



Program Packet

INCLUDES

Mental Flexibility Worksheet
with descriptions of the 4 tools

Teaching Session Video Transcripts



Mental Flexibility Worksheet

The following four tools can begin to loosen any calcification or resistance in your mind by helping you to consider your thoughts and stories from **different perspectives**. These tools can be applied to the thoughts you have about yourself as well the thoughts you have about other people's words and actions and events that happen.

The goal in life is to tell yourself stories that make you feel better, rather than ones that make you feel worse. because the better you feel, the more energy and enthusiasm you'll have to put towards your goals, projects, and dreams.

Shifting your perspective will enable you to make *compassionate acknowledgements* which, in turn, will allow your thoughts to **pass through** your mind (as opposed to you dwelling on thoughts and turning them into energy leaks). Compassion requires less energy than anger or annoyance, so having a higher degree of **automatic mental flexibility** allows you to leak less energy throughout your day.

In one sentence, write down a story are you currently telling yourself – pick the box that applies to your story:

It's about me:

examples:

"I don't have time to create the success I desire."

"I can't afford the help I need."

"I have to spend Thanksgiving with my family."

It's about another person (or an event):

examples:

"My boss does not acknowledge the extra work I do."

"My spouse needs to contribute more as a parent."

"A strike will be disastrous for our industry."

The tools to use if your story is about you:

Flip to the Opposite

Hidden Benefits

The tools to use if your story is about others / events:

Flip to the Opposite

Hidden Benefits

Role Reversal

Benefit of the Doubt

TOOL → Flip Your Story to the Opposite

The reason your story seems like it's the "truth" is because you have been sending your mind out to collect "proof" that it is true (so that you can feel **right** – which, to us humans, is SUCH a wonderful feeling to feel!)

However, if your mind can collect proof that your **current** story is true, it can also collect proof that the **opposite** of that story is true. It may not *want* to... but it can (because all stories is equally true in that they are ALL created – as in: "completely made up" – inside your mind.)

So, send your mind out on a mission to collect **five pieces of proof** that the **opposite** story could be equally true. (If it can find one piece of proof, it can find two. If it can find two, it can find three... force your mind to become more creative and flexible.)

1. _____

2. _____

3. _____

4. _____

5. _____

TOOL → Hidden Benefits

Sometimes you might not realize what you are **gaining** from holding on to a thought (or by telling a particular story). But we humans do not do **anything** – including holding onto a thought – unless we are getting some sort of gain or benefit from doing so.

List any ways in which you are **genuinely benefitting** from holding on to your story:
look for emotional benefits... physical benefits... social benefits... ego benefits... etc.

TOOL → Role Reversal

In addition to flipping your story to the opposite, another way to establish common ground with the other person in your story (and thus get yourself out of any sort of “victim mindset”) is to take your story and **reverse the roles**. Have **you** ever acted in a similar way? And what are some of the circumstances that could possibly compel you act in a similar way?

example: “My boss does not acknowledge the extra work I do.”

when reversed becomes: “I don’t acknowledge the extra work my boss does.”

And you can extrapolate that out to your life in general, as in: “I don’t acknowledge the extra work other people do” which still gives you common ground with your boss as you are both doing the same thing.

Your current story about someone else:



Reverse the roles:

Once you’ve reversed your story, send your mind out to collect proof showing how the reversed story is also true:

And you can also reverse the roles by making the statement only about **YOU**. Then you can send your mind out to collect proof about why **that** story is true. As in:

example: “My boss does not acknowledge the extra work I do.”

when reversed about YOU becomes: “I do not acknowledge the extra work I do.”

SPECIAL NOTE:

Very often when we humans get angry or disappointed that someone or something is not giving us what we want it’s because **we are not giving ourselves that very thing**. Once we start to give it to ourselves, our need to get it from outside sources decreases dramatically.

TOOL → Benefit of the Doubt

When we humans tell ourselves stories – about **why** that person is acting that way, and **why** they are saying and doing those things that are churning up our emotions – all too often, we don't know all of the details and extenuating circumstances of their situation. (So, ya know, we make 'em up!)

And sometimes we decide that they are acting that way or doing that thing simply because they are an **idiot**. Or a **liberal**. Or **insane**.

In that very first moment of annoyance or anger, try at least to re-word your thought to make the *compassionate acknowledgement* that the person annoying you **probably** has other facets to how they think and live their life and, in **other** circumstances might be a lovely / thoughtful / cool / generous person.

