A Course on You

Part 2

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mindset -
ˈmʌɪn(d)sɛt/
noun: the established set of attitudes held by someone. A person's specific way of thinking and their opinions.

Take your negative statements from part 1 and ask yourself these questions for each one -

* What particular thoughts/ beliefs about me do I have around this particular thing/ statement?

*Have I always thought this? Or is it new? Can I remember anyone else thinking this?

* What do I think this thing *means* about me?

* What would be the or a solution to this?

*How much control do I have over the solution?

*Am I giving my power away anywhere here? (ie, not taking responsibility for any part thats mine)

* Am I taking on someone else's responsibility here? (ie, feeling responsible for the bad attitude or behaviour of someone else)

*Do I give myself enough credit for managing this issue?

Once you have looked at each issue, answer these questions on how you feel about yourself overall.

* What overall beliefs do I have about me? For instance - I always try my best, I am disorganised, nothing works out for me etc

* What would I like to be true about me overall?

* What stops any of that being true?

Don't avoid looking at these questions or the answers that come up. These questions show deep rooted beliefs and expectations that inform your choices, behaviours AND your sense of self esteem and self worth - which in turn informs what you expect and accept from other people. This is where you live your life from!

This is also where real life changes happen - deep in your beliefs. Not wanting to look at these is a sign that you are not yet ready to change your beliefs and therefore your results, but doing this work and just being aware of these thinking styles can make the biggest difference, and will give you a framework for when you are.

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