

Today is lesson four, and this is about harnessing the power of your mind in order to achieve your dreams. I'm really excited about sharing this one because this lesson focuses on a tool that's been really useful for me for the last few years.

And it's the main source. Quite a few positive changes in my life in that time. And just to double check, did it give me a thumbs up if it did transfer to the next slide? Yay. Thank you. So I really love and respect the teachings of the 20th, the Dalai Lama, and which I find very practical and useful.

And these days, every time his holiness gives a talk. Or a teaching. He talks about the importance of what he calls emotional hygiene. He always says this. He says, 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, And to put that another way, peace of mind comes from learning how to deal with our negative emotions. And we learn how to deal with our negative emotions by practicing emotional hygiene or what I've been calling mental self-care. And I think this idea is important at this point in the course.

Especially, and that's because as you dig into your dreams and you start to take action steps to your goals, negative emotions tend to come up, which you may have been experiencing. So they could be anything, anger, fear, resentment, jealousy, discouragement, hatred, sadness, agitation, and that all of these can be on top of your normal negative thoughts.

Thank you. And it can also be in addition to worry self-criticism and self-doubt so these, sorry, I'm just letting people in. So these have probably been coming up a lot in the last couple of weeks. Like these are so funny to me. Am I doing this right? Am I doing anything right? Am I happy? Do my boobs look weird?

It's everyone looking at me or my version of these tends to be something like, does everybody think I'm weird? Am I being a jerk? Why am I behind everybody else in whatever it is that I'm doing? So when you're experiencing all these negative thoughts, you have no peace of mind. Of course. And of course, in terms of taking steps to your dreams, the negative emotion tends to shut you down on your actions.

So I'm guessing that you guys might have experienced some of these negative emotions, like shutting you down on your action steps. Does that happen to

anybody? Just give me a nod or a yeah. Okay. And that the crappy thoughts come up and they shut you down. On whatever you're trying to do for your goal.

So basically we need to get a handle on these crappy thoughts and we need a way to manage them and to not let them get in the way of our happiness and of the steps that we're trying to take to our dreams. And the way we're going to do that is by building up our daily mental hygiene practice. So we already have the foundation of that with our miracle minutes.

So it's a pretty solid way to start with your daily mental hygiene. And we're just going to build up. And the core concept that we're going to talk about here is this idea of what you think you become. And of course this concept is not anything new and it's been attributed to a lot of people to the Buddha, Margaret doctor's father, Mahatma Gandhi.

And as far as I can tell there no one original stores that can be identified as the root of the content. But it has been expressed so many different ways. And the one I happen to like this is from that movie, the iron lady about Margaret Thatcher, where she's played by Maryland. And so these are the words that her father supposedly taught her Margaret Thatcher's father that is supposedly taught her, even though there's no real evidence that he said this, this, this quotation just came somewhere through time.

So. What's your thoughts for they become your words, watch your words for they become your actions, watch your actions for they become your habits, watch your habits, where they become your character and what your character for it becomes your destiny, what we think we become. And this is the idea that we're going to dig into today.

And to do that, I want to share with you this tool that I found so incredibly useful, and the tool is called the model. And I learned it from this woman named Brooke Castillo that you see in the picture here and the, in her self coaching scholars program. So you can find Brook online at the life coach school.

I've shared a link on the lesson page for. So she has a great free podcast that you can listen to as well. I should warn you. She is not everybody's cup of tea, but I have found her incredibly useful particularly for this idea of the model. And I found it really life-changing. So for me, it's Kayla, sorry.

So you said you can't hear can somebody type in the chat to try and maybe we start her personal. I think Yosh, last time you mentioned you had some strategy

that works. Do you remember? It's okay. Oh, Liz, will you? Yes. Sorry. Were you asking me if I had a strategy that works? No, I was asking you. If anybody has a strategy of, they can put it in the chat for Keela.

I think she has a hard time to hear when she gets kicked out and then comes back in. So the reason Brooke, well, just check out Brooke, if you're interested and then you'll see, she, she, she's just she's very she's not middle of the road. Like you just check her out and just tell me what. So and I've had to adjust my way of thinking about her, but if I just listened to, to her, to what she teaches, I find it incredibly helpful.