So, when you have a thought like:

*My neighbor **is** an idiot.* → **switch it to** → *My neighbor is **acting like** an idiot **right now**.*

*She **is** insane.* → **switch it to** → *She is **acting** insane **right now**.*

Why take this step? Because these annoyances can add up to multiple trickles of energy leaking out on a regular basis. The sooner you can plug an energy leak – even a tiny one – the more energy you'll have to direct towards your goals, projects, and dreams.

And now, to take your mental flexibility up a notch, write down an **emotionally believable story** that gives that rude / stupid / awful / lame / cruel person the benefit of the doubt and puts them in the **right** for their actions rather than the wrong:

(Remember, this isn't about you forgiving them or condoning their actions... this is about you creating a story from a more compassionate perspective so you create energetic detachment and thus retain more of your own energy. Being **able** to create and entertain these types of alternate, believable stories is what develops your mental flexibility.)



Video Transcripts



Hello and welcome to the Mindset Reset Program! I'm delighted to have you on board and I'm genuinely excited that you are interested in learning how to plug your energy leaks so that you can feel more at ease and have more energy to put toward your projects, goals, and dreams.

This collection of videos represents our first session together in the Mindset Reset Program. These videos will fully prepare you to get the maximum value out of the group coaching sessions. In these videos, I will be teaching you important concepts that will help you identify your energy leaks, and I will be walking you through filling out the worksheets that you will bring to our coaching sessions. And I will be introducing you to the four Mindset Reset tools that we will be using throughout the program to help you plug any leaks that you have.

Once we begin working together in the live coaching sessions, we will be able to actively apply the information contained in these videos to create transformation on a deep and lasting level.

Some of you, as you watch these videos, may think at some point, *"Hey, I already know some of this stuff."* Or, *"I've heard this from other sources."* And that's probably true – because the concepts that I'm going to share with you are not new. Most expert coaches understand these concepts and are sharing them – each coach in their own way. So, yes, you may already have an intellectual understanding of these concepts, but what I'm interested in is: Are you currently applying them to help you move forward and live the life that you want to live?

My passion and my expertise lie in helping people apply what they know to create transformation. And I'm looking forward to working with you.

On this video page is a link you can use to download the Mindset Reset Program packet, which contains the worksheets we'll be filling out during this session. (You can click on this video to pause it while you download and print out the packet.)

The Mindset Reset Program packet also contains a transcript of the entire video series in case you'd like to reference it for notes or read about the concepts instead of watching the videos. **Either way, all of the info in this Teaching Session video series must be consumed by you before your first live coaching session in order for you to be on the same page as the rest of the group and be ready to hit the ground running.**

At our first coaching session I will be more than happy to answer questions and make any needed clarifications, but I will not be using our time together to re-teach any of the material contained in this video series.

Let's dive right in...

In this video series, I am going to teach you:

- how to spot your 2 biggest energy leaks
- how to plug each of those types of leaks

THIS IS NOT ABOUT POSITIVE THINKING

Most of your energy leaks out as a result of your thoughts.

That's because your thoughts cause your feelings. Your thoughts and then feelings are what get you all riled up. And once you get yourself riled up – with anger, worry, stress, resentment, fear, anticipation, etc. – your energy starts leaking out all over the place.

The great news, though – the very empowering news – is that you can learn to let go of your thoughts, perspectives, and mindsets that are causing you stress.

You do not, however, plug a mental energy leak with what is typically known as “positive thinking.” What I am teaching you today is not “positive thinking” or affirmations.

In fact, I have no judgment toward your thoughts except to ask, *“How does that thought make you feel?”* And, *“Is that thought causing you to leak energy?”*

Beyond that, it doesn't matter if you think a negative thought or a positive thought, a good thought or a bad thought.

In fact, thinking “good thoughts” all the time doesn't necessarily make you a better, smarter, or calmer person.

We all – as humans – think a wide variety of thoughts all the time. Good and bad. Positive and negative. Everyone thinks dark, negative, or bad thoughts – at least once in awhile. It's 100% natural. Some of the very best comedy is based on negative thoughts, snarky-ness or gallows humor – and the laughter that some of that dark comedy produces can provide wonderful tension relief and delight. Even healing.

