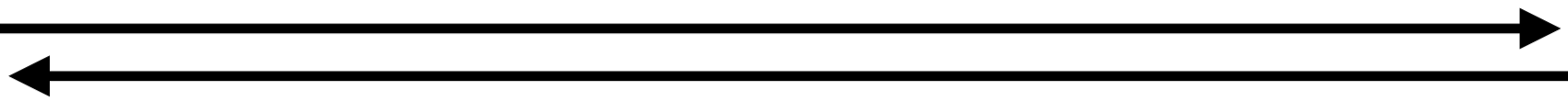




Mindset Challenge

**Stop negative beliefs
in their tracks.**



DAY 1: KNOW THYSELF

This is a BIG topic. Get started with these three prompts.

1. Think about some mistakes you've made in the past that may be holding you back from your future. Don't be afraid to write them down.

2. What was one mistake and what's it getting in the way of now? Have you noticed a sabotage pattern, fears or negative beliefs that arose due to the "mistake"?

3. Think of an accomplishment, big or small, that counteracts that negative belief. Something you've already done which proves it's not true. If you found one, keep it in mind. If you didn't, you can create one!

DAY 2: POWER FRAME

Power framing is the act of flipping a negative thought or belief into a more powerful and effective story. You switch from being reactive to your to being able to shape your situation, all based on the lens through which you view it.

BREAK IT DOWN TO FRAME IT UP!

- Practice identifying a negative thought the moment it arises.
- Ask, how can I turn this into the most powerful thing I've ever said to myself?
- How could I view this situation through a radically different lens?
- What would I say to my best friend?
- What phrases I can use right now to POWER FLIP my negative self-talk?!

Use the following page to break down some of your most common negative beliefs, and frame them back up into power frames!

Example

Fact: I got up to give a speech, but lost my notes and the audience gave me low marks.

Negative Frame: I embarrassed myself and went down in flames.

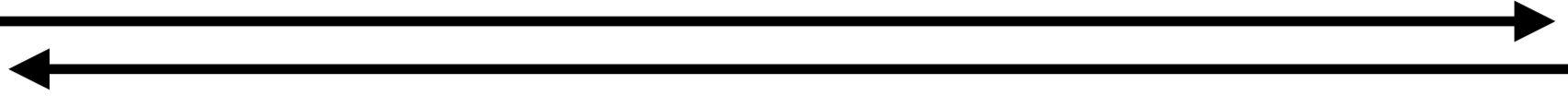
Power Frame: I'm a beast. I could have walked away, but instead I faced my fears & spoke.

Example

Fact: My business grows faster if I work during the night and sleep during the day.

Negative Frame: I'm trapped by my success and it's ruining my family.

Power Frame: I control my life. I'm a beast who did whatever was needed to build this business. I can build another one that works better with family life.



DAY 2: POWER FRAME

POWER FRAME #1

POWER FRAME #3

POWER FRAME #3

POWER FRAME #4

DAY 3: TIME IS THE ULTIMATE HYPNOTIST

Schedule your typical day.

After completing this typical day schedule, highlight a few times you suspect your psyche is the most susceptible to disempowering thoughts or on the flip side, responsive to a new habit.

24:00	
01:00	
02:00	
03:00	
04:00	
05:00	
06:00	
07:00	
08:00	
09:00	
10:00	
11:00	

12:00	
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15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	

The purpose of this exercise is to find the most strategic time & place to disrupt your negative loops and disempowering thoughts. It's crucial you are honest. Don't use this time to project how you think you should be spending your days. This won't help!

DAY 4: YOUR PRACTICE DECODED

Your new tactic will fail without the intention to replace your old belief with a better one.

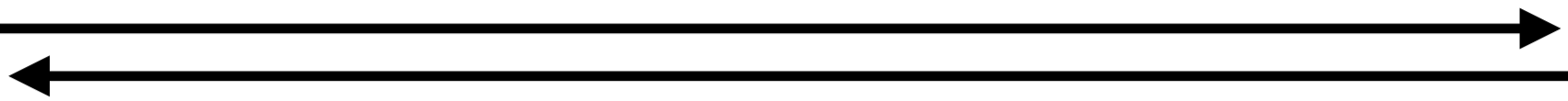
1. What negative belief you are stopping?

2. What reframe or new belief will you replace it with?

3. What time/place/situation will trigger you to use your tactic?

4. Ok, you've created a plan to implement your practice!

Use this last line to make a promise to yourself to try your practice for at least 3 weeks before you decide if it is effective or if you need to test a new approach.



DAY 5: PRACTICE YOUR PRACTICE

It takes time to turn a behavior into a habit.

1. SHARE Your practice with the ITU community.

NOTE: Some people find less success when they share a goal preemptively because their brain thinks that speaking it is the same as doing it. Others find it gives them incredible accountability. Again: Know Thyself!

2. START today! Mark each day for the next three weeks as you keep your promise! You got this!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday