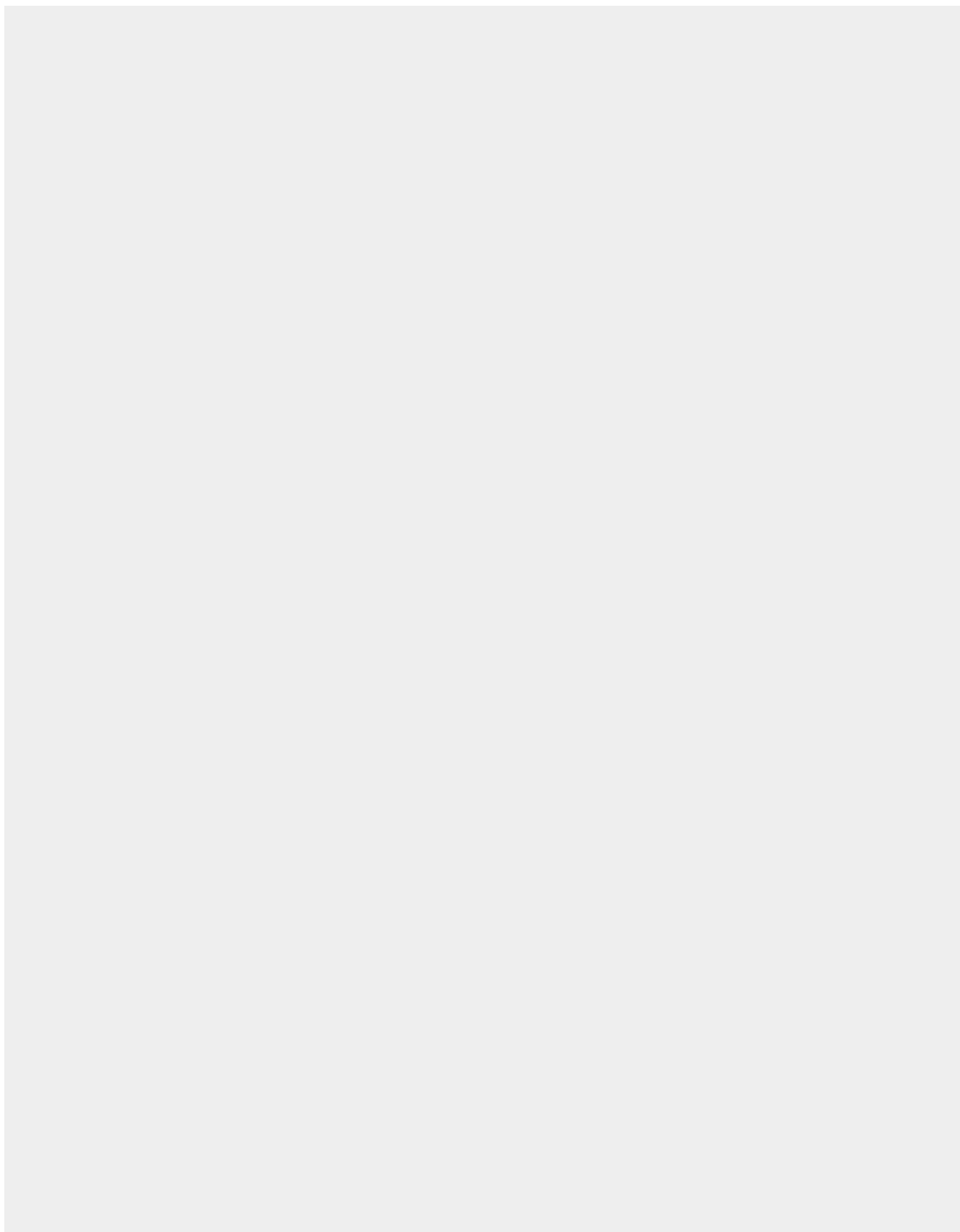
This means that all the problems we experience are nothing more than a thinking problem.

The "real problem" is not the problem.

The "real problem" is how we THINK about our problem.