So, a wide variety of thoughts flow across our minds 24/7. They come, they go, and they keep coming. Having a negative thought crawl across your mind is natural. **For example**, you could be at a party and express the negative thought: *“You know, I can’t believe a company just spent 1 million dollars to do a stupid survey that ended up with the same conclusion I could have told them for free had they just called me on the phone. What a waste of money!”*

Expressing that momentary thought feels a lot different and uses a lot less of your energy than if you drive all the way home from that same party, gripping the steering wheel and turning that thought over and over in your mind and getting yourself all worked up: *“Stupid corporations and their surveys. We barely have enough money to fund our school systems! Think of what 1 million dollars could have done for a couple of schools?”* And on and on and on.

Those two scenarios feel very different. The first scenario is just having a thought crawl across your mind: it comes, you say something, then you let it go. The second scenario is you grabbing that thought, holding on to it and dwelling on it and expending a lot of energy doing so. And if you hold onto that thought long enough, it becomes a belief. And the thing about beliefs is that we rarely revisit and question them so they can become calcified. So now you’ve got a permanent belief stuck inside you, that, when you think about it, makes you feel bad and is a consistent energy leak.

Try to notice when you reach up and grab one of your thoughts and start to dwell on it.

And, just for the record, you can dwell on a positive thought too! **For example**, say you were planning a vacation with your boyfriend and you had a suspicion he was going to propose sometime during that trip... you could hemorrhage a lot of energy dwelling on the thought, *“I wonder if he’s going to propose? I wonder if he’s going to propose?”*

You might text and text and text your girlfriends to speculate and postulate and wonder and whatever. None of that is negative thinking, per se, but it is still eating up a lot of your energy.

And that’s fine. You are totally free to spend your energy as you like. If a thought is not an issue for you then it’s not an issue.

The only thing we’re concerned about today are thoughts and beliefs that are causing you stress.

All I care about is:

How does that thought make you feel – and would you like to feel a bit better?

All I care about is:

Is that thought causing you to leak energy – and would you prefer to use that energy on your creative projects?

YOU CHOOSE WHAT TO DWELL ON

So... your thoughts cause your feelings.

I know it seems like the other way around because when something happens or someone says something to you it seems like feelings instantly flood through your body – and then you start thinking things in response. Trust me, that flood of feeling was first triggered by a thought. Your thought.

Even though it seems like:

Someone says something horrible to you → your feelings of hurt are triggered → and then you have a thought like *“She hurt me – she said I’m stupid.”*

What actually happens is:

Someone says something horrible to you → and then instantaneously you have a thought like *“She hurt me.”* → and then your feelings of hurt are triggered because you just told yourself they should be triggered → and then you have more thoughts like: *“She said I was stupid! She’s such a jerk for saying I’m stupid. I wish the Earth would open up and swallow her up right now.”*

When something happens or when someone says something to you, your initial, instantaneous thought which triggers the initial flood of feelings – that first thought is too fast to be stopped. That thought will pop into your mind and you will instantly feel.

We are feeling beings. We are going to feel things. Especially in the moments when something happens or someone says something.

What you do have control over, however, is the cascade of thoughts that comes after your initial flood of feeling:

“She said I was stupid! She’s such a jerk for saying I’m stupid. I’m not stupid! Am I stupid? Maybe I’m stupid? I can’t believe he said that! That’s not fair!” etc.

You are now dwelling on your thoughts – which uses up a lot of energy – and these particular thoughts are making you feel bad – more energy hemorrhaging out.

That person called you “stupid” once. You’ve replayed the “I’m stupid” movie 100 times in your head. So, who has hurt you more often – her or you?

Who is being crueller to you right now – her or you? She’s not even here anymore! Who is keeping these hurts and insults alive in your consciousness – her or you?

Who hurt you in the past? (She did.)
So who’s hurting you in the present? (You are.)

I understand why you think it’s the other person who totally ruins your day, makes you feel bad for weeks, and drains you of your energy. But, the truth is, it’s you. You are doing that to yourself.

And that’s great news – empowering news – because if you are the one causing your emotional pain and energy drain, you are the one who can stop your emotional pain and energy drain.

In the next video you will learn how to spot and plug your two largest mental energy leaks.

END OF VIDEO ONE



HOW TO SPOT AND PLUG YOUR 2 LARGEST MENTAL ENERGY LEAKS

The first of your two largest mental energy leaks is created by your **REACTION** to an event or a person's actions, words, or deeds.

