

THINK ON PURPOSE

A SIMPLE GUIDE TO MIND
MANAGEMENT

1

ABOUT ME



JOY *in* BEING
coaching & mentoring



2



ABOUT YOU

BRAG & MAKE IT CRINGY.

3

TODAY'S AGENDA

WHY DOES OUR BRAIN NEED TO BE MANAGED/TRAINED?

THE ROLE OUR THOUGHTS PLAY

HOW TO TRAIN OUR BRAIN TO THINK ON PURPOSE

4

ANY AREA OF LIFE


Career/ Finance
Friendships
Nutrition & Fitness
Personal Growth
Spirituality
Marriage/Partnership
Dating
Parenting
Other

5

WHY DOES OUR BRAIN NEED TRAINING?

AKA WHY I HAVE A JOB

6



50,000-70,000
THOUGHTS/DAY


~90%

OF OUR DAILY THOUGHTS,
HABITS & DECISIONS ARE
AUTOMATIC


- THOUGHT PATTERNS
- HABITUAL REACTIONS
- SKILLS YOU'VE MASTERED
- SELF TALK
- BODY LANGUAGE

7

~75%
NEGATIVE



NEGATIVE
THOUGHTS



POSITIVE
THOUGHTS

8



9

MOTIVATIONAL TRIAD



10

**THOUGHT
PATTERNS=
MINDSET**



11

**FAMILIAR >
HAPPY**



12

THE ROLE OUR THOUGHTS PLAY

13

THE MODEL



14

- **FACTS**

- CAN BE PROVEN IN A COURT OF LAW

- OTHER PEOPLE + WHAT THEY SAY, EVENTS, OUR PAST, THE WEATHER, WEIGHT, CURRENT FINANCIAL STATUS, CAREER, HEALTH

C

CIRCUMSTANCES



T

THOUGHTS



F

FEELINGS



A

ACTIONS



R

RESULTS

15

- SENTENCES IN YOUR HEAD THAT GIVE MEANING TO YOUR CIRCUMSTANCES

- OPINIONS, IMPRESSIONS, JUDGMENTS, PERSPECTIVES

C

CIRCUMSTANCES



T

THOUGHTS



F

FEELINGS



A

ACTIONS



R

RESULTS

16

- EMOTIONS;
VIBRATIONS WE
EXPERIENCE IN OUR
BODIES
- ANGER, SADNESS,
EXCITEMENT, JOY,
BOREDOM,
OVERWHELM,
FRUSTRATION,
INADEQUACY, SHAME,
GUILT
- CHECK ENGINE LIGHT



17

- BEHAVIOR, REACTION
OR INACTION
- AVOIDING,
WITHDRAWING,
YELLING, THOUGHT
SPIRALING,
GOSSIPING, OVER-
EATING, SCROLLING
ON SOCIAL MEDIA,
ONLINE SHOPPING,
NETFLIX BINGING



18

THE OUTCOMES OF OUR
ACTIONS



19

AN EXAMPLE...

CIRCUMSTANCE: I HAVE 20 THINGS ON MY TO-DO LIST

AUTO- THOUGHT: I'M NEVER GOING TO GET CAUGHT UP. I'LL NEVER GET IT ALL DONE

FEELING: OVERWHELMED, DEFEATED

ACTION: AVOIDANCE, PROCRASTINATION

RESULT: I GOT NOTHING ON THE LIST DONE

20

PRACTICE:

CIRCUMSTANCE: A FRIEND DOESN'T TEXT YOU BACK FOR 2 DAYS

AUTO- THOUGHT:

FEELING:

ACTION:

RESULT:

21

THE QUALITY OF
YOUR LIFE IS
DETERMINED BY THE
QUALITY OF YOUR
THOUGHTS.

22

A QUICK NOTE ABOUT

FOCUSING ON THE CIRCUMSTANCE

23

THE GOOD NEWS

TRAINING THE BRAIN
TO THINK ON PURPOSE

24

~10-20% INTENTIONAL BRAIN

THE SPACE WHERE WE GET TO
CHOOSE

SLOWER, MORE DELIBERATE, AND
REQUIRE EFFORT

25



26

FIRST: AWARENESS

"WHAT IS MY BRAIN MAKING THIS MEAN?"

27

YOUR HUSBAND
DIDN'T SAY ANYTHING
ABOUT THE MEAL YOU
COOKED TONIGHT

28

**YOUR BOSS SAYS
SHE'D LIKE TO SEE
YOU IN HER OFFICE**

29

**JANET DOWN THE
HALL NEVER SAYS HI
TO YOU**

30

**YOU POST SOMETHING
ON SOCIAL MEDIA
AND IT DOESN'T GET A
LOT OF LIKES**

31

**SOMEONE PULLS OUT
IN FRONT OF YOU IN
TRAFFIC**

32

**YOU NOTICE
SOMEONE LOOKING
AT YOU FROM ACROSS
THE ROOM**

33



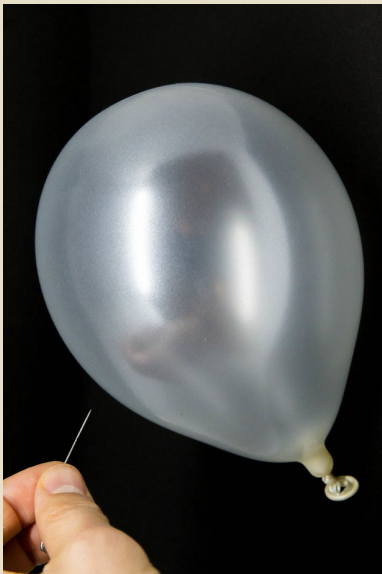
THANKS BUT NO THANKS.

34

THEN: TRAIN

3 FAVORITE STRATEGIES

35



CHALLENGE AUTOMATIC THOUGHTS

POKE HOLES IN YOUR NEGATIVE THOUGHTS

36

- Is this a familiar feeling?
- What would I say to a friend who is having this thought?
- Are you arguing with reality?
- What is the worst that could happen?
- Do I have any past evidence to prove this true or false?
- How important is this in 1 week? 3 months? 1 year? 30 years?
- Is this thought helping me or making things worse?
- Am I confusing an assumption with fact?
- What facts support this and what facts contradict it?

37

MOST GENEROUS INTERPRETATION



38

**MY SON MELTED DOWN AT HIS
FRIEND'S BIRTHDAY PARTY.**

39

**MY SON MELTED DOWN AT HIS
FRIEND'S BIRTHDAY PARTY.**



**IT MAKES SENSE HE'S FEELING
JEALOUS. JEALOUSY SUCKS. I
CAN HELP HIM IN THAT FEELING.**

40

**MY HUSBAND HAS SAID 2 WORDS
TO ME SINCE GETTING HOME
FROM WORK.**

41

**MY HUSBAND HAS SAID 2 WORDS TO
ME SINCE GETTING HOME FROM
WORK.**



**NOBODY WANTS TO BE IN A BAD
MOOD. I WONDER WHAT'S CAUSING
HIM TO FEEL THIS WAY.**

42

THAT CAR JUST PULLED OUT RIGHT IN
FRONT OF ME WITHOUT USING THEIR
BLINKER.



43

3
CHOOSE
YOUR
IDENTITY



44

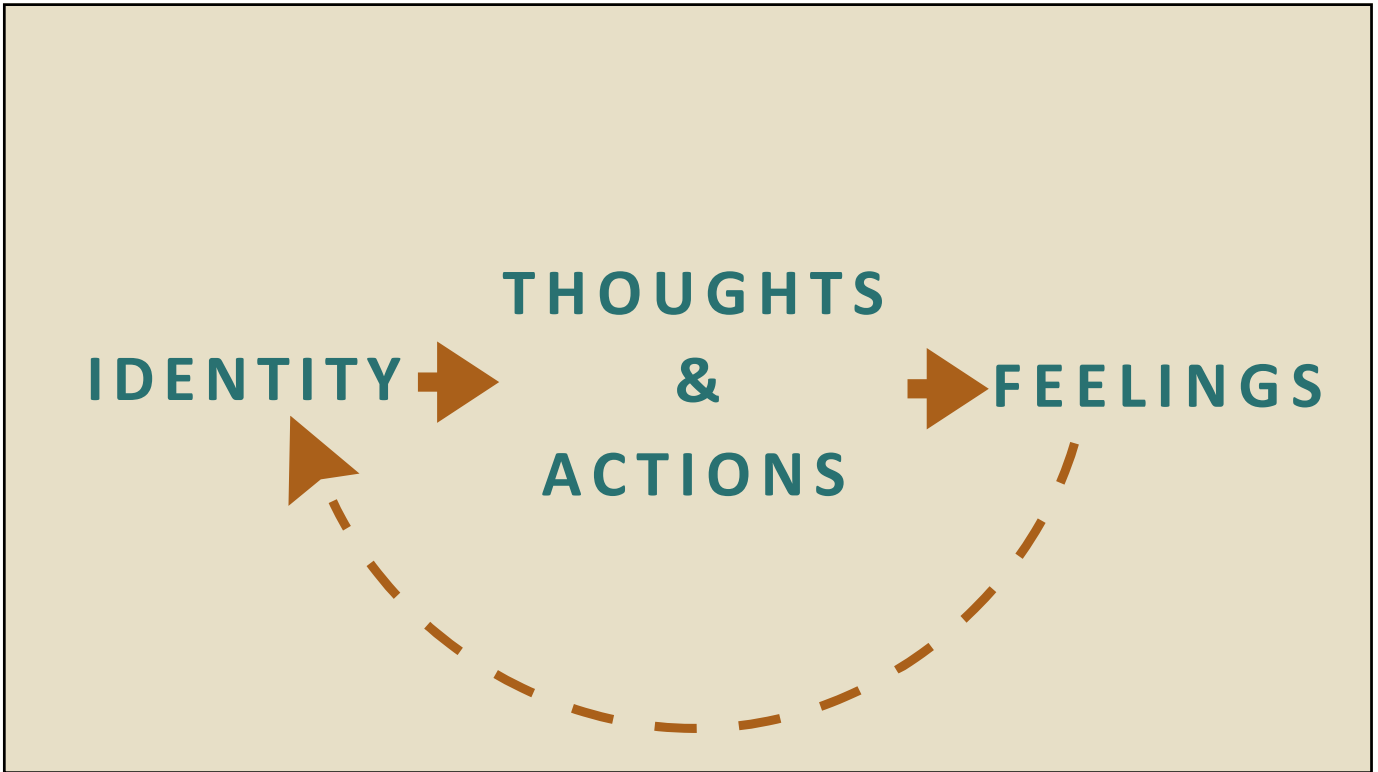
**OUR BRAIN
SAYS...**



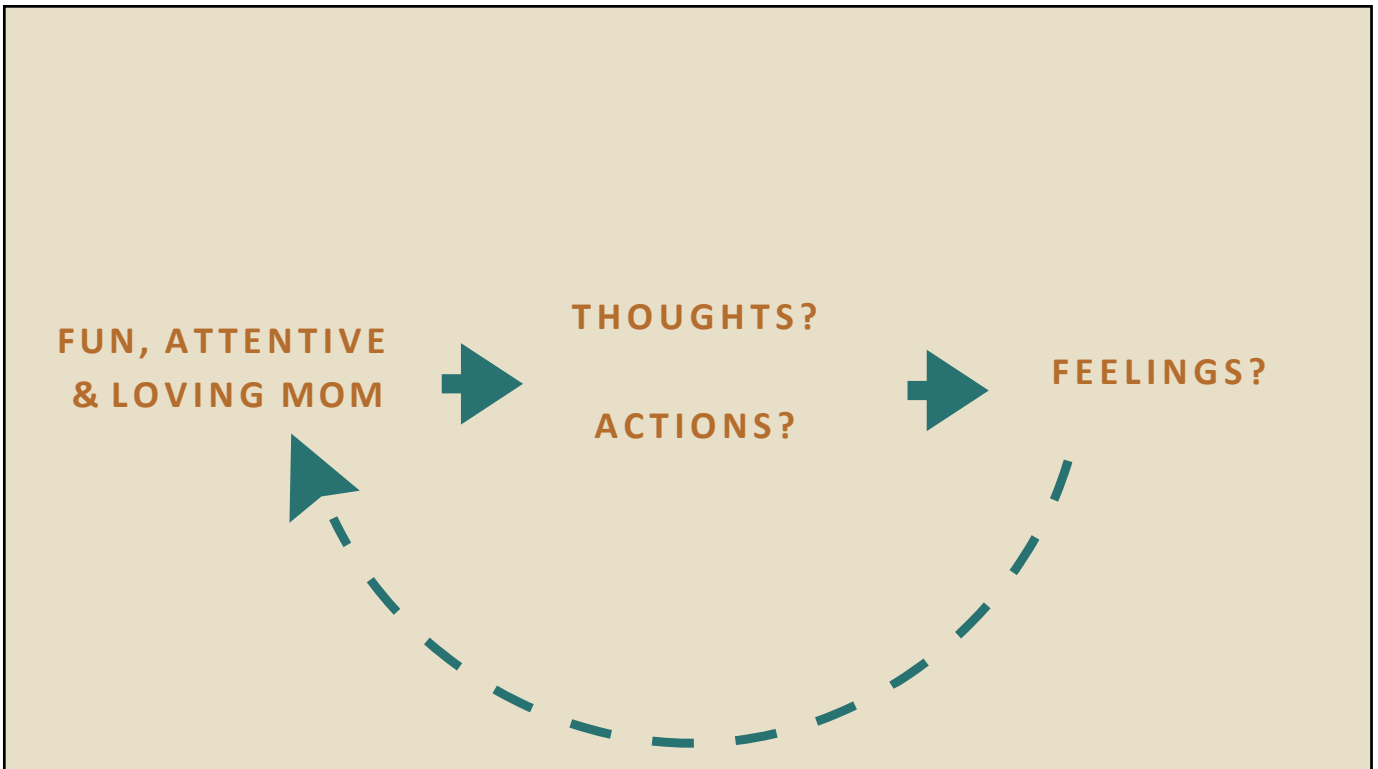
45

IDENTITY → **THOUGHTS
&
ACTIONS**

46



47



48

**YOUR
TURN**

49

**LIVE
COACHING?**

50



INTERESTED IN
LEARNING MORE?