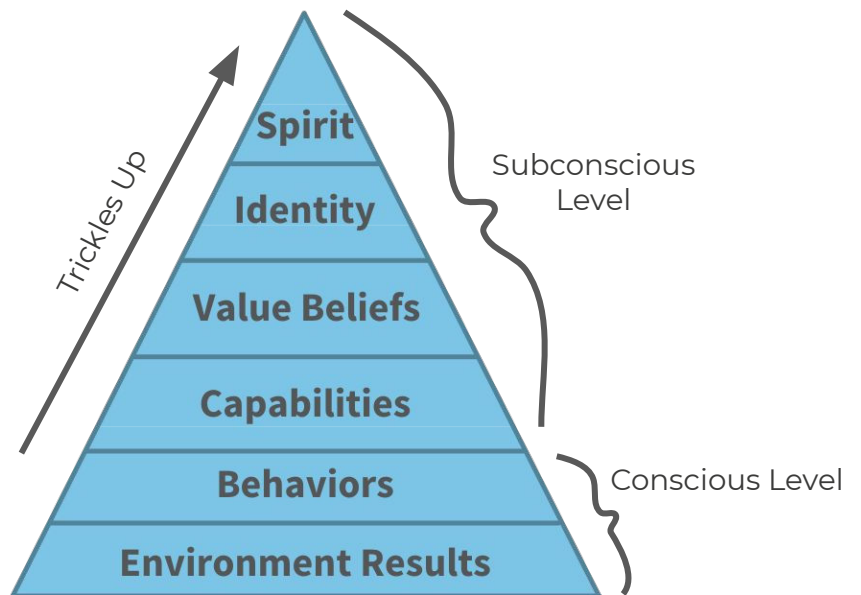
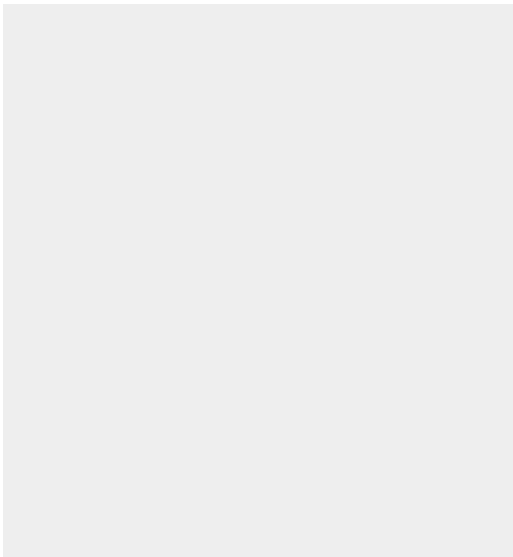
## Notes and Reflections

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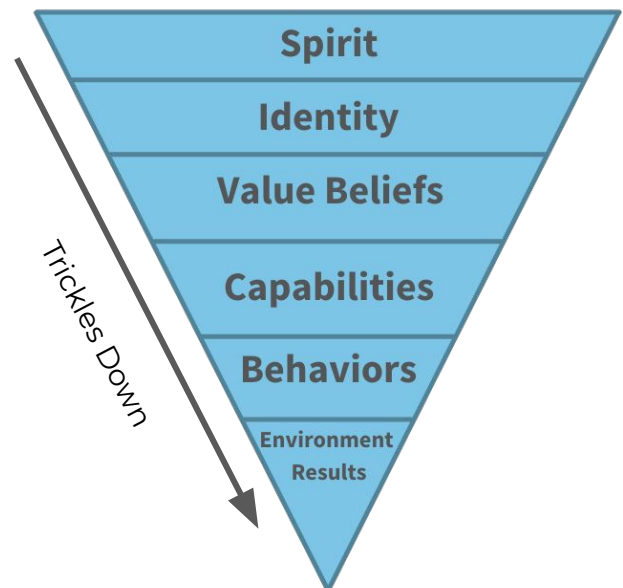
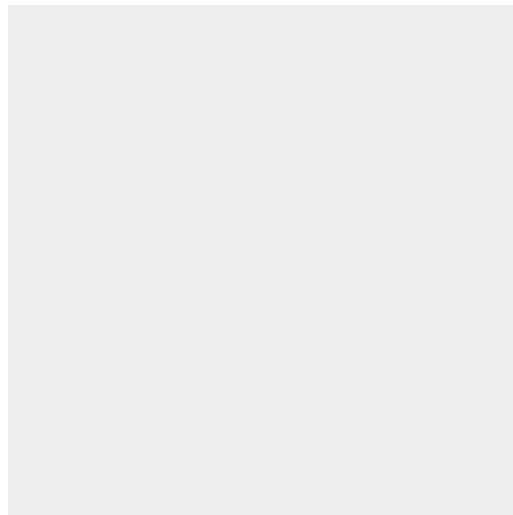


