Total Mindset Detox
Module One
Thought Cycles

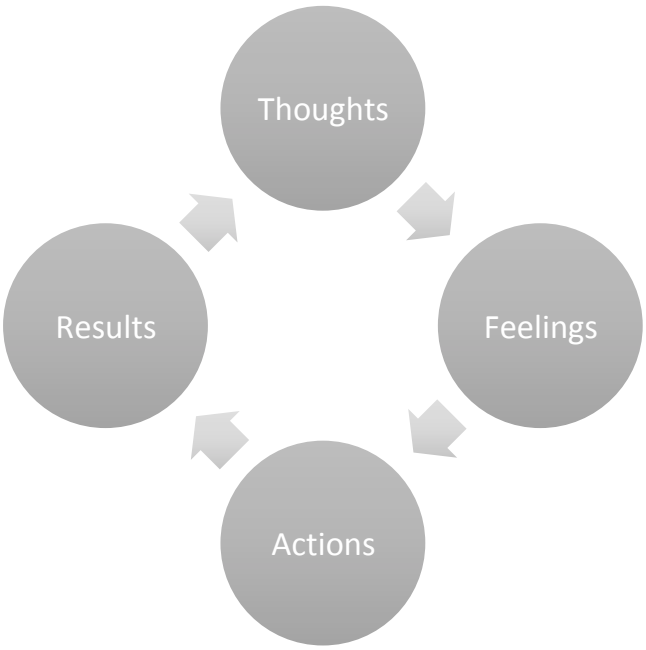
Thought Cycles!

Every feeling, action, results and Outcomes are driven by our thoughts!!!

The great saying "if you think you can, or you think you can't you are right" is soooooooo true.

The truth is, Success starts and ends with Mindset, which is controlled by our thoughts. Every day we have the opportunity to make millions of choices based on how we are thinking at the time. These choices will determine how we respond to certain situations and ultimately the results we achieve by that response.

It creates a Thought cycle:



Negative Thought cycle:

When we are focused on all the things that aren't happening, or that we care struggling with we naturally start to create a Negative Thought cycle.

The limiting beliefs we identified earlier will be the driving force of these cycles and often when you are faced with challenges or obstacle your natural thought cycle will be driven by how we are thinking at that time.

Soooooooo, if you find yourself saying:

I will be I have no money
Good things never happen to me
Everything is always so hard
I don't have time for.....
I struggle with.....

You have entered a Negative Cycle...

Our Thoughts will then ..

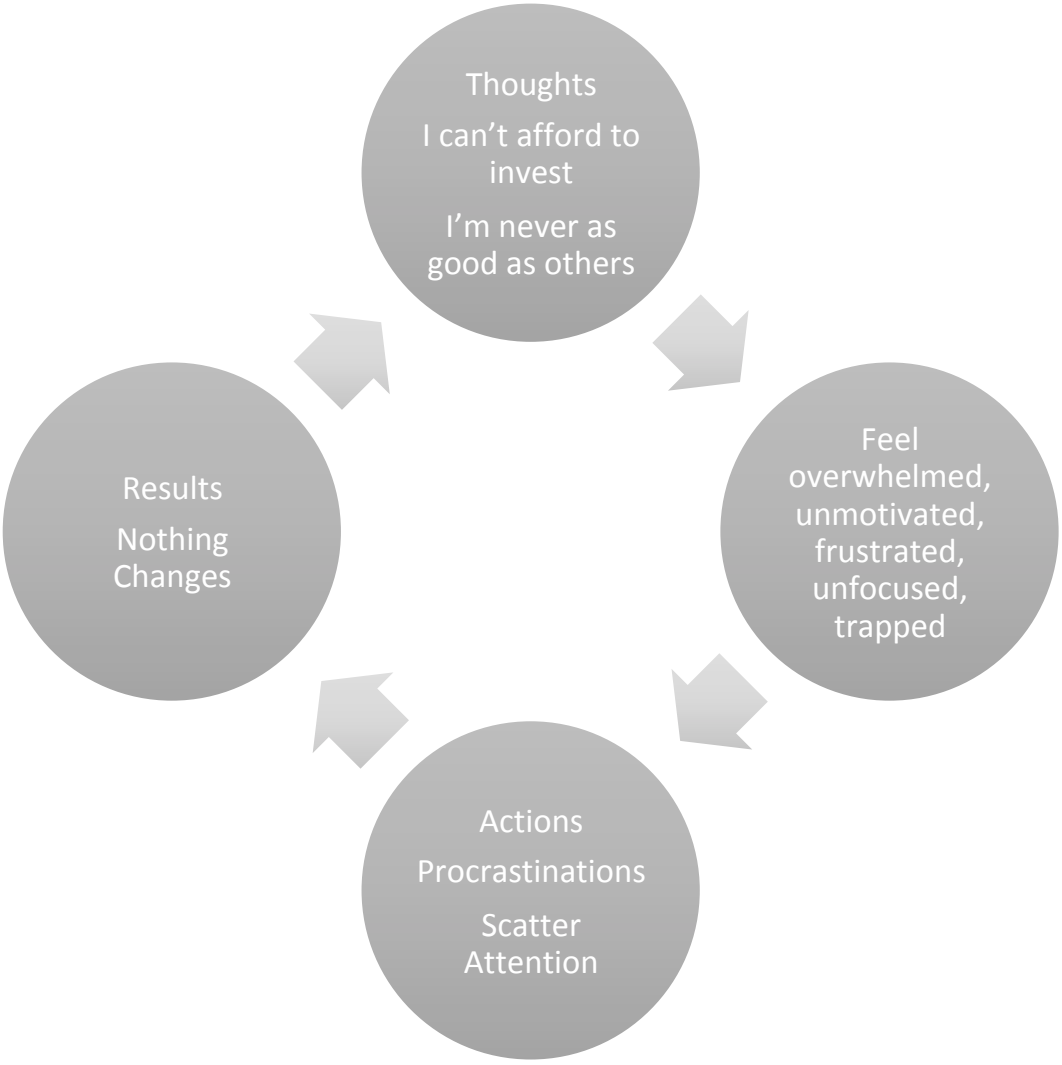
IMPACT HOW YOU FEEL– unmotivated, unfocused, useless, a failure, frustrated, confused, overwhelmed