So for me, what she teaches is a practical way to apply this idea of what you think you become to your life. So she takes that whole concept and makes it very practical for your daily life. And with this thing called the model. So let's look at them. So the model has five parts and you can apply this to pretty much anything that's going on in your mind and in your life.

And they, the five parts are the circumstances, thoughts, feelings, actions, and results. And so we'll look at these parts when by. So first are the circumstances which you can abbreviate to see. So if I, if I've been doing this a long time, so I may say the C line. So I mean, circumstances. Circumstances are factual things that we have no control over that happened in the world.

So in Brooke's model, circumstances are pure flat facts. Like what you could prove in a court of law, like just the facts, ma'am kind of thing. And there's no opinion. There's no drama. They're totally neutral. So here's some examples like it's raining. My boss said, I want a status update on your project. My friend, Laura is flying to visit to her family next week.

I have a goal of spending two hours a week freely doing whatever I want to do. Those are all just facts. And then next we have thoughts. So thoughts or sentences in your mind about the circumstances in your life and examples are it's a gloomy day. My boss is pressuring me to finish the project.

Why is Laura putting herself at risk of getting COVID for nothing? I have too much to do no time to just goof off for two hours. There's would be yourself. And then his feelings, the F feelings are vibrations in your body that result from your thoughts. So I think of this as states of mind that are connected to sensations in your body, and examples would be depressed, stressed, disapproving, overwhelmed.

And of course they're like all the good examples too. Like, you know, joy lightness. And then come actions. So actions are our behavior actions are what we do and we don't do so examples, take a net complain about boss to coworker gossip, to friend about Laura, not take time for myself. So both actions and not non-action.

And then last is results. So results are the outcomes that we see in our lives as the effect of our actions. Examples, not getting your list done, not finishing the project. Becoming known as a gossip, not getting rest and relaxation, not recharging. I just realized that all these examples I gave are negative, but of course they can be positive.

So these are the parts of the model. And now I want to give you an example of how you put them together. And the first one I'll give you is what we call an unintentional model.

So an unintentional model would be circumstance. It's raining thought it's a gloomy day feeling depressed. Actions take a nap, watch YouTube videos. Don't do plans, task, eat, extra snacks, results, have a gloomy day and don't get anything done. So we call this kind of model and unintentional model because it comes from a thought that we don't think intentionally.

So my thought about the rain is not something I created deliberately or intentionally. I just thought it out of habit or for no particular reason. I just thought it's a. So this thought led me to feel depressed then because I feel depressed. I don't have energy to do what I've planned to do. And instead I take a nap, eat snacks, et cetera.

And then at the end of the day, I have a gloomy day and I don't get anything done. So the whole thing seems like a process that's happening outside of my control. But what Brooke teaches is that we can change this. And you can choose to think something different and that different thought will end in a different result.

When we do this, it's called an intentional model. So now I'm going to show you an example of taking the same circumstance it's raining and making an intense, intentional model. So the circumstances reigning 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 results, make progress on my project and enjoy it.

So here's another example. I started again with the unintentional model. So the circumstance is

And this is one that I took from the the Facebook group. And I took a lot of examples from the Facebook group for these circumstances. 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 wins results.

I don't do anything tomorrow and I don't accomplish. Tele unintentional model can run. And I only took the circumstance and the thought from somebody's model. So some of these kind of unintentional negative models you guys didn't make these examples. I just made them up and now I want to take the intentional model.

And you guys, if you have any questions at any point, just shoot them in the. And so we'll do the intentional model on the same circumstance circumstance. I 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. I take one more baby step toward Michael.

And then because I'm going to ask you to do models for homework. I want to guide you about some things not to do. So here's some things to avoid for the C line for the circumstances line that first one. It's a common mistake to include feelings or opinions and the circumstance line. So not such a good way to say something is I failed to meditate yesterday, for example, and a better way with, to say did not meditate yesterday.

They're kind of small changes, but you want to do any change. That's going to make it more neutral for you. So you don't want to say I failed because that's an opinion. It's a judgment. You just want the straight neutral. So I didn't did not meditate yesterday. And I personally, I like to take out references to me or I, or he, or she as much as possible because it helps keep the line as neutral and simple and direct and factual as possible.

