

Lesson 4

Harness the Power of Your
Mind to Achieve Your Dreams



Just as we teach physical hygiene to stay physically fit, we need to cultivate emotional hygiene, learning to tackle our destructive emotions, so as to better achieve peace of mind.

The Dalai Lama



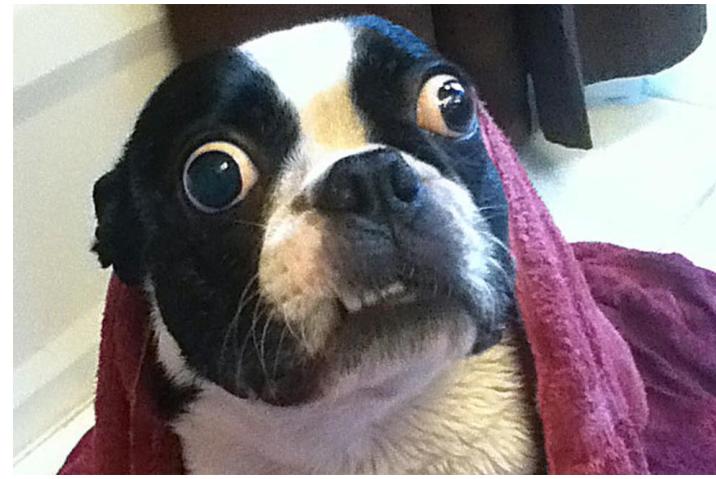
practice mental self-care



deal with negative emotions



peace of mind





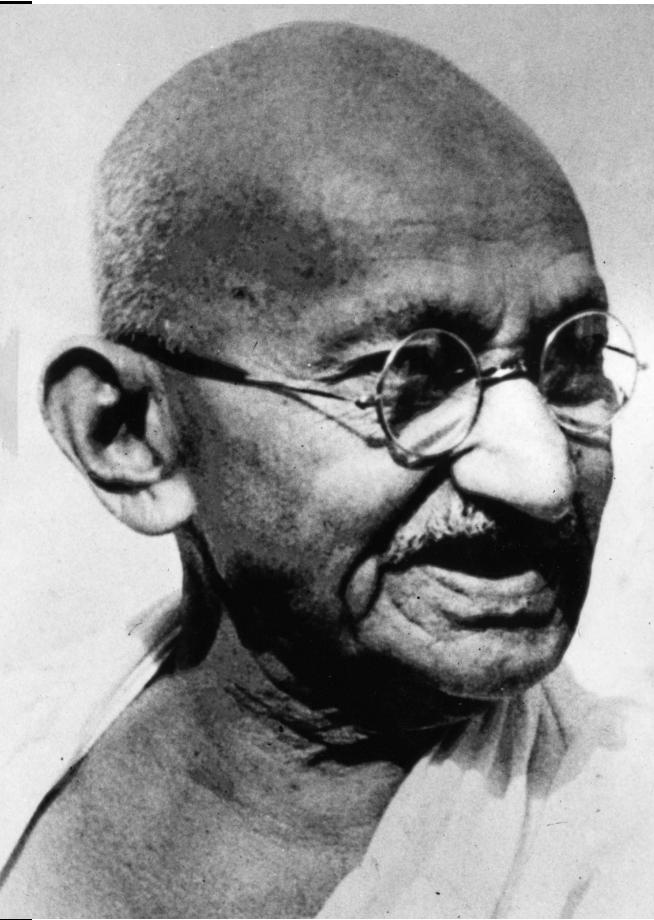
WORRIER POSE

Gemma CORRELL



**Building up our daily
mental hygiene practice**

What you think you become.



Watch your thoughts for they become words.

Watch your words for they become actions.

Watch your actions for they become habits.

Watch your habits for they become your character.

And watch your character for it becomes your destiny.

What we think, we become.



The Model

THE MODEL

Circumstances

Thoughts

Feelings

Actions

Results

Circumstances (C)

= Factual things that we have no control over that happen in the world

≠ opinion or drama. Circumstances are totally neutral.