## Lesson 4: The Hierarchy of Change

### Hierarchy of Change (Backwards)



### Hierarchy of Change that Works!



**Spirit:** Our limitless nature and highest purpose.

**Identity:** Who you are. What makes you tick? What are you passionate about?

**Values/Beliefs:** What are our thoughts and beliefs and know about ourselves?

**Capabilities:** Our skills/knowledge/competence.

**Behaviors:** Our actions and habits.

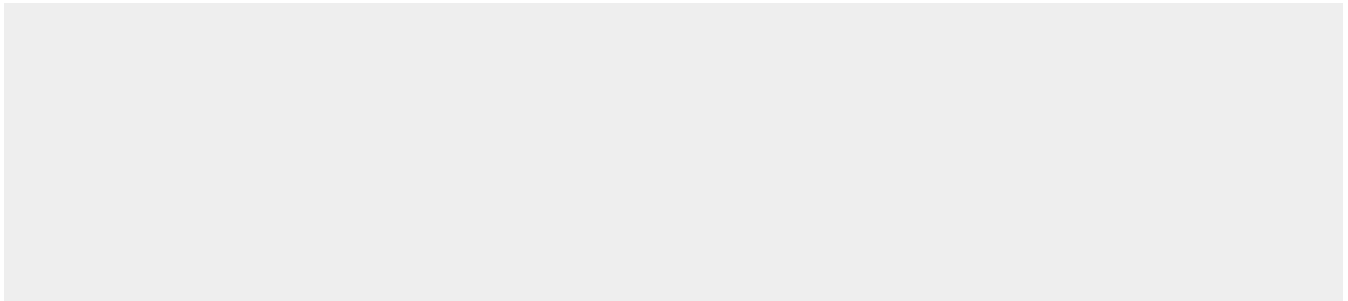
**Environment/Results:** What we see in our reality and our results.



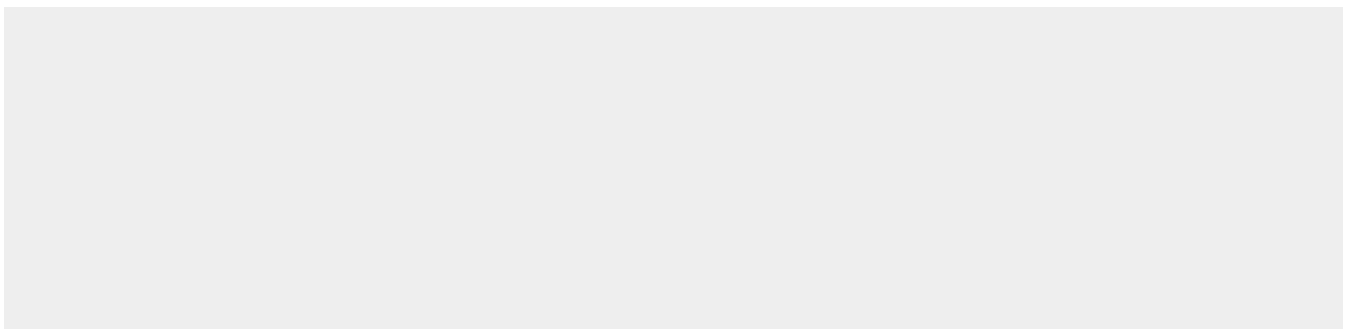
## Reflection:

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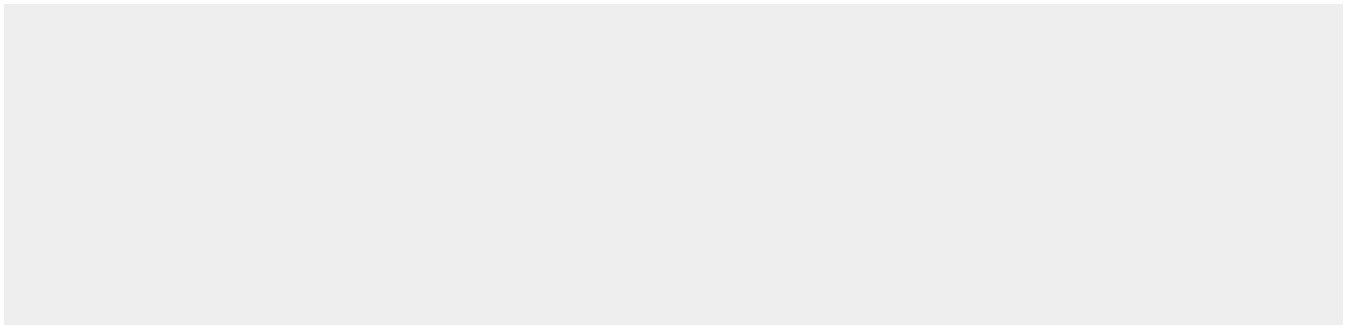
1. Have you been using the hierarchy backwards?



2. Do you put most of your effort into environment and behavior?

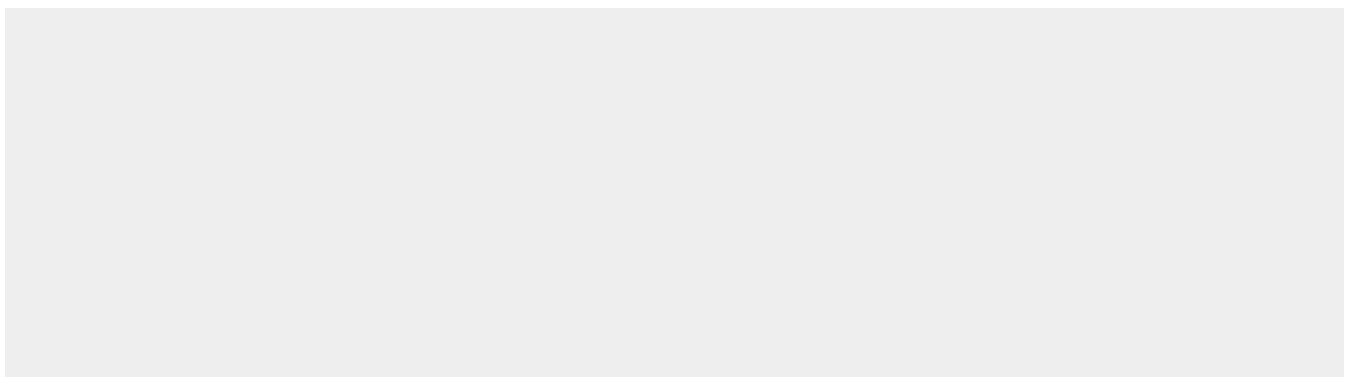


3. What shifts can you make right now in your life to create new positive habits?



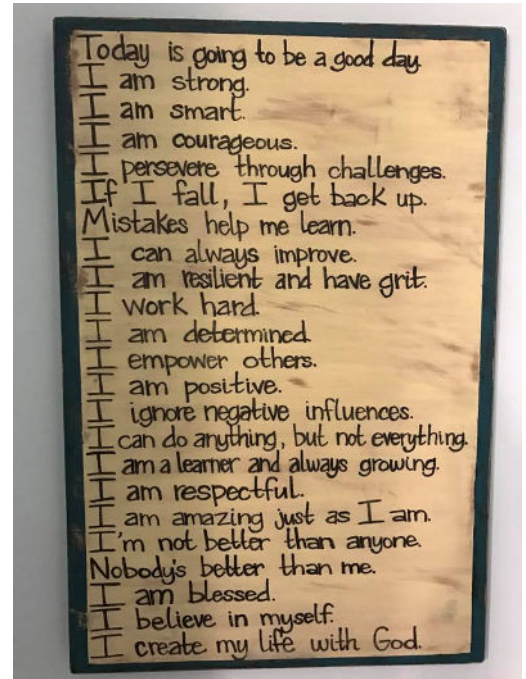
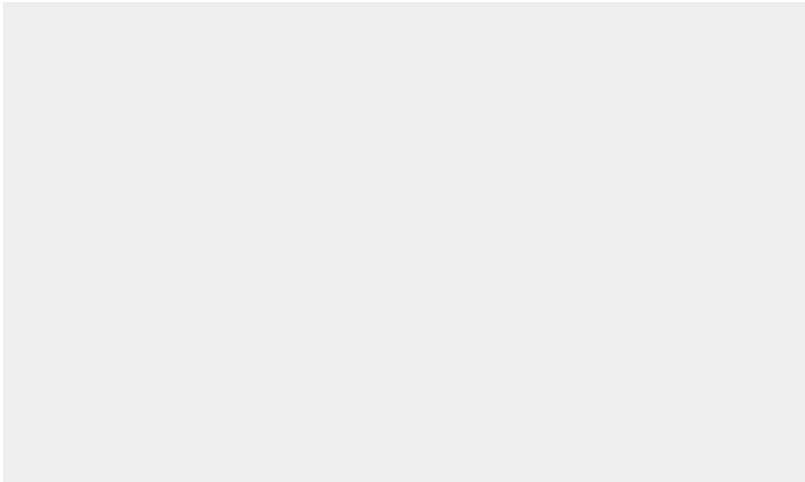
## NOTES:

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## Lesson 5: How to Change Our Mindsets

**Affirmation:** A statement that describes a goal in its already completed state.



### Creating an Affirmation

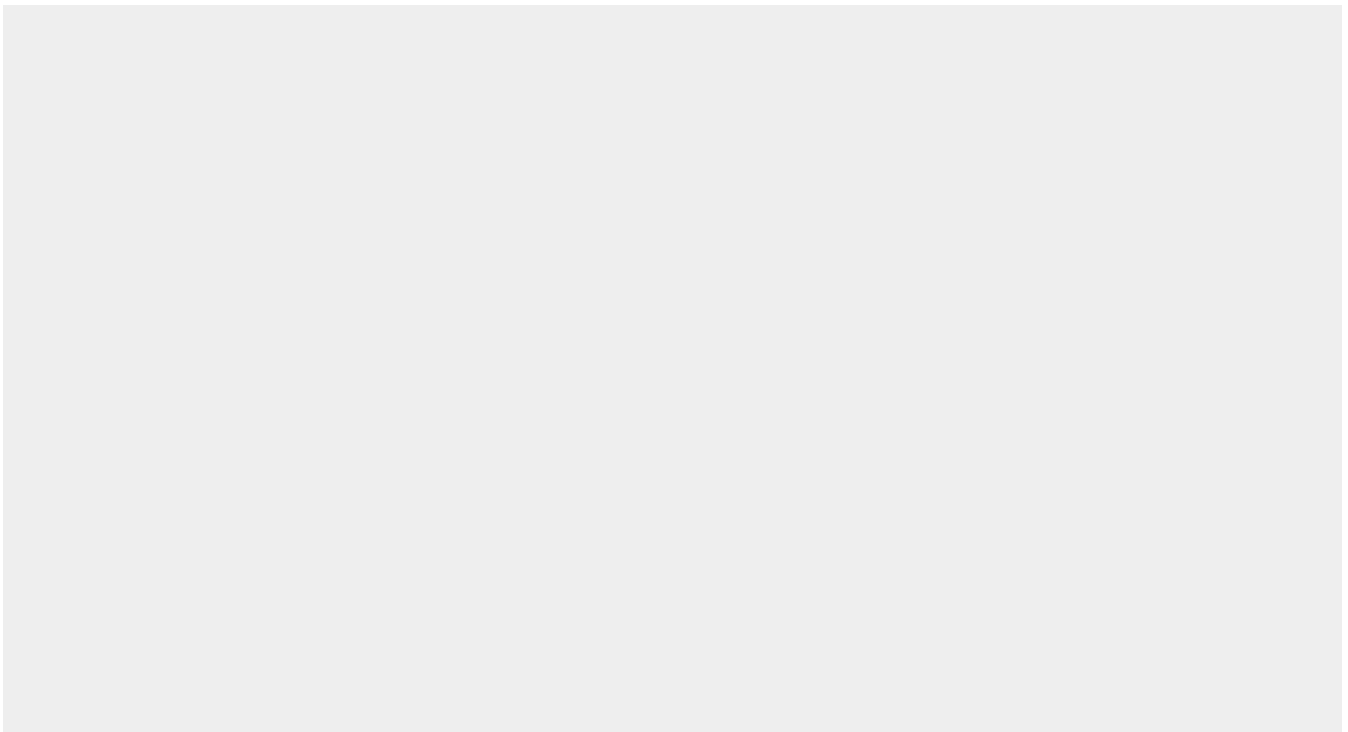
1. Start with the words, "I am thankful."
  - a. Example: "I am thankful for the lake house that will provide serenity to me."
2. Use the present tense: Describe what you want as if it's already coming to you or you've already accomplished it.
  - a. Example: "I am thankful for the lake house that will provide serenity to me."
3. Make it positive: Affirm what you want, not what you don't want.
  - a. Wrong: I am no longer afraid to go in Walmart.
  - b. Right: I am enjoying walking through Walmart.
4. Make it short and easy to remember.
5. Be specific.
6. Include an action word ending with "ing."
7. Wrong: I express myself courageously.
8. Right: I am expressing myself courageously.
9. Include at least one feeling word (happily, peacefully, securely, lovingly).
10. Add the words "or something better" or "something more."

