



MODULE

01

# Mindful Change

## A Technique

# No. 01

*A way of changing your life*

# For Whom?

- People who know the mind/emotions are a factor in their lives
  - Books, workshops, podcasts, meditation, etc.
- Referrals/know me or met me
- People who want to change yet don't see themselves as 'sick'
- People looking for SOLUTIONS - quickly



# Issues we Deal with

- Emotional stuff – anxiety, depression, fear, helplessness, vulnerability, shyness, grief
- Relationship issues
- Limiting or repeating themes in people's lives
- Beliefs that interfere with your potential

# No. 01

*We have a unique way of  
approaching  
The Mind*

# Your life is a story...

- A narrative
  - Beginning, middle & end
- You are the main character in your story; other people are supporting characters
- Every person or circumstance in your life is a product of a mindset or belief system acquired during your lifetime.
- The vast majority of your mind is subconscious

# *Module 1 is about Your Story*



- How your story formed
- The conscious or subconscious ‘detail’ within your story
- How this detail becomes the Virtual Reality called your life.

# *Your Story is IMPORTANT*

- It is the Story is like a frame that holds the smaller stuff in place
  - Beliefs
  - Expectations
  - Strategies you developed to cope
  - How you behave in life.
  - How you speak and think
- People try to change these things through affirmations, conscious willful changes to their thoughts words and behaviors
- Like a boomerang, the old stuff returns when you're not paying attention!

# *Your Story is IMPORTANT Cont'd*



- Common beliefs most of us hold:
  - I'm not good enough
  - I don't deserve
  - I'm too stupid
- You can try to think, act and speak differently and sometimes you can succeed for a while
- But the 'story' will hold that belief in place because the story still exists; therefore the belief still exists.
  - Whatever happened to you, how you interpreted that will hold these core beliefs in place even if you develop NEW behavior

EXAMPLES

*Beliefs – Thoughts – Emotions --  
Behaviors – Results (Life)*