Examples: It's raining. My boss said "I want a status update on your project." My friend Laura is flying to visit her family next week. I have a goal of spending two hours a week doing whatever I want to do.

Thoughts (T)

= Sentences in your mind about our circumstances.

Examples: It's a gloomy day. My boss is pressuring me to finish the project. Why is Laura is putting herself at risk of getting COVID for nothing? I have too much to do and no time to just goof off two hours!

Feelings (F)

= Vibrations in your body that result from your thoughts.

Examples: Depressed. Stressed. Disapproving.
Overwhelmed.

Actions (A)

= Our behavior. What we do and don't do.

Examples: Take a nap. Complain about boss to co-worker.
Gossip to friend about Laura. Don't take time for myself.

Results (R)

= The outcomes that we see in our lives as the effect of our actions.

Examples: Not getting my to do list done. Not finishing the project. Being known as a gossip. Not getting rest or relaxation and not recharging.

Unintentional Model

UNINTENTIONAL MODEL

Circumstance: It's raining

Thought: It's a gloomy day.

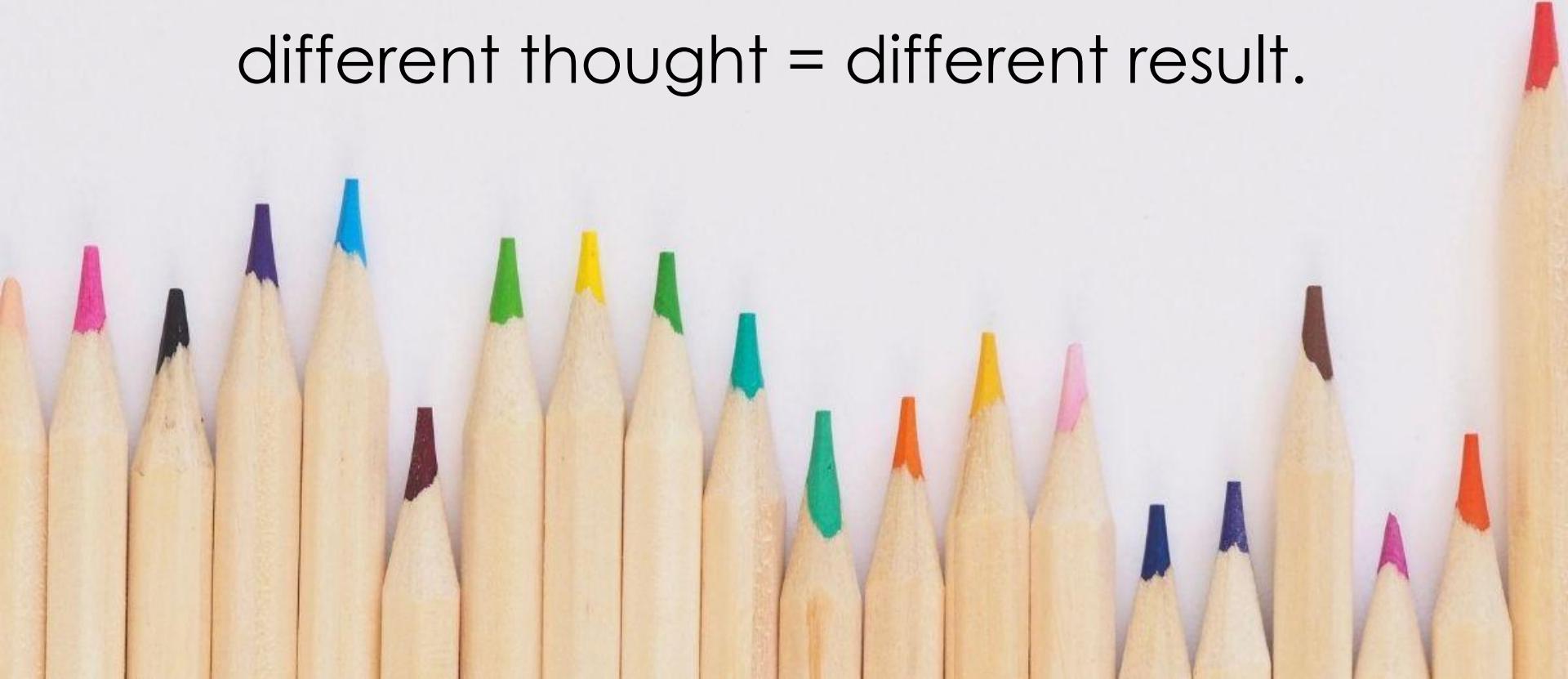
Feeling: Depressed.