So even you see, I didn't say I did not meditate. You just did not meditate. That helps keep it more neutral for me. And then here's another example. Tim was rude to me yesterday, or you could say, Tim said words to. So sometimes if somebody, if the model that you're working on is something that somebody said to you, which is pretty common.

Cause like that's stuff that can get us worked up. It's you it's helping the quote, the person directly sometimes. In the, in the circumstance, you could close them directly. So if Tim actually said something like you can do it your own damn self. So you could use those words in the circumstance line.

You could say, Tim said, you can do it your own damn self. You can do that. But I think it's even better to keep it more neutral by taking, just say, Tim said words to me. I hope you can feel the difference in that. And you say, Tim said words to me, it just feels so blessed. So flat, so neutral. Right. But if you said the actual words that he said, even though that's the fact that he said that it feels a little charged.

So for your circumstance, you want to take the charge out. And then for things to avoid in the T line, the thought line you don't want to put more than one sentence or you don't want a long string of praises instead. You just want to keep it simple. So here's an example. How can I get everything done when everything takes longer than expected, then I want to keep self care as a priority.

So it's a little longer and instead would be better. How can I get everything done? And another one. I've got this from the, the group also COVID meant is making me chaotic, unable to multitask or galvanize myself and exhausted. So this one for a model you could just say COVID meant is making me chaotic.

I love that word. If you have a lot of different thoughts, you can put the other thoughts in a new model, so you can make as many models as you want. But for each for one model, just keep it to one thought one second. And I say this as much for myself as for you, because I'm kind of guilty of wanting to pack in some, I'll make one sentence, but I want to make I, I tend to add phrases to them.

No. So the T line is the thought line with, and we want to it's the circumstance line. That's the fact. So a thought line is for our opinions and our thoughts about it.

And then for the F line, the feeling like. You don't want to put more than one feeling or maximum two feelings in the feeling line. And each feeling is a one word thing. So it's like chaotic and motivated. Exhausted is three different feelings on the F line. You wouldn't want that you would just put chaotic.

And then if you wanted to talk about unmotivated and exhausted, you could do different models.

And then in the action line, the, a line don't forget that you can include inaction. So and also that the action line can have a lot of different items. So the action line is kind of the only line that can, you could put 10 different things. So an example of, so this first example, it's not actually wrong, but it could be better if I take a nap, watch YouTube.

Videos eat extra snacks, so that's not wrong, but it could be better. And the better one is take a nap, watch YouTube videos. Don't do what I planned and eat extra snacks. And the reason that's better is because you included both actions and inactions. So Gloria didn't understand that question. So.

Okay. I'm I un-muted. Yes. So what I lost here is at what point do I take these steps? When it comes up in my mind, when I'm doing my homework, I mean, at what point, taking these four steps, what drives you to do it? You mean the action steps themselves? Not the whole. The whole model. Oh, the whole model you'll do, you'll do it like daily at any time of the day.

And you could, you can do them. It's like, it's like some of the other thought where you could do it. You can choose a time today to do it daily, like an intentional and unintentional model. And then you could also, it's incredibly helpful with when I'm just like in a shitstorm of emotion. I just do a model and it's incredibly helpful, like at that moment too.

So it's, it's kind of like a it's a, it's a tool that you can use as a maintenance tool. And it's also a tool that you can use, like in, in a moment of high emotion as well, or any, any kind of thing. Thank you for that. Good question. And the actions can be positive or negative. Yes. And as you'll see in that I'll look at the, at the next example, the next time I have an example of an intentional and an unintentional and I'll point out when you, when there'll be positive and negative.

So and before I do that, here's just one thing to remember when you do your model. And that's for the results line. This is the last line, the R line. So that one can be a little tricky to come up with. So you'll find I found when I was first doing models. It's like, I write everything. That was all fine.

And then there's like, I don't know what the result is. Right? So you can think of it this way. The thought always creates the results. You could say that the results

proved. The result always connects back to the thought. So if you're confused about what to say for the result, just look back to the thought.

You'll always, there's always some connection there. So here's an example as part of a model. If the thought is my sister is so hard to be around and my feeling is pissed off and my action is I don't return her calls. I yell at her. I talk bad about her to mom, and then you don't know what to come up with for the R for the result.