Something happens, or someone says or does something, your emotions are triggered, and you immediately and fully energetically engage with them.

A little thing triggers you, you engage.
A big thing triggers you, you engage.

And whenever you engage, you immediately start hemorrhaging your energy out... reactively, reflexively, habitually, compulsively, unconsciously...

And engagement can be you actually having an argument with someone, or it can be you writing a furious email to someone, or it can be you not actually saying anything to someone in the moment but, instead, saying it all to them inside your head. Having the argument with them in your head is still full energetic engagement.

Take some time today to think about **when** you tend to energetically engage to this degree. Think about **what** commonly triggers you to energetically engage to this degree.

To plug a **REACTION** leak, you will need to practice energetic detachment.

Now, energetic detachment is different from emotional detachment. You can't really emotionally detach – you will always feel the emotional hit when someone says or does something – but you can definitely learn how to energetically detach in the moment or shortly thereafter. Or – better still – to energetically hang back, watch 'em do their dance – and not engage at all.

At first, you may start with just a new awareness: someone says something that angers you, you engage and then you say: *"Oh look, here I am, completely energetically attached."* And maybe you'll be able to pull back and create at least a little energetic buffer zone.

The next time that trigger comes along, you might be able stop yourself short of full attachment – and thus leak a little less energy than before. And then, the next time, it's a little less.

With practice, you can get yourself to the point where, energetically, you can hold yourself back here, with an open mind and heart, and watch the event happen or hear the person saying something and see that their fit may not even have very much to do with you at all... that they are coming at you like this based on the thoughts they are thinking... their emotions are being directed at you in this moment but those emotions don't really having anything to do with you – even if you may have done something or said something that inadvertently triggered them.

Earlier in the day their boss could have yelled at them and then now, when you walk in asking if there were any calls for you while you were out, they yell at you. But their yelling fit has nothing to do with you. You walking in the room may have triggered them, but you know you didn't intentionally provoke them – and that's an important distinction.

If your intent was not to provoke them, then there's no reason to give their emotional outburst much, if any, of your energy.

You can decide that you don't need to use your energy to defend yourself.
You can decide that you don't to need to use your energy to manage their feelings.

You can decide that you don't need to use your energy to try to change their opinion.

And you can decide that you don't need to use your energy reenacting and speculating with your friends about what the hell just happened.

Cuz here's the deal: Other people's nuttiness is usually not about you – it's caused by the thoughts they are thinking.

(And your nuttiness is usually not the fault of other people – it's caused by the thoughts you are thinking.)

Does it suck that your life is sometimes affected by crazy events and nutty people? Of course it does. But you still get to choose if you are going to turn it into a big giant energy leak.

Energetic detachment is about noticing when something or someone has pushed your button or triggered a feeling and being able to make a conscious choice about how much of your energy you are going to give that situation or person and for how long.

Now, a question that often comes up at this point is: *“But what if someone says or does something and your gut is telling you that you need to say something – or you need to say something in defense of someone who isn’t able or is too afraid to speak up for themselves?”*

Here’s my answer:

It is totally your right to speak up in any situation that you feel called to do so. (Even in the example I just gave, where you walk in, ask your coworker a question and they start yelling at you.) You can speak up, or explain yourself or defend yourself or someone else, but there is a way to do that while conserving your energy, while remaining energetically detached.

Let me remind you again that we are talking about **energetic** detachment, not emotional detachment. Your emotions are separate from your energy. Getting emotional (a lot or even a little) when you are confronting someone is rather normal. You might raise your voice or start crying or start trembling or whatever, but even if you get emotional in the moment, you can still remain, for the most part, energetically detached from them.

How do you do that?

You do that by releasing any attachment you have to changing that person’s mind or behavior.

You likely can’t change their mind no matter how hard you try. After all, how difficult is it for someone else to change your mind in situations when you are all riled up and on the attack?

Trying to change someone’s thoughts and behavior in a moment when they are not at all open to or interested in changing their mind, means you have fully energetically engaged with them and are using up tons of your energy.

I totally understand that you wish the other person would suddenly see how wrong they are and apologize for what they said or did or admit that *“you are right and they are wrong”* – I know that’s what you would LOVE to hear – but what are the odds of that happening – especially in a moment when their mind and heart are not open to changing? And is trying to force them to change or apologize really worth your precious energy?

My question to you is: What could you do with all that energy instead?