Actions: Take a nap, watch YouTube videos, don't do planned tasks, eat extra snacks

Result: Have a gloomy day and don't get anything done.

We can CHOOSE to think something different.

different thought = different result.



Intentional Model

INTENTIONAL MODEL

Circumstance: It's raining

Thought: I'm glad I can stay inside today and make progress on my project.

Feeling: Grateful

Actions: Make a plan to do a few tasks, take breaks for hot cup of tea

Result: Make progress on project and enjoy it.

Unintentional Model

UNINTENTIONAL MODEL

Circumstance: Did the things on my list.

Thought: Yes, but will you stick to it?

Feeling: Doubtful

Actions: Don't plan for tomorrow, don't believe I'll stick to it, don't celebrate my win

Result: Don't do anything tomorrow and don't accomplish my goal.

Intentional Model

INTENTIONAL MODEL

Circumstance: Did the things on my list.

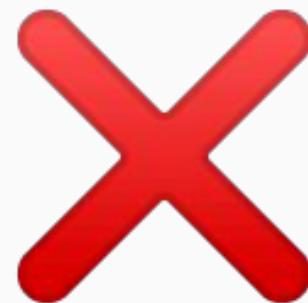
Thought: I took one baby step today and I can take one more.

Feeling: Determined

Actions: Plan for tomorrow, Believe I'll stick to it, Celebrate my win

Result: Take one more baby step toward my goal

What NOT to do....



... for C Line

Don't include opinions or feelings in the Circumstance line.

 I failed to meditate yesterday

 Did not meditate yesterday.

 Tim was rude to me yesterday.

 Tim said words to me.

... for T Line

Don't put more than one sentence, or a long string of phrases. Keep the Thoughts line simple.

 How can I get everything done when everything takes longer than expected and I want to keep self-care as a priority.

 How can I get everything done?

 Covidmentia is making me chaotic, unable to multi-task or galvanise myself....and exhausted....

 Covidmentia is making me chaotic.

... for F Line

Don't put more than one feeling, or max 2, in the Feelings line.

 Chaotic, unmotivated, exhausted

 Chaotic

... for A Line

Don't forget that you can include inaction, and that the Action line can have lots of items

-  Take a nap, watch YouTube videos, eat extra snacks
[Not wrong but could be better]
-  Take a nap, watch YouTube videos, don't do what I planned, eat extra snacks

What to remember to do...



... for R Line

The Thought always creates the Result

You could say that the result “proves” the thought. Also, the result always connects back to the thought. If you’re confused what to say for the Result, look back to the Thought.

Thought: My sister is so hard to be around

Feeling: pissed off

Action: don't return her calls, yell at her, talk bad about her to mom

Result: **!?**

✓ Result: I show up as someone who is hard to be around.

UNINTENTIONAL MODEL

Circumstance: I have a goal of being more eco-friendly

Thought: It'll be hard to be more eco-friendly than I already am.

Feeling: Discouraged

Actions: Ruminate on all the ways it will be hard, don't brainstorm ways to be more eco-friendly

Result: Being more eco-friendly feels too hard and I don't do it.

INTENTIONAL MODEL

Circumstance: I have a goal of being more eco-friendly

Thought: I love the idea of being more aligned with my ideals.

Feeling: Motivated

Actions: Brainstorm ways to be more eco-friendly, do one baby step, get the kids involved to inspire me,

Result: I make progress in being more eco-friendly and feel happy to be aligned with my ideals.



How to do a
model yourself?

Unintentional Model

#1: For Circumstance, write “I have a goal of....”

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought:

Feeling:

Action:

Results:

#2: Write down the thought you're having about the goal today

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought: There's no way I can stick to a 30-day goal.

