

Here are the instructions on creating a Mindset Workbook we discussed this week.

1. Create a Personal Vision Statement
  1. Future Self Worksheet
  2. Powerful Thoughts worksheet
  3. Create a written narrative that combines the information from worksheets (see below for examples)
2. Create an Image Board (page)
  1. Locate Images online that inspire you or are meaningful to you in some way
  2. Save them together on your computer
3. Quotes
  1. Collect quotes that resonate with you
4. Highlights (optional)
  1. Bullet points you want to keep front/center
5. Twelve Week Year
  1. More coming on this
  2. Attached here as "Habit Tracking"
  3. Go ahead and come up with 2 (or maybe 3) goals you would like to accomplish in the next 12 weeks.

Now open a word processing document and create the following pages:

1. Personal Vision Statement -Your narrative
2. Images - insert your saved images into this page
3. Quotes - paste your saved quotes here
4. Highlights - anything you want to be sure to remember (So you may have "I respect my body too much to eat junk" if you are trying to lose weight)
5. 12 Week Year Documents (these are attached but I'll give more instruction on them later)
6. Create a cover with a motivating image (if you like) then print everything out. I like to get it spiral bound at an office store and carry it with me.

Example of what part of your Narrative might look like:

I exercise at least four days a week and only consume food that serves me and leads to me feeling well. When I eat sugary or processed foods, I only do so when I've planned it...never in a reactionary way. (This might be relevant if you tend to eat emotionally.)

I approach all work situations with a calm, quiet, focused affect. I feel confident and I show up as a leader for my team even in novel situations. I truly believe I'm capable and competent and that I provide massive value to my team, my company and our customers. (This might have come

from the Self-Talk work after finding you have a tendency to engage in critical self talk around work.)