The result, you could look back to the thought to my sister is so hard to be around. And then when I'm pissed off and I do these actions, the result is I show up as somebody who's hard to be around with. Right. So that thought led to that. Sometimes the connection can between the thought and the result is, is kind of unexpected.

It shows up in weird ways, but it always connects. So look for that connection. If you're having trouble coming up with a result and I'm going to give some more examples so we can look at those.

So here's another unintentional model. And this is when I got from the Facebook group again circumstance, I have a goal of being more eco friendly. It will 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 to be more eco-friendly results.

Being more eco-friendly feels too hard and I don't do it. So we look at that. Let's just break this down in terms of what we've been talking about is these tips for the last little bit. So the circumstance is I have a goal of being more eco-friendly it's just like, that's a fact. I do have a goal it's written down it's on my board.

Like that's the thing my thought about it is my opinion about that goal. It will be hard to be more eco-friendly than I am. This one is just one sentence. That's good. The feeling that comes from that is discouraged. Just one feeling. Going in there. Good actions ruminate on the way. It will be hard. Don't brainstorm ways to be more eco-friendly.

So I have an action and an inaction. You don't always have to have an action and inaction. I just find it useful to think like that because you realize you really start to see what is happening as a result of that field. And then the result ties



back to the thought, the thought was, it will be hard to be more eco-friendly than I am.

And then the result is being more eco-friendly feels too hard and I don't do it. Okay. And then the intentional version of this model. So this is when we're trying to get a different result because that result wasn't the best is the same circumstances. And then the thought I love the idea of being more aligned with my goals, feeling motivated.

Action, brainstorm ways. Oh, sorry. Hold on. I just need to let somebody in brainstorm ways to be more. Eco-friendly do one baby step, get the kids involved to inspire me and oh, and Liz, to answer your question. So in, in your intentional models, they tend to be positive action. And then the intention, unintentional models, they tend to be negative actions because positive feelings lead you to positive actions, negative feelings tend to lead you to negative actions.

So, and then the results from these actions, which is brainstorming, taking a baby step, getting the kids involved to inspire me is I make progress in being more eco-friendly and I feel happy to be aligned with my ideas. And again, that one connects back to the thought of, I love the idea of being more aligned with my ideal.

So let's look at how you can do a model for yourself. I'll walk you through the questions you would ask yourself.

So there are a lot of ways to do a model and I'm not going to, I don't even want to give you like a fraction of them because it would be very confusing because you can start from any line and you can go either any direction. So a good way to start. And just to help you with your goal, I want to try to give you a method that I use every day to help me move on my goal.

So this is you can do a model about anything about just your feelings, life, whatever, but I use the model to help me motivate me to my goals. So in this method, when you, you want to look at your thoughts and your results around a goal that you have, or action steps that you're taking toward a goal.

And first of all, you'll see what I mean. So first I'll look at, I'll do an unintentional model again, and I'll use one of the goals from the class. So this is just using the model to work on your goals. Basically, we starting with the

unintentional and in the circumstance line, we ran a right. If you're working on, if you're doing a goal oriented model, you will, right.

I have a goal of law, right. So. We're going to put it in this circumstance. I have a goal of exercising five minutes every day for 30 days. That's your goal. And now we go to the thought line, the T line. And for this, for the T line, you're going to write down your thoughts that you're having about the goal.

You ask yourself. How do I feel about this goal today? And if the circumstances I have the goal of exercising five minutes, the thought there's no way I can stick to a 30 day goals. That could be your negative thoughts. And then we moved to the feeling line. And by the way, this is any thought that, that comes up to you in relation to that, that that goal.

You're going to have a prompt. If you're anything like me and most people, you will have a plethora of negative, crappy shit tactics, thoughts about these goals and, and, and anything that comes up. Right? So you, you, you can just pick your favorite, right. Choose your favorite. So we're moving to the feeling mind and in the F when you ask yourself, how do I feel when I think this.

So when I think there's no way I can stick to a 30 day goal, I feel discouraged. Of course. And then we moved to the action line, the AA line. When I feel this way, how do I act? What do I do and ask yourself, how do I not act? And what do I not. So if you're feeling discouraged, the actions could be a jump on Facebook.