Feeling:

Action:

Results:

#3: How do I feel when I think this thought?

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought: There's no way I can stick to a 30-day goal.

Feeling: Discouraged

Action:

Results:

#4: When I feel this way, how do I act, and not act?

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought: There's no way I can stick to a 30-day goal.

Feeling: Discouraged

Action: Jumping on Facebook, not planning a time to do the 5 minutes today, having an extra snack, beating myself up

Results:

#5: What is the effect of these actions and non-actions

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought: There's no way I can stick to a 30-day goal.

Feeling: Discouraged

Action: Jumping on Facebook, not planning a time to do the 5 minutes today, having an extra snack, beating myself up

Results: I don't stick to the goal today and I feel shitty

Intentional Model

#1: Write the same goal

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought:

Feeling:

Action:

Results:

#2: Write down the result that you want FOR TODAY.

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought:

Feeling:

Action:

Results: I feel good about myself because I did 5 minutes of exercise.

#3: Write down the actions/nonactions you need to get that result.

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought:

Feeling:

Actions: Set a timer for putting on workout clothes, put on happy music, dance for 5 minutes, quit dancing after 5

Results: I feel good about myself because I do 5 minutes of exercise.

#4: How would I need to feel in order to do those actions?

Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought:

Feeling: Committed

Actions: Set a timer for putting on workout clothes, put on happy music, dance for 5 minutes, quit dancing after 5

Results: I feel good about myself because I do 5 minutes of exercise.

#5: What thought would create a feeling of commitment?

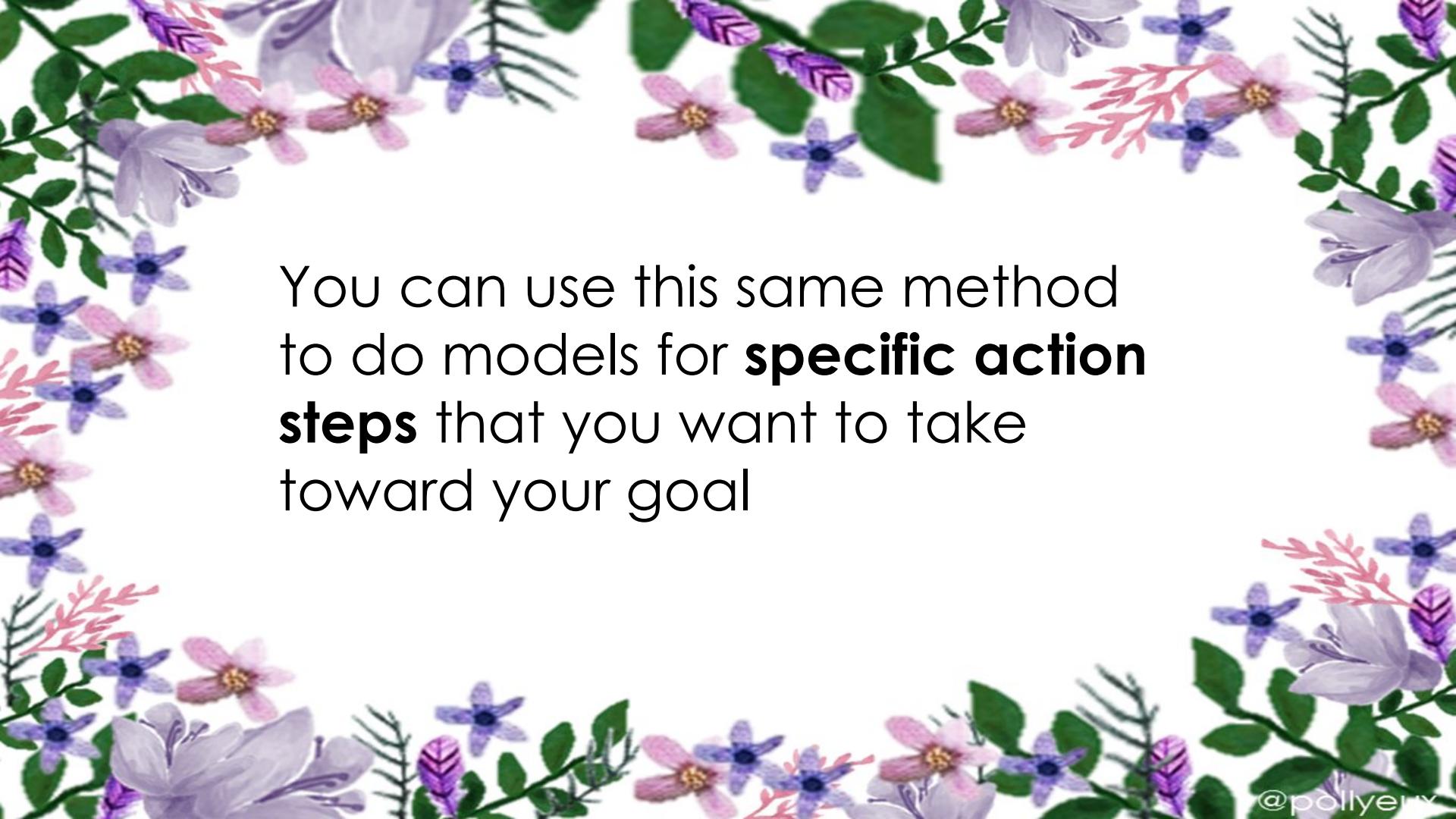
Circumstance: I have a goal of exercising 5 minutes every day for 30 days.

