Mastering Your Mindset Live Training

Would It Be Ok With You If Life Got Easier?

With Dr. Maria Nemeth
About Me

- PhD psychologist
- ICF Master Certified Coach
- Founder and Director of the Academy for Coaching Excellence
- 35+ years experience training coaches
- My life’s purpose: To show people how to live the life they were meant to live
Purpose for today

For you to gain a viewing point, as well as a skill set, that will allow you to experience more success in your life... with ease!
But First:

Would it be ok with you to discover that there’s nothing wrong with you?

That if you’re not successful, it isn’t because there’s anything wrong with you, your goals, or your dreams. It is only because you have not acquired certain skill sets for success.
Success

Doing what you said you would do, consistently, with clarity, focus, ease, and grace.
Clarity

Being clear about what is truly important to you; what has real meaning and value for you.

**Question:** Am I willing to be clear about what I love? What I stand for? What’s important to me?
Focus

Putting your attention and energy where it can do the greatest good for you. In most cases this means avoiding distractions while you focus upon your goals and dreams.

**Question:** Am I willing to give my goals and dreams the attention they deserve?
Ease

Doing things elegantly and without struggle by taking small, sweet steps toward your goals and dreams.

**Question**: Where have I been struggling by “raising the bar” too high? Am I willing to experience the elegance of ease?
Grace

Defined as “an unearned blessing,” grace is accessed through our capacity to be grateful.

**Question:** Am I willing to see the blessings that surround me by practicing gratitude every day?

a. Gratitude each evening.

b. Disrupting fear and anxiety by practicing gratitude.
The Success Playing Field: How It Works
The Success Playing Field
The Success Playing Field

Visionary Reality
The Success Playing Field

Physical Reality

Visionary Reality
The Success Playing Field

Physical Reality

Visionary Reality

- Ideas
The Success Playing Field

Physical Reality

Visionary Reality

- Ideas
- Vision
The Success Playing Field

Physical Reality

Visionary Reality

- Ideas
- Vision
- Dreams
The Success Playing Field

Physical Reality

Visionary Reality

- Ideas
- Vision
- Dreams
- Can be very stable over time
The Success Playing Field

Physical Reality

1. Takes energy

Visionary Reality

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The Success Playing Field

Physical Reality

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2. Always changing

Visionary Reality

- Ideas
- Vision
- Dreams
- Can be very stable over time
The Success Playing Field

Physical Reality

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2. Always changing
3. Unpredictable

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The Success Playing Field

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Visionary Reality

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The Success Playing Field

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Visionary Reality

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The Success Playing Field

Physical Reality

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Visionary Reality

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- *Can be very stable over time*
The Success Playing Field

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Visionary Reality

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The Success Playing Field

Physical Reality

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Visionary Reality

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Features of Trouble at the Border

● At the edge of a current skill set.
● Takes more energy than you thought it would.
● Monkey Mind!
● It’s a sign that you are engaged in something that’s important to you.
Monkey Mind

Buddhists have called it that aspect of the mind which always chatters at us, as it swings from doubt to worry and back to doubt again.

Neuroscience now refers to it as the “Negativity Bias.”
Monkey Mind

● Normal
● Natural - 100,000 year-old brain
● Inevitable

● Therefore, when you experience it, it is usually a sign you are doing something right rather than something wrong.
The 100,000 Year-Old Brain