I don't plan a time to do the five minutes today. I have an extra snack. I beat myself up and now finally the results line, our line. What is the effect of these actions and these non actions? So if my actions are getting on Facebook, et cetera, the results will be, I don't stick to my goal today. I feel shitty about myself.

So you can see here that the thought about the goal led directly to your results with the goal.

And then we'll do the intentional model version of the same circumstance. The first you write the same circumstance. I have a goal exactly the same. I have a goal of exercising, five minutes every day for 30 days. And this one is a little different so that we don't move down to the side. So we're going to start with the results line and that's because this is an intentional model.

So we're looking at what results we actually want to create, right? So we need to know what is the result that we want to create today first. And in this method of doing the model, I asked myself that question, what result do I want to create? And I decide that the result I want to feel the result I want is to feel good about myself because I did five minutes of exercise so that I put that result in that's what I'm heading for.

And then next, now I'm going to ask myself what action or non-action do I need to do to get that result. So for the result of feeling good about myself, because I did that exercise. I think I need these actions. I need to, I just think what actions do I need. And I think I need to set a timer to put on my workout clothes, to put on some happy music, dance for five minutes and quit dancing after five minutes.

And I say that about quit dancing after five minutes, because when you're taking babysits on your goal, even if you want to dance, like once you get started and you want to dance for 30. I think that puts a little pressure on you for the next day. Cause you're like, oh, then I have to dance for 30 minutes.

Like, Nope, I just dance for five minutes. That's what I did. That's just me. And then for the feeling lines, I asked myself, how would I need to feel in order to do those actions? And in order to those actions to do those actions, maybe I could feel committed. Maybe that would be a feeling that would make me want to do those actions.

So I put committed in the feeling line. And finally, we look at the thought line for the thought line. I asked myself, what's thought would create this feeling, this feeling of commitment. And that thought for me could be five minutes of exercise. It's no big deal. Even I can do five minutes of exercise. I can do this.

So putting the thought line, I put five minutes of exercises. Nobody. I, nobody. So you just will make up whatever comes, whatever thought comes to you, that will lead you to the feeling that you want.

So you can use the same method for models, for specific action steps that you want to take towards your goal. So we were just talking about the goal as. Or you can use them for each specific action step. You can make a model for that. So, but for a first one, is this too many examples? Is that overwhelming with examples?

Because I can go to something else. Yes.

Okay. Okay. Liz says she likes examples. Anybody else? Molly says, I know. Love it. Okay. So. Okay. Molly says I'm okay. Okay. I'm going to keep going. These are, these are quick. I'll just do the next two. So here's an example of taking a goal one action step of taking one action step towards your goal in a day.

And the unintentional model would be. I have a goal of finding a good free stretch video on YouTube to use for my daily five minutes. So if you have this goal of doing five minutes of exercise a day, remember we have this action list of things, and we just took one of the items off this list and we stick it in the circumstance because maybe that action item is your goal today.

Like, this is what you're trying to do today. So you put that in your, in your circumstance. I have a goal of finding a good free stretch video on YouTube to use for my daily five minutes thought I don't feel like doing this feeling unwilling actions, watch dance, take talks. Instead of finding the stretching video.

I ruminate of how I can never be like those dancers. I don't commit to finding stretch videos, results. I feel bad about myself and I don't find a video. Right. And then if we do the intention. Same circumstance, same goal of finding a good stretch video thought this will be fun, quick and easy feeling.

Willing actions commit to finding a stretch video, set a timer for 15 minutes to find a stretch video search for stretch videos. Pick one result. I find a video quickly and easily, and I have fun. Now. I just want to say a few more things about these models. One of these is that if you need to find is that you need to find thoughts that work for you.

So maybe the thoughts I've used as examples, don't excite you, or don't make you feel willing, or the things that you need to feel. So you just pick whatever. Maybe you want to feel determined or inspired or whatever. So you just pick the one joyful, you know, motivated. So you just pick thoughts that seem good to you.

And basically you want to generate thoughts and feelings and actions that lead to the results that you want. So that's a whole thing. You get to create your

model. You get to create the results you get to create the, the feelings and the actions. Now, the thing that you can't create of course, or the circumstance.