Thought: 5 minutes of exercise is no big deal.

Feeling: Committed

Actions: Set a timer for putting on workout clothes, put on happy music, dance for 5 minutes, quit dancing after 5

Results: I feel good about myself because I do 5 minutes of exercise.



You can use this same method
to do models for **specific action**
steps that you want to take
toward your goal

EXAMPLE FOR GOAL OF TAKING ONE ACTION STEP: UNINTENTIONAL

Circumstance: I have a goal of finding a good free stretch video on YouTube to use for my daily 5 minutes.

Thought: I don't feel like doing this.

Feeling: Unwilling

Actions: Watch dance TikToks instead of finding the stretch video, ruminate on how I can never be like those dancers, don't commit to finding stretch video.

Results: I don't feel good about myself and don't find a video.

EXAMPLE FOR GOAL OF TAKING ONE ACTION STEP: INTENTIONAL

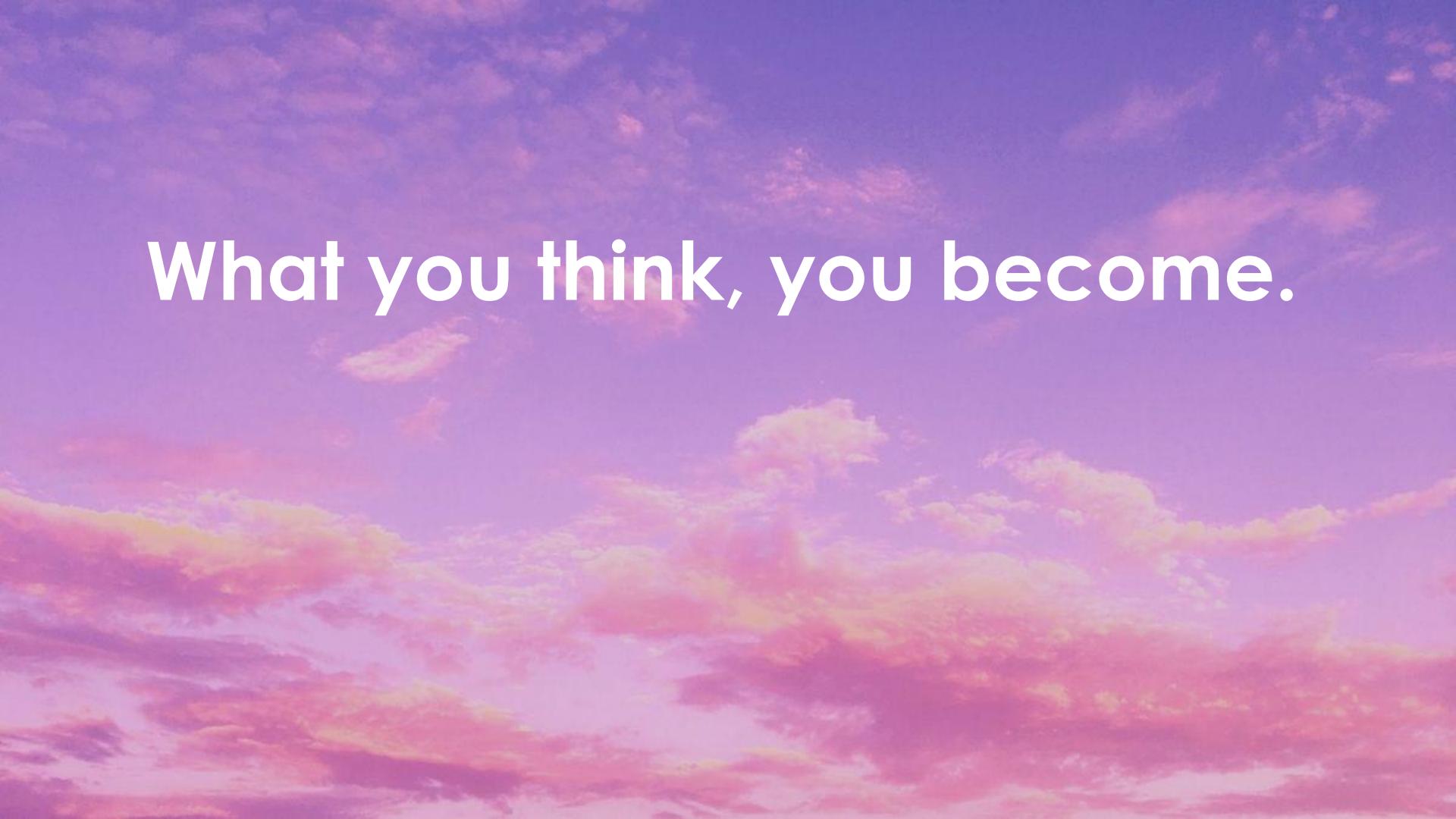
Circumstance: I have a goal of finding a good free stretch video on YouTube to use for my daily 5 minutes.

Thought: This will be fun, quick and easy.

Feeling: Willing

Actions: commit to finding a stretching video, set a timer for 15 minutes to find a stretch video, search for stretch videos, pick one

Results: I find a video quickly and easily and have fun.

The background of the image is a dramatic sunset or sunrise sky. The colors transition from deep blue at the top to bright orange and yellow near the horizon. Large, wispy clouds are scattered across the sky, reflecting the warm colors of the setting sun. The overall mood is peaceful and inspiring.

What you think, you become.

Even in darkness it is possible
to create light....it is possible to
feel free inside a prison.

Elie Wiesel, Holocaust Survivor





Is it Safe to Travel to Tibet?

