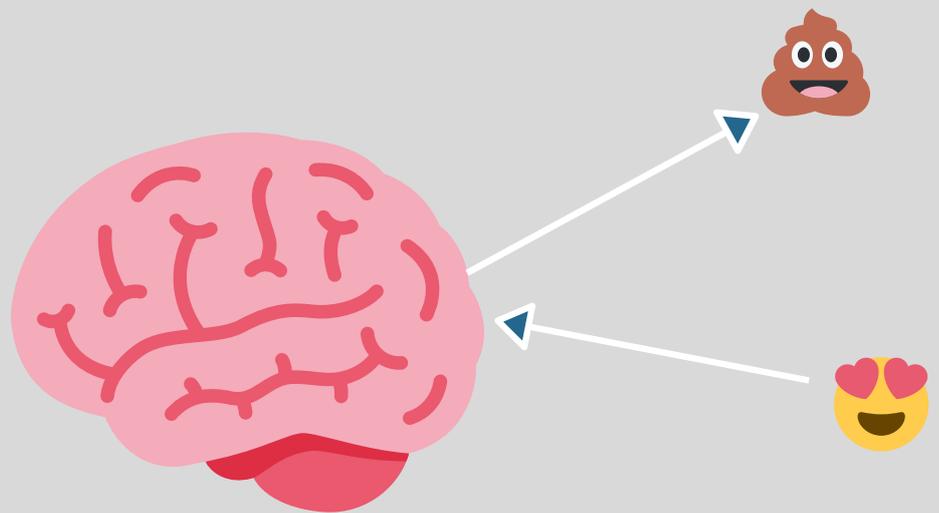


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3 COOL TIPS

COOL THINGS TO KNOW

THING #1: Every experience we've ever had (good or bad) creates our view of the world; how we see things. Essentially creating our thoughts about things, and it's those thoughts that create our beliefs. Enter our stories. It's kind of like an equation; Experience + Thought/Believe + Story = View/Feelings. And this is the important piece of the equation; it's the stories that prompt our feelings. And it's our feelings that either drive us to react vs. respond or have us engaging in some sort of action or inaction.

That's why when we tell ourselves a crappy story we feel crappy.

THING #2: Our minds don't know fact from fiction. Our minds believe what we tell them and that's where our stories come into play. The stories that create the feelings, that then create the evidence. It's like putting on a pair of glasses with spots. All you're going to see are the spots.

TIP 1: JUST NOTICE

When we ruminate over a negative thought, for example, we're allowing that negative thought to create a neural pathway in our brains. The next time you have a negative thought, rather than engage with it, just notice it..."Oh look, there's a negative thought."

TIP 2: PUT IT OFF

If you find yourself in a state of worry, try putting it off by rescheduling it. "I don't have time right now, but I'll pencil worry in for 3pm." There's a good chance that when 3pm rolls around you'll have already moved on from the worry.

TIP 3: INHALE & EXHALE

When fear, negative thinking, or catastrophizing hits the scene our amygdalas go into high alert. This is in preparation to either "fight or fly". To stop the amygdala from hijacking you, take a deep breath making sure that your exhale is longer than your inhale. For example, if you inhale to a count of 3, you'll want to exhale to a count of six.