

Module 3



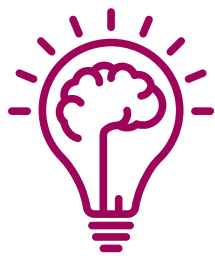
Other negative story disruptors...

- Focusing on the present moment helps to shrink the negative narrative and the neural pathway it uses.
- Deep breathing doesn't just calm down the nervous system, but it helps to shift the focus off the negative.
- Being curious helps you to look at the story from a different angle.
- Creating options to choose from is empowering and when you're feeling empowered you're more apt to take action.
- Just noticing the negative thought, not engaging it, keeps it from sticking around.

My key take-away from this module is...

As it relates to my confident mindset and my goal I'm going to...

Module 3 Continued



What comes to mind (as it relates to your mindset) when you read this quote, "We don't attract what we want, we attract what we are?"

#Unstoppable Mindset Check-In

On a scale of 1-10, as it relates to your goal/intention, how would you rate your confident mindset? 1 = stalled out and 10 = unstoppable.

1 2 3 4 5 6 7 8 9 10