Total Mindset Detox
Module One

INTRODUCTION

Welcome lovely lady!

I am so excited to get started on Total Mindset Detox as I know these next 10 weeks are going to totally transform across all areas of your life – personally, professionally and financially.

Welcome to Module One

Throughout this module we are going to be focusing on "Getting out of our own way' and really breaking down exactly what is going on internally that is leaving you feeling stuck, trapped, confused and frustrated.

We will be covering:

The stories we tell ourselves every day

What is a limiting belief

The power of thought cycles

How to reframe your thoughts

Techniques and tools

Actions for the week:

Work through the actions in this workbook and be as honest as you can. You don't know what you don't know and so it is really important to dig deep and be 100% honest with yourselves.

Watch the Video tutorials

Join me for the live training on Tuesday evening

Complete the Reflections at the end of the training

MODULE ONE: Get out of your own way!!

Now is the time to be ***REALLY HONEST*** and figure out what is going on in that mind of yours that is holding you back.....

Think about your dream goal, why aren't you allowed it?

What excuses do you use to justify being unhappy with yourself?

Who are you using as an excuse to not live your dreams?

Who do you blame for things that aren't working in your life?

NOW to get really **DEEP**

That thoughts have you had on repeat?

What patterns have been on repeat?

What emotions do you feel on repeat?

MODULE ONE: What are your main Limiting Beliefs?

The beliefs we tell ourselves that hold us back and stop us from achieving our goals

Overview of limiting beliefs

MODULE ONE: Reflections.....

Did I have any resistance today? Why?

What additional negative beliefs do I need to de-clutter?

What am I really grateful for?

What am I most proud of?

Anything magical happen today?


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