

Module 2



Some things to think about...

-Awareness is key when it comes to spotlighting negative narratives and their triggers.

-The longer a narrative stays between our ears the stronger it grows.

-Neural pathways, like muscles, get stronger the more we use them.

-What-ifying is a good indicator that a negative story is present.

-Emotions help us to spot the narrative so it's important to pay attention to what your body is telling you.

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

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

Module 2 Continued



In what way is that negative narrative around your goal showing up in your body? (i.e. pit in your stomach, tight shoulders, etc.)

#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