

Create a Productive Future MindSet!



Some of you may agree with me that it is important to plan the future. Lots of people create goals for themselves, create dream boards and promise others that they will show up there/do that...

I believe in that, too. And I tell you right now that you can't plan for the future if you carry the past in your mind!!!

For you to be able to enjoy a productive future, you must want to learn to replace your weak, old, self-limiting PAST mind conversations with strong, new, self-empowering PRESENT and FUTURE mind conversations.

Now, how can you do that?

You can put into action a dynamic concept that I teach all my clients at One-on-One Mind-Coaching sessions and at my MindSet Workshops. Without going into detail, here is an overview to give you an idea.

CONVERSATIONS
SCRIPTS
FEELINGS
ACTIONS
RESULTS

(In session, I can assist/guide you in these preliminary steps.)

First you must become AWARE of ALL the mind conversations and scripts you have about each part of your life that *do not* work well for you, that *do not* create satisfying, fulfilling results.

Write them down in a column.

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Then you must become AWARE of your feelings that accompany these mind conversations/scripts.

Write them down in an adjacent column.

Third, you must become AWARE of the actions you take, or don't take that follow these feelings, that follow these mind conversations and scripts.

Write them down in a third adjacent column.

Following this exercise, ask yourself if the results you get are right for you and the life you really want.

If the answer is *NO* that means that your PAST conversations and resulting mindset are *not* serving you any more and now, right now it is time to create new PRESENT and FUTURE conversations and a mindset that will direct you toward living a powerful, meaningful, productive, fulfilling PRESENT and FUTURE!

ACTION ITEMS:

- Review the concept above.
- Then, look at the columns you put together; your mind conversations, scripts, your feelings, actions and results that are *not* creating the life you really want. These are your PAST mind conversations.
- When you have finished, go and create positive and productive FUTURE mind conversations and start using them in your daily life. It's only a game!

TAKE ACTION, NOW, TO START LIVING
YOUR POWERFUL LIFE!

Let's schedule a FREE 'Get-Acquainted' Call
<https://www.timetrade.com/book/LKCPG>

To Your New Mindset!
Mind Coach Shirley

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