

Before you watch the next lesson, please consider the following....

*“The chains of habit are too light to be felt, until they are too heavy to be broken.”*

- Warren Buffet, modified from the original quote by Samuel Johnson, 18th Century English author

Your Mind is a very powerful tool. It's the compass by which you navigate the world. In order to build healthy habits and practices, we need to examine where your mind habitually resides. As you will see in the next lesson, your ability to tap into positive thoughts will help you craft a life you love, but in order to train your mind, you must first identify your mental patterns.

Habitual negative thoughts, insecurities and doubts drain your energy. The first step in transforming any negative habit, is awareness. Reflect on the answers you gave in the previous lecture. Did you notice any mental patterns that may be draining your energy? Once you identify areas of improvement, the roadmap to transformation emerges.

Now, think about the way you think about yourself as a public speaker. Write the phrases that come to mind.

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In the next lesson, you'll discover how you can train your mind to reframe your thoughts in a more positive (and powerful) way.