WHICH IMPACTS OUR ACTIONS causing you to procrastinate

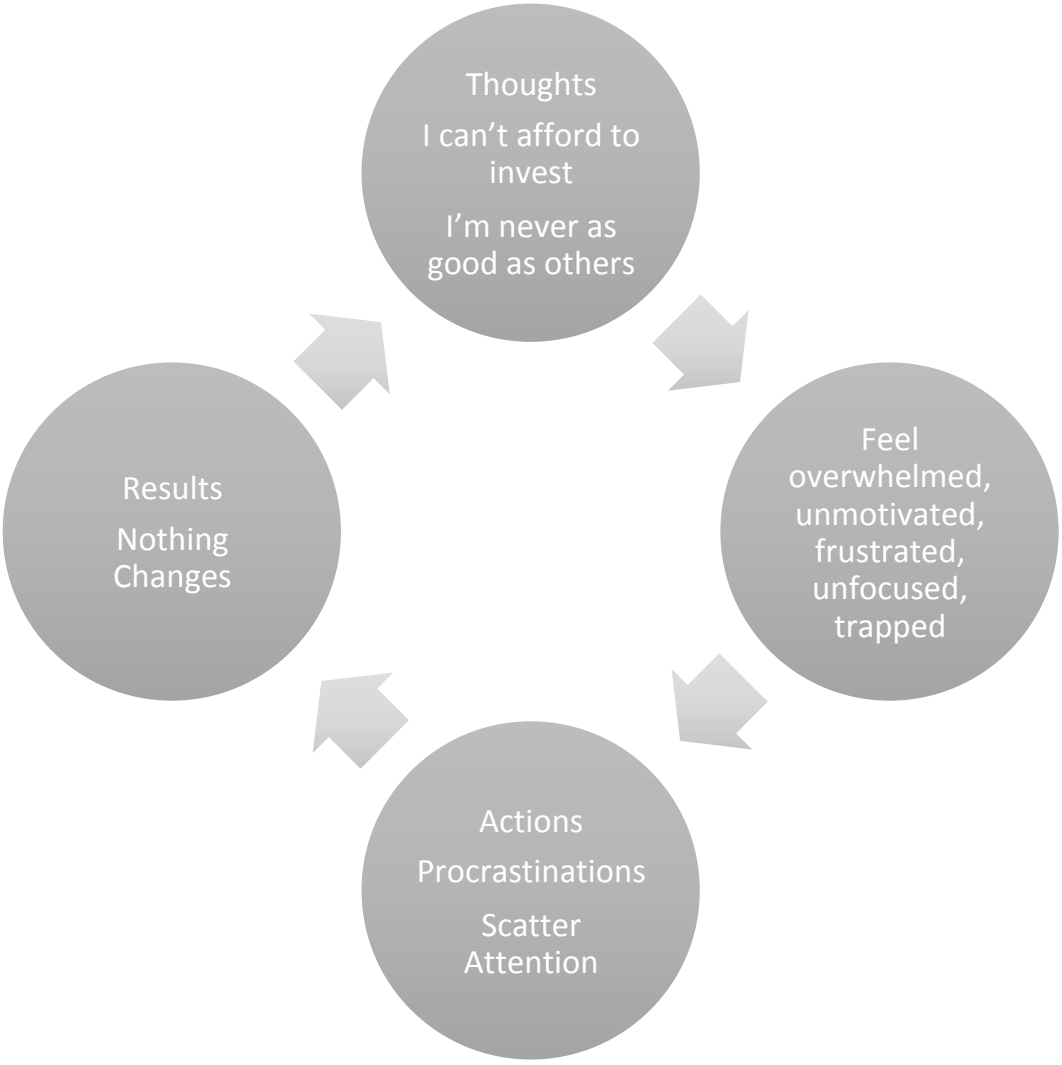
WHICH IMPACTS RESULTS – Nothing changes

And so it continues until you change your thoughts....

