

MIND-TRAINING CHALLENGES

Guidance and Instructions

The Power of Beliefs—to Will the Changes you Want to See

As you think - so you behave. When you think predominantly in ways that promote wellness, life is more enjoyable. *Real* life changes include and begin with mindset changes.

Your belief system is your personal set of thoughts or ideas of what is true. It acts as a personal set of eyeglasses, showing you what to expect when you go out in the world. *Willing Change*

What you say to yourself conveys a self-message—whether you are aware of its meaning or not. By repeating certain words, affirmations or scripts, you prime your subconscious for what to expect to see. Be careful about what you say to yourself and the language you use.

Beliefs are just thoughts you have repeatedly, whether you are aware of them or not. *Willing Change*

The more you repeat an idea, the more quickly it is instilled as a belief and the greater its effect on your self-concept and actions. As *Willing Change* states, your thoughts determine your actions and your actions determine your results.

INSTRUCTIONS

Each journal page provides a theme for the week and includes:

- a power word that should be repeated often to guide your focus
- space for 3 goal affirmations—what you would like to include in your subconscious mindsets—that direct your thinking (suggestions included below)
- space for 3 questions to open your mind and guide your focus (suggestions included below)
- and daily challenges to help you to integrate the purpose of the weekly theme.
- Print the Journal page, complete the challenges and record your results. One day is set aside for reflection in order to assimilate the mindset changes.

More wellness mindset journals are available here: willingchangecourses.com/wellness.

BETTER!

Better is a simple idea and a simple act. *Better* is a building block of optimism. It is an outlook of focus—on what is going well instead of what is not.

Optimism is a mindset that interprets unwanted events or circumstances in a way that allows you to keep moving forward. *Willing Change*

Optimism is not the same as wearing rose-coloured glasses. It doesn't tell you to ignore problems or pretend that setbacks are not painful. It just tells you: *There is always another way. Look for a better way. I can figure this out. I want to move forward.*

Better is an easy action. Don't make the mistake of thinking that unless an improvement is a big change, a grand gesture or a complete turnaround that it can't matter or make a difference. (And don't make the mistake of thinking that a mistake is unforgiveable.)

Making something better can be simple:

- Add a smile when you serve breakfast to your child or when you serve a customer at work. Better!
- When your house is in disarray and you want to clean it but you don't have the time or energy to do the whole, big overwhelming job right now—just fold one towel, pick up one piece of spilled breakfast from the floor, put one utensil in the drawer. Better!
- If you are fretting about not having enough (education, training, money etc.) make a plan to get what you need or to find help. Better!

You can make your life at least a little better every day—or hour—just by noticing something you can improve and by taking an action to improve it in a small—or big—way. You can make any situation or relationship better with kindness, patience, generosity, encouragement, understanding, open-mindedness, tolerance, gentleness and/or appreciation.

Willing Change teaches that what you think directs your actions—and your actions produce results.

- Think of yourself as someone who makes things better.
- See yourself behaving as someone who makes things better.
- Be someone who makes things better.

Suggested affirmations and questions for thinking *BETTER*:

I am well and getting better. This is a day of improvements. I feel better. I know I can make this better. All is well and getting better. I see myself as a fixer. I notice improvements everywhere. I can visualize improvements. Every day in every way I am getting better!

What could I praise? What is good about this place and situation now? Is this better? How can I make this situation better? What have I already improved? What little improvement could I make here? What big improvements could I make here? What improvement ideas have I dismissed without consideration? Could I do just a little more? What improvement would I suggest to someone else?

WEEKLY MIND-TRAINING JOURNAL

QUOTE FROM WILLING CHANGE: . . . your expectation that life will keep getting better is what keeps you going with the flow.

WEEK OF:

POWER WORD: BETTER

As you think - so you behave. When you think predominantly in ways that promote wellness, life is more enjoyable.

TOP THINKING GOALS FOR THIS WEEK:

1 _____
 2 _____
 3 _____

DAILY CHALLENGES

MONDAY	Notice or create 5 improvements in your morning routine. Consider any improvement big or small in the way you do things, the time it takes or how you feel afterwards.	
TUESDAY	Repeat the word "better" every time you make something better. You can say it aloud if you like but silently is fine. The idea is to instill a belief that everything is getting better.	
WEDNESDAY	Repeat the word "praise" often during the day as you notice praiseworthy actions of your own or others. List 5 things you praised today.	
THURSDAY	Make improvements in your organization of 5 drawers, shelves or anything that you use to organize your stuff. It could be moving or removing something, grouping or a complete overhaul.	
FRIDAY	Make 5 improvements in any normal action such as putting on your shoes, cooking eggs, or packing a lunch.	
SATURDAY	Find 5 ways to improve your relaxation time or techniques. You could set aside an extra 5 minutes before work, schedule time with friends or stop to take deep breaths.	
SUNDAY	Reflect on how many improvements you have made this week just because you put in the effort.	

QUESTIONS

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 2 _____
 3 _____

LIST OF IMPROVEMENTS

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