So there's. In your world, like facts that, you know, COVID is a fact in all of our worlds. We can't control that circumstance, but within that circumstance, there's so much we can control what our thoughts. So that big takeaway is the big takeaway is that if you control your thoughts and the way you think so, sorry, it is that you control your thoughts and the way you think directly leads to your feelings, your actions and your.

And at the beginning of this lesson, we were talking about how, what you think you become. And I want to circle back to this now to remind you why you would go to the trouble of doing these models. I mean, they're not hard, but they do take a little time and effort every day. And so if you, so I think you need a pretty good reason to do them.

And I'm reminding you that this is the reason that I can't think of any better reason or any better way to invest your time in the day. It's because what you think you literally become. So the thousands of thoughts that go through your mind on a day, they're not just random, transitory, nothing. They're actually shaping who you are and how, how your life is going to be.

So if you think about that, you can see that where you are right now is a direct result of the thoughts that you've been thinking all these years. And the incredible thing is that these. They don't have to be the same old habitual crap that somebody else gave you. They don't have to be, I mean, maybe you've got great messages from your parents, but maybe you didn't get, or, you know, maybe you got some good ones, some bad ones, right.

And you don't have to keep the bad ones. You don't have to keep the ones that you got from TV or the mean girl in third grade or the teacher who told you, you can't draw, you know, you don't have to keep those thoughts. So nobody makes you. Makes you think anything, nobody can force you to think anything.

So even somebody who is in prison, I know you've all heard this or a concentration Trent camp. They have control over their own mind. That's the one thing they have control over. So there's no circumstance that can force you to think a certain way. So Ellie was Zelle. So who survived? Auschwitz and Greenwald has said that.

Even in darkness, it's possible to create light and it's possible to feel free inside a prison. So you have the power to think, whatever you want and you can choose to direct your thoughts and to think things that will bring good results for you. You also have the choice to think shitty thoughts that will lead to bad results.

You have that choice a hundred percent. And I'm sharing all this because for me, starting to change the way that I think has had such a major impact on my daily life. Like how my life, how my life is today. Like this day is so different than how my life was just a few years ago. All of the positive changes that have happened have come from beginning to understand and believe that I had control over what I thought and that I could choose positive and self loving and self encouraging thoughts.

And I could also choose thoughts that developed my courage and my determination and my commitment. I could choose all those thoughts. So that's the one root of any good recent changes in. And I want to talk about this a little bit because it's, it was so transformative for me. So for over 10 years, up until a few years ago, I was so burned out and so discouraged pretty much all the time.

I mean, I definitely had wonderful things in my life, but I was burned out and super discouraged for like 12 years. I was working like a lunatic. I was regularly working 60 hours a week or more for 12 years. Like some insane amount of time. I loved my boss at my university job and I loved my colleagues, but the work just did not nourish me.

And I really resented having to spend time doing it. So I know I look fairly happy in this picture, but I was just smiling for the picture. I got less and less happy over time in that. The first of all, I was having to wear like a, like, what do you call like a blazer or something? Not me, not me. And this was a picture of my kind of cube.

So literally my, when my boss would ask me to do something that I had not anticipated and I'm sorry for my really bad language, but I'm going to go for it today. I would just go like, oh fuck. Like not to him. Yeah. Okay. I'm not crazy. I didn't say it out loud to him, but I would literally, every time he would ask me to do something, it was an ice cube, but I would be, it made me, it made me so sad.

And actually, I w I kind of started laughing about it at some point. You know, basically I was working at home a lot and my boss would be, or, or he, he, he traveled incessantly. So, you know, I w he would be emailing me and asked me

to do something and I would just go fuck, like every time. And then, and I thought this was really jacked up.

I mean, I knew at the time it was really jacked up. He's a nice man. He was my boss and he was paying me to do things. So it was literally my job to do what he asked me to do. It's just that I have these other projects really close to my heart and I wanted time and energy to do those things. And I knew I was running out of time.

I knew I didn't particularly enjoy the work that I was doing, even though it was really good work in the world. And I was in my fifties, I didn't have infinite time to live, to just keep doing what I was doing. So around that time, just by some miracle, I started learning about mental self care in various ways.

And I was learning this from people who basically call it, manifesting the name doesn't really matter. But basically I was just learning to think on purpose. I was learning to choose my thoughts more deliberately, and that's when everything started to change and the changes happened pretty quickly. Once I started choosing.