Negative Cycle



Negative Cycle



Positive Thought cycle:

When we consciously make an effort to think more positively and break everything down we are able to generate more motivational thoughts.....

I am successful in everything I do
I always have enough money to do the things I want to do
I am loved
I am good at my job
People respect me
I am appreciated

As a result it...

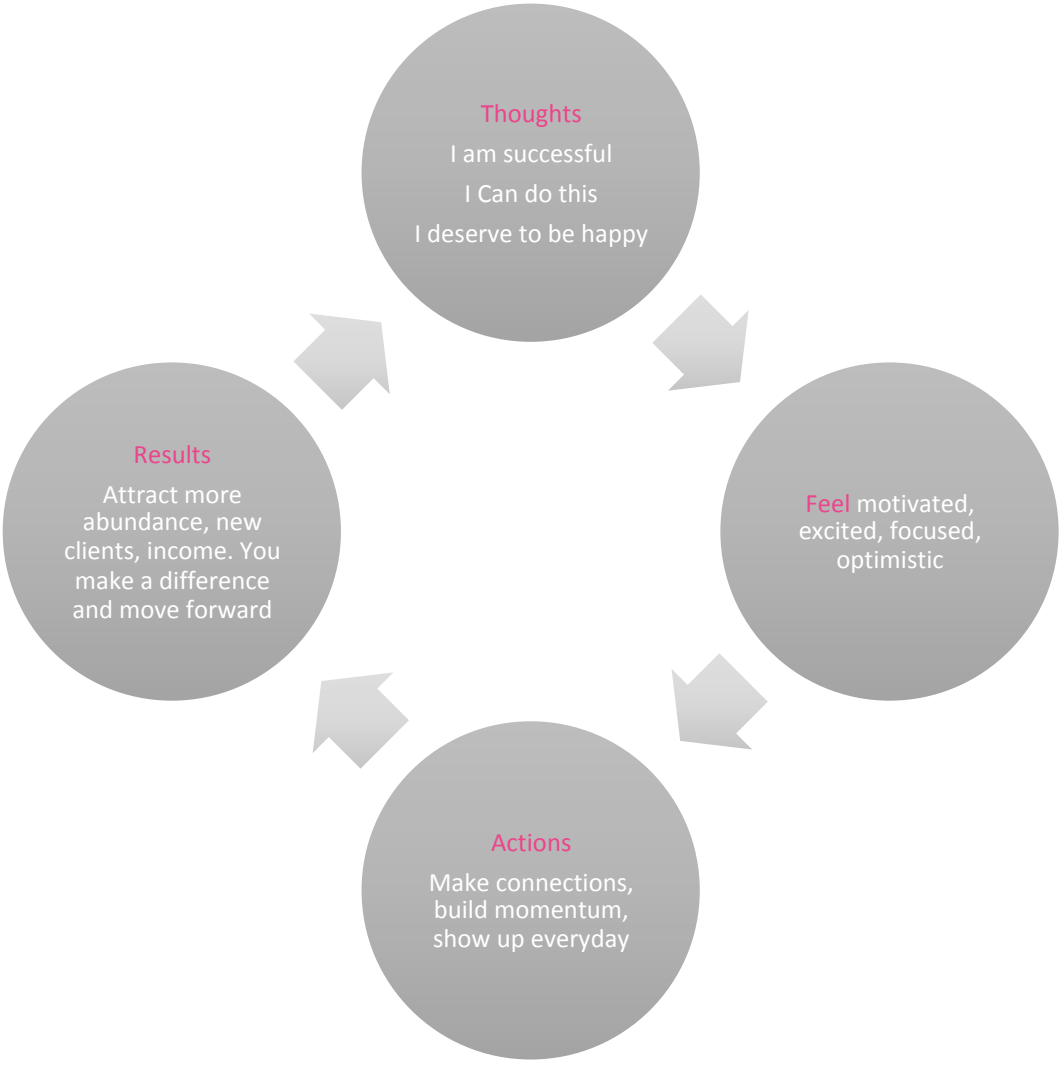
IMPACTS HOW YOU FEEL– excited, focused, motivated, positive

WHICH IMPACTS OUR ACTIONS causing you to formulate plan, connect with the right people, move forward

WHICH THEN IMPACTS RESULTS – New results, new clients, more money, new opportunities

You gradually start to lift your energy and create a more positive flow, ideas start to come in, your motivation increases, confidence grows and you take more action every day...

Positive Cycle



Actions: Using the templates attached

What is your current thought cycle based on your limiting beliefs?

How you want to think?

Create a Positive thought cycle

Share them in the group

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?


www.emmagibbsng.com