- Prehistoric times: brain was occupied in keeping us alive
- We didn’t have fangs, fur or claws. We couldn’t run fast.
- We did have a brain that could check out the possibility of danger, thus keeping us safe.
- “Cave” experience
- Therefore: have compassion for your brain. It still thinks a wooly mammoth is around the corner.
- However, you have the power to direct it toward living with greater clarity, focus, ease and grace!
<table>
<thead>
<tr>
<th>MONKEY MIND SYMPTOM</th>
<th>EXAMPLES &amp; DEFINITIONS</th>
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<tbody>
<tr>
<td>1. Being vague</td>
<td>● I think I understand what you're getting at but I'm really not sure.</td>
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<td></td>
<td>● Maybe I'll do it sometime next month.</td>
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<td>2. Scarcity thoughts</td>
<td>● Things are never going to get any better.</td>
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<td></td>
<td>● I don't have enough brains, money, time, etc.</td>
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<td>3. Talking of the past or the future</td>
<td>● I've been down this road before.</td>
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<td>as if it is the present</td>
<td>● You know things will be better for me when I get this project out of the way.</td>
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<td>4. Getting defensive</td>
<td>● What do you mean I'm not trying? I'm trying harder than you think.</td>
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<td>5. Taking things personally</td>
<td>● I can't believe she talked to me that way.</td>
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<td>6. Comparison</td>
<td>● I'll never be as good as the other people in my department.</td>
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<td>7. Resignation</td>
<td>● It's just too hard and I'm not sure it serves people anyway.</td>
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<td></td>
<td>● This won't make a difference; things might as well just stay the way they are.</td>
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<td>8. Being a victim or martyr</td>
<td>● I tried so hard and gave so much, but nobody responded.</td>
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<td></td>
<td>● When you reach a certain age, no one will hire you.</td>
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<td>9. Either-or thinking</td>
<td>● If I don't have five clients by next week, I might as well just give up.</td>
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<td></td>
<td>● Either I get to use my credit card or I'll feel deprived.</td>
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<td>10. Excuses</td>
<td>● I couldn't make it because I had more important things to do.</td>
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<td></td>
<td>● I would have gotten that project in but the email system went down.</td>
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What to do when you experience Trouble at the Border

First, be clear about what is important to you, so that you can always return to “why I’m doing this.” Clarity of purpose is what brings you consistently past the border.
How to discover the *why*: Life’s Intentions Inventory

A powerful tool for seeing what is important to you.

*A Life’s Intention is an underlying direction, aim, or purpose that brings significant meaning to your life.*
Examples Taken from the Life’s Intentions Inventory

5 = Very Important; 1 = Relatively Unimportant

Pick one Life’s Intention that scores “5” for you -- whether or not you are currently acting on it.

Focus on it: What is your energy like as you look at it?
What to do when you experience Trouble at the Border

Second, exercise your fundamental super power:

Being willing.
Being Willing

“For all that has been, I say ‘thank you’, and for all that will be, I say ‘yes’.”

- Dag Hammarskjöld

Being Willing is our capacity to say “Yes” no matter what Monkey Mind is saying.

How it might look: I don’t know how to do this. I don’t even think I can do this. Nevertheless, I am willing to do it.

Question: How would my experience of life transform if I used “I am willing” whenever I’m at Trouble at the Border?
What to do when you experience Trouble at the Border

Third, pick a series of small, sweet steps to take.
Small, Sweet Steps

Trouble at the Border is not the place to make “big” promises for action.

● You are expending enormous amounts of energy here. It’s best to take small, sweet steps so as not to become overwhelmed.

● Struggling at the border: case example

● Working hard with ease: case example
Fundamental Affirmations:

What they are, and how to use them.
Fundamental Affirmations

The secret to using affirmations in a way that works is to point to what you know to be true, rather than what you hope will be true.

This is how to create a Personal Fundamental Affirmation that is Monkey Mind–proof. It will never fail to empower you.
Fundamental Affirmations

“*I am willing...*” + your Life’s Intention that scored 5:

Examples:

*I am willing to be financially successful, or*

*I am willing to be an effective coach, or*

*I am willing to be a generous friend.*
Fundamental Affirmations

Try this experiment:

● Say out loud the affirmation “I am wealthy. I have all the money I want.” What does Monkey Mind say?

● Now, say out loud “I am willing to be financially successful.” What happened to Monkey Mind?
Fundamental Affirmations

- You don’t have to fight your brain.
- Instead, you are reminding yourself of what is important to you in a way that empowers you.
- Shift the focus of your attention toward a fundamental affirmation that includes one of your Life’s Intentions, and you have an opening for possibility.
- And you are training your brain to gather evidence for the Life’s Intention.
Fundamental Affirmations:
What to do.

- Get a 3x5 index card.
- Put one Fundamental Affirmation on that card, and look at it every day for 14 days (laminating is good).
- Talk with friends, colleagues, family about what you are seeing out of doing this exercise.
- Go up to three (3) Fundamental Affirmations after this. Look at them daily for 30 days.
- Enjoy your transformation! We guarantee how you “show up” in your life will shift to an ongoing experience of Clarity, Focus, Ease, and Grace!
Fundamental Affirmations

“To a person with a hammer, everything looks like a nail.”

To a brain that focuses upon a Life’s Intention, everything looks like a possibility to demonstrate that Intention in Physical Reality.
I’d love to hear from you!

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Thank you!