I started to realize I wasn't stuck in that job. I like for 10 years, 12 years I felt stuck. I didn't, I felt I didn't have any choice. And I just realized I have a choice. No one was forcing me to stay there. I started to see opportunities for changes, how it could make change. At some point. I went half time, which was just kind of miraculous and it seems so impossible for that.

And that made a big difference. And then I suddenly had a lot more time to devote to my heart work and my business and I didn't, and then I didn't have to work in the evenings when I went half time. And then at some point I realized I didn't have to work on weekends anymore either. And then I had more mental space to do more self care for me.

I started to take care of my body. And I had time to realize that I isolated myself from a lot of people that I really love to be with by working so much. And by being in such a like a hard and self-protective mental space, I started reconnecting with those people little by little, and then here's the thing, nothing bad happened when I started doing mental.

Self-care nothing bad happened when I started taking care of myself. It's like, no hammer drunk. My marriage got better, not worse. My relationships got better. My health, my core level of happiness, my finances, even though I retired

from a full-time job, my finances got better. My bank accounts grew. So my point is that all these things came about because I started choosing my thoughts.

And I started taking responsibility for what I think. Thank you that you left. And I practiced a lot thinking more on purpose. I'm not just letting thoughts happen to me. So that's why I'm sharing the model with you. And if there are more questions about the model on grab them at the end, at the end of class, but quickly, I want to share another tool that helps me a lot when my mind is going wild.

And yeah, this picture is ditching knows because she's to Ben is is Tibet new year from this year, which just happened a few days. 1214 something 12th. Yeah. So combatants do a big thing on spending year. So the, the thing that I want to talk about just briefly is equal airtime. And I've talked about this before in the group and in my blog, but it's a simple idea.

And it's that idea that you probably know it from television broadcasting. Opposing political candidates, candidates need to have equal airtime on the air on TV. And so we just use this exact idea for our thoughts. So if your mind is going to town on some kind of negative fear fantasy, you give equal air time to the opposite idea.

Thank you. So you can do this anytime. You're having crazy thoughts, you can do this any time. Your mind is caught in a negative world. So here's one. Thank you, Holly. And here's one of my crazy, here's one of my crazy thoughts, whirlwind. So this is about shopping during COVID and totally, totally embarrassing, but I swear this is what I used to think.

And every single piece of it, I'm not joking. It kind of brings tears to my eyes because it's kind of sad. When I thought about going shopping during COVID, my mind would just freak out like completely. And I would think this, I wrote this out. I'm going to go to the farmer's market. I'm going to get COVID and then I'll be stuck in my room.

I'll be hacking and sweaty. I'll be all pitiful and miserable. It's going to get bad and I'll have to go to the hospital and I'll get intubated. I'll have to lie on my stomach, which I hate lying on my stomach. Cause it makes me sick. It makes me feel. And I'll probably never see low Fung again. And when I'm dying and this is when I'm dying, the nurses will be busy and I won't get to FaceTime love song or anybody in my family.



That's where my craziest mine took me about shopping and COVID. And so I literally would just give it a little equal airtime and here's the equal airtime that I would do. So what if I go to the farmer's market and it's just a great experience. There's a lot of franchise and fresh air and I'm wearing a good mask.

So the peaches are incredible this time of year. And I love the bright orange bunches of the fresh carrots. I get my shopping done. I have a joke with the farmer lady. I get my food home with no problem and no, COVID, it's all good. And I'm so grateful for the chance to shop this way. That's literally my equal airtime.

And when, when I've been in that crazy got tornado. And then I, and then I do the equal airtime, then I'm just, I laugh at myself. Okay. Yeah. That's how it's gonna go. It's all good. It just has this power to completely take me out of that mad. And you can use equal airtime on the crappy thoughts that come up for your goals also.

So you just recommend that you start with this phrase, what if, and he think of all the possible positive things that could happen instead of all the junk, your mind is serving up to you. So if you have a crappy thought like this, and I got this from the Facebook group, I've had two minute moments of feeling bitchy and annoyed.

