

The MIND Upgrade

"We humans have a long and wonderful history of transcending our beliefs about what's possible." - Gay Hendricks

Releasing The Handbrake On Your Success

- **REJECT negative self-talk** - DO NOT TOLERATE IT
- **RAISE your standards** – do not accept less than the magnificent life you deserve
- **REFUSE comparison** – UNLESS it is inspiring & empowering you
- **REFRAME setbacks** - View obstacles as opportunities for growth
- **RECLAIM your power** – Great leaders don't stay small & safe

Notes

The MIND Upgrade Activity

What is a specific behaviour or result you want to change?

M - What MEANING are you making up about the situation?
(What MUST you be believing? What STORY are you telling yourself?)

I - What INFORMATION are you misinterpreting?
(What facts are you generalising, deleting or distorting? What impact is this having?)

N – What is your NEW empowering belief?
(What belief inspires you to be the highest & fullest expression of who you are?)

D – What is your new DECISION to implement your new belief?
(What actions will follow this new belief?)

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“If you cannot do great things, do small things in a great way” - Napoleon Hill