Is it safe to Travel Tibet

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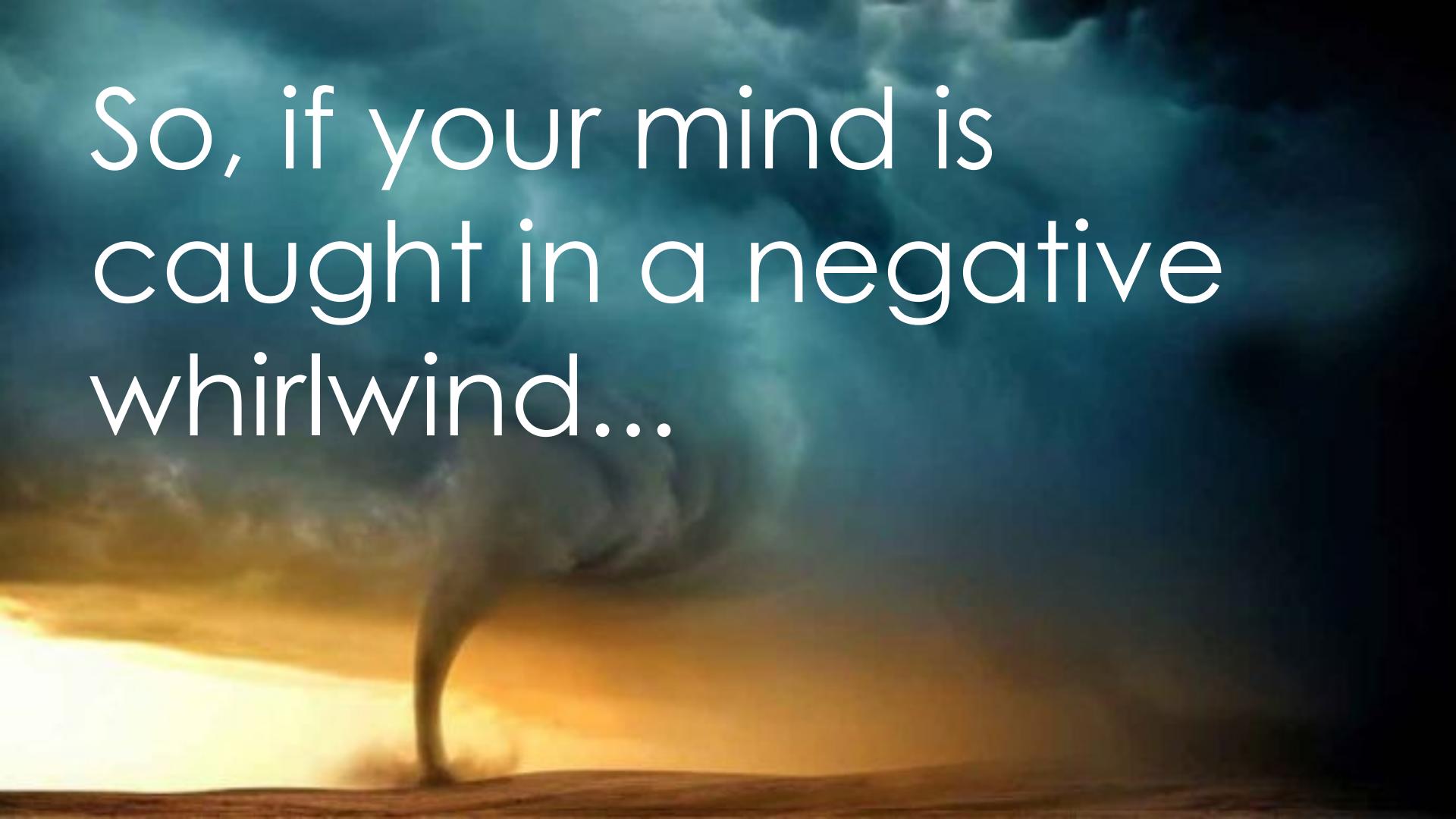
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Equal Air Time



So, if your mind is
caught in a negative
whirlwind...



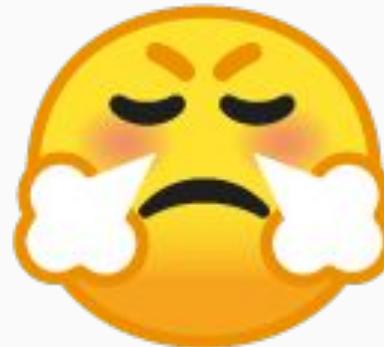




You can use Equal Air Time on
the crappy thoughts that come
up for your goals, too...

Crappy Thought:

I've had 2 moments of feeling bitchy and annoyed. It feels like the old me that I don't want to resurrect.



Equal Air Time:

What if everyone gets bitchy and annoyed sometimes and that's okay? What if being bitchy a couple of times doesn't mean that I'm reverting to my old bad ways? What if I can just forgive myself and move on to some new actions today?



Q & A

What's Next?

Assignment: What to Practice this Week

- Continue Miracle Minutes
- Take action steps to your 30-day goal
- To support your action steps, do 2 thought models each day — one unintentional and one intentional
(For the Circumstance, use either your 30-day goal, or one specific step to your 30-day goal.)