

ENSURE THAT YOUR BELIEFS, THOUGHTS AND FEELINGS ARE ATTRACTIVE

Ensure that your beliefs, thoughts and feelings are attractive so that they support your vision and drive your behaviour to that which is conducive to achieving it.

Remember, your success is influenced by greatly by the mind-set you hold. What you believe, what you think and how you feel, dictates how you perceive and respond to situations. Like attracts like and so your beliefs, thoughts and feelings determine the reality you experience.

This ACTivity requires you to tune into your self-talk to identify the beliefs you have that are not *attractive* and to replace them with *attractive* ones.

So, for example: If your self-talk is: “If I speak in front of all those people, I’ll make a fool of myself”, then the belief might be: “I am no good at public speaking”. If speaking publically is an important part of your vision, then it would make sense to create an affirmative belief along the lines of “I am a coherent and confident speaker who inspires my audience”. This activity will show you how. It works best when you follow the steps, including the preparation.

PREPARATION

- Look at your Vision Board, or read your Provocative Proposition
- Notice as you pay attention to the detail of that vision what your self-talk is like
- Try not to attach to the thoughts, just notice them

Be aware of the potential of more negative thinking becoming evident as a result of becoming more aware of your negative thinking and remember this: if you think you can change your beliefs, then you can!



WORKSHEET 3

YOUR MIND-SET - SELF-TALK

The things I say to myself often

What you write down here is hugely important as it highlights the specific self-talk you need to address in order to change the belief responsible.

The new beliefs I have

Now, ask yourself this question: “what beliefs will attract the people, opportunities and things to me that will make this vision a reality?” It is helpful at this stage to revisit the things you wrote above as the self-talk you highlighted is likely to indicate which thoughts need changing as a priority.

Write down the beliefs that you want to have. Remember that intent is stronger than conditioning, and ‘want’ is stronger than ‘need’, so really focus on what you want to believe about yourself and your business.

The ACT of ATTRACT

ACTivity 3: Your Mindset



The new thoughts I have

Now that you have a list of desired beliefs, ask yourself this question: “what thoughts do I need to have in order to make those beliefs a reality?” **Remember that thoughts become things, so ask yourself: “What thoughts will attract the things I want?”, and be sure to frame them in positive language.**

The feelings I want to feel

Now ask yourself this question “**Through this vision, what feelings am I aiming to generate?**” **Remember, everything you do is with the intention of generating a feeling and whilst your feelings are linked to your thoughts, you can also influence how you feel directly by doing the stuff that you know will generate the feelings you want.**

The activities I want to do more of

Now ask yourself this question: “What can I do now to feel this way?” and then for each feeling, write down the activities that if you did them would make you feel that way. For example: working on specific types of projects, doing specific activities, working with specific people, celebrating in a specific type of way etc. If this is challenging, recall a time in the past when you felt this way and then write down what the circumstances were. What were you doing? Who was around you?

My affirmation

- With your vision and your new beliefs, thoughts and feelings in mind, write a statement of a couple of short sentences which is framed in positive language and describes the essence of where and who you want to be
- Phrase the statement as if it were true now. So, for instance: “I am making progress everyday” is preferable to “I want to make progress everyday”. Remember, you are not trying to ‘want’ something. You are trying to make it reality
- Place your affirmation where it is constantly visible (on the mirror you use daily, by the kettle, in your car, on your computer screen). Make sure that you are confronted with it daily as a minimum, hourly where possible and ideally constantly!
- Every time you see it, say it to yourself intentionally, both silently and out loud
- Share your affirmation with other people
- Record yourself saying it and play it back to yourself or write it down when you’re doodling, repeat it to yourself over and over - sing it if you want to!

After a period of between 21 days and three months of consistent conscious effort, you can embed this statement as part of your mind-set.