It feels like the old me that I don't want to record. Somebody recognized that you could use equal air time. So you could use equal airtime like this, on that thought. So what if everyone gets bitchy and annoyed sometimes and that's okay. What it being bitchy a couple of times, it doesn't mean that I'm referring, referring to my old bad ways.

What if I can just forgive myself and move on to some new actions? Right. What did he say? As you said, can you apply this to the Tim was rude to me. Absolutely. Oh, do you want me to reply it to that? Okay. Thanks. So Tim said, I forgot what Tim said. Tim said you can do it your own damn cell. Okay. So my equal air time for that would be, you know, the, the crap thought NATO would be like, you know, Tim's and ass.

He's such a jerk. He's always so mean to me. You know, like, I hope he gets fired, blah, blah, whatever. Right. And then the equal airtime would be like, what if Tim is actually a really decent person and he's going through something at home that I don't know about. That's causing him to be a little sharp today.

What if I just gave him the same break that I give myself? Sometimes if I'm in charge, you know what it is. What if he didn't really mean it like that? What have you, what did, he's actually trying to make some kind of Sabal joke and he's just not a good at making jokes like that. And that's what happens here.

Thank you. Okay. So in a minute, I'm going to take your questions if you have further ones. But in for now, I'm going to tell you what's coming up next in the course now unbelievably next week is our last live. And just so you know, a couple of people have asked me this, you have access, all of you have access to the course, as long as it's on my site.

Yeah. It's just sad. I plan to expand the course. I'm going to add lessons from time to time probably a lot. And I'm also going to run it live in a few months. Probably multiple times, so you'll have access to all of that. So for the time being, I'll keep the Facebook group open. I'm not sure what I'm going to do with that in the long run.

It'll probably stay open, but I'm not sure, but for now it's definitely going to stay open so we can communicate in there. And then also in a day or two, I'm going to post a calendar of times for you to do the 30 minute one-on-one calls with me. You don't need to prepare anything for those. We just talk about.

Wherever you are in the class. If you want to prepare something fine, or if you have a model you want to talk about, we can do that, but basically anything that's coming up and there's always going to be tons of stuff. And then for our last live class, next Tuesday, I'm going to be talking a bit more about some of my.

Other favorite tools for mental, self-care learning how to embrace failure. Course-correcting using habit tractors to celebrate your rents. I love all this stuff. I find it really fun and motivational. It's really good stuff to help you stay motivated and on track towards your dreams. You're very welcome then.

I've learned so much in this class by the way already. So for now, here's your assignment for the week. Continue your miracle minutes as always, and then continue your action steps to your 30 day goals. If you don't have your 30 day goals, see if you can create a 30 day goal and just do it at the level and the time that you can.

Of course. And then to support this is a, and then the new homework for this week to support your action steps, do two thought models every day, one

unintentional, one intentional. And you can use either your 30 days. You can use whatever you want. It doesn't have to be about the goals, but I recommend it to me about the goals because it really, I do them every day about my goals and every stinking day.

My thoughts are negative about my. Every day without fail. When I do, when I do the unintentional, oh, it's too hard. I have too much to do the good, you know, it's always negative. And then yes, they should always be the same circumstance for the intentional and unintentional. And then and then I do the intentional one.

I'm like, okay, let's go. And then I, I, I feel it it's just like, Somehow my mind and my mind is not special or unusual, particularly bad. It's just like my mind just goes to the negative and the hard place. And then I have to put it in the place that I wanted to, to create the reason, the feelings and actions and results that I want.

And then for the for the goal, you can use your, your 30 day goal. You can repeat it every day or. Take a specific step that you're supposed to be doing. That's on your action list for your 30 day goal, or if some emotional thing is up, you can do that. So it's not like you can change your tendencies, but you can overcome them.

Yeah. Yes. Okay. I am inclined to thank you very much. You guys are so sweet when to stop sharing. And then after that was a lot. And I would just want to ask, if you guys have questions, you can either do it more than chat or you can do them. You can unmute and talk to me. Did you guys, Hey, Kimberly, didn't see there before cam and Kimberly both.

Didn't see you there. Have you there before, does anybody have more questions?

I am so happy. I love you all very, very much. And if you have any questions, put them in the Facebook group or shoot me an email either way and I'll be sending out the thing so we can have one-on-one sessions when you're ready. Okay. Because say by then,