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### **Kim's Affirmations**

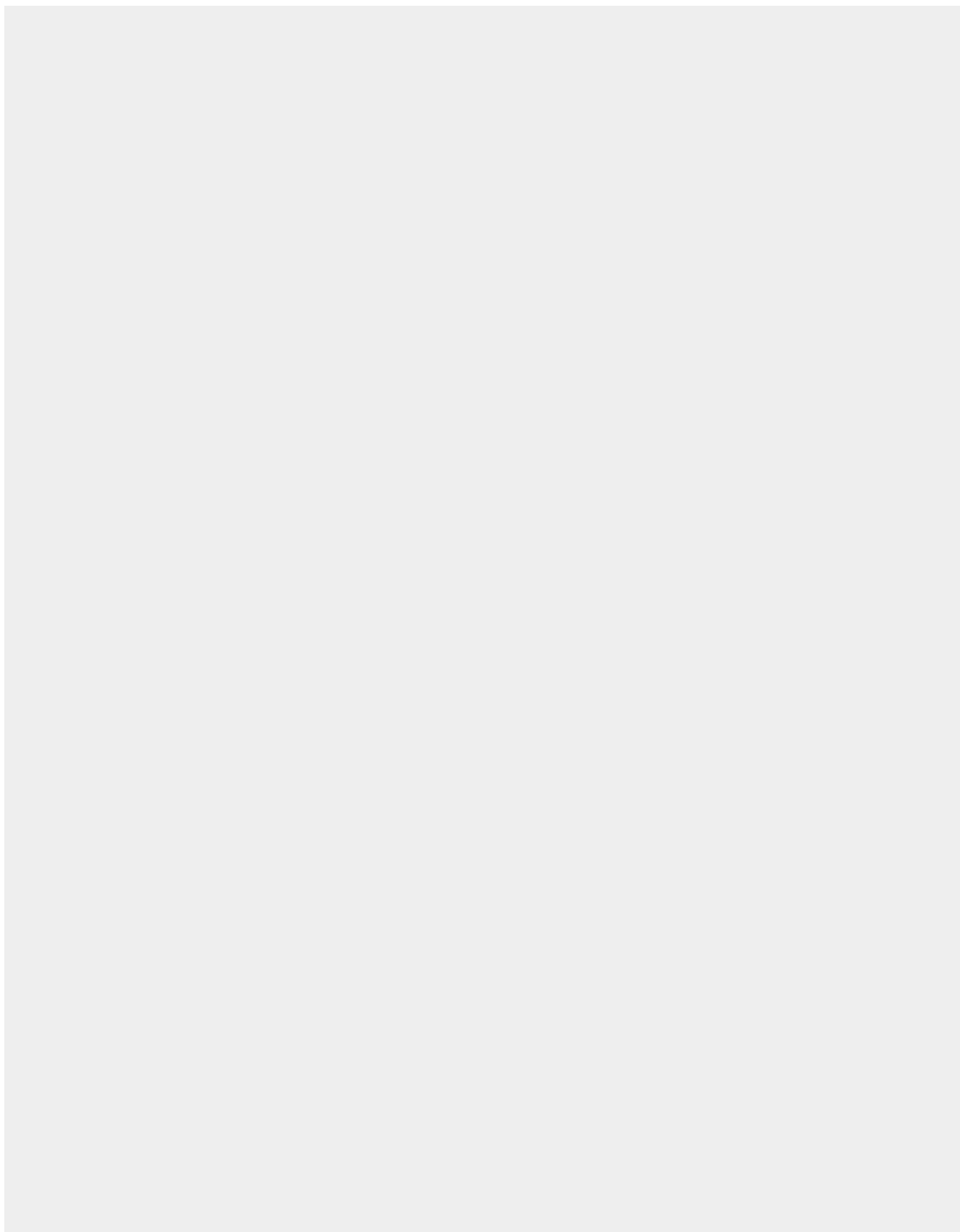
1. I am an exceptional wife today.
2. I am happy, healthy, and energetic with a strong, kick-ass body.
3. I am positively influencing the masses
4. I am increasingly magnetic to money, abundance, and prosperity.
5. I am healed from panic disorder and have mastered my fears.
6. I am empowered.
7. I am honoring my fierceness while loving and accepting my vulnerabilities.
8. I own a beach or lake home.
9. My success is inevitable and I am always on the right track.
10. The right people, circumstances, and opportunities are always finding me.

### **Write Your Affirmations Statement(s)**



## Notes and Reflections

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# Two Ways to Get More Joy

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