If you want to say something because it seems, to you, the right thing to do, go ahead and state your case and let the act of doing that make you feel good. Speak up to express yourself or to defend yourself, or to protest something from an energetically empowered place – which means letting go of any attachment to changing the other person in the heat of that moment.

To recap:

One of your biggest mental energy leaks is created by your **REACTIONS** to events and people.

The first step to plugging that **REACTION** leak is to cultivate the ability to notice when you've been triggered.

The second step is to detach yourself energetically as soon as you can (or stand back and don't attach at all), so that you can make a conscious choice of how much energy – if any – you want to give the situation.

Now, let's take a look at the second of the two largest mental energy leaks... this one is created by your **RESISTANCE** to reality. Meaning your resistance to "what is" – or what your "current circumstances are."

If it is raining outside and you find yourself thinking *"It shouldn't be raining right now!"* you are leaking away your energy resisting the reality of what is actually happening.

If your girlfriend broke up with you and you find yourself thinking (especially months later): *"Why did she break up with me – why?why?why?"* you are leaking away your energy resisting the reality of what actually happened.

If your boss is an idiot and you find yourself thinking (over and over): *"I can't believe my boss is such an idiot!"* you are leaking away your energy resisting the reality of who you have for a boss right now.

Let me remind you again that your emotions are separate from your energy. Feeling your emotions is different than leaking your energy.

You will have times when life throws you a severe curveball that hits you hard and has a lasting sting. You will have to grieve losses and probably suffer betrayals. There will be times when you will be furious or deeply sad or truly scared.

The way to feel such extreme emotions without turning them into huge energy leaks is to not resist them. Allow yourself to feel and process your emotions. And that's not always a one-and-done process. Grief usually keeps coming in unannounced waves for a while... and anger can have intermittent flare ups until it finally wanes.

Emotions are fluid though, and if you allow yourself to experience them without resisting them, they pass through you. Resisting them – which includes suppressing, denying, or numbing them – is what eats up vast quantities of your energy. Energy you will then no longer have to put towards your creative endeavors and big shifts.

Now, there is a difference between taking time to process and heal your emotions and wallowing in your emotions. Wallowing is you keeping those emotions alive within you for some type of conscious or unconscious payoff. Wallowing in your emotions is a big, fat energy leak because wallowing in an emotion is caused by you dwelling on a thought.

So, to plug a **RESISTANCE-to-your-reality** leak or a **RESISTANCE-to-your-emotions** leak, you will have to learn how to examine your thoughts.

In the Coaching Sessions of this Mindset Reset Program, you will learn some tools that will help you examine your thoughts so you can get better and better at dissolving your resistance.

But what you need to know right now is that examining your thoughts requires mental flexibility.

I promise you, people who have flexible minds are the ones who can identify and plug their energy leaks the quickest and thus they are the ones who can make smoother shifts and accomplish bigger goals.

Mental flexibility is an incredible strength to have. Energetic detachment is an incredible strength to have. And the entire live Mindset Reset coaching program is focused on helping you develop those strengths.

What do I mean by “mental flexibility”?

My definition of mental flexibility is the ability to consider events (and other people's actions and reactions) from different perspectives so that you can find some common ground.

What's so special about seeing things from different perspectives?

Usually, when something happens you will choose to see it from one perspective. This becomes “your perspective” and it’s based on your thoughts and feelings in the moment... and based on what’s happened to you in your past... and based on old, unconscious knots you may have in your psyche. As humans, we almost instantaneously choose a perspective, grab on to that perspective, dwell on that perspective, and calcify that perspective as “Our Perspective.” That’s the way we see it, and we’re not budging!

The problem is that, sometimes, “Your Perspective” does not empower you. In fact, it does the exact opposite – it puts you in a victim position.

Someone is doing something to you.
Someone is forcing you to do something.
Someone is holding you back.
Someone is making you feel a certain way.
Someone is blocking your path.

Someone is not giving you what you want.

In this particular moment or situation, you are deciding that They hold some sort of power and you are power-less (less than Them).

In other words, you choose to identify yourself as a victim.

A side note before we continue: I want to acknowledge that some of you watching this have been legitimately victimized at some time or times in your life and, if that’s the case, I don’t want to minimize that fact. There is, however, an important distinction between having been victimized in your past and continuing to identify, in the current, present moment, as a victim –as someone who is actively and currently in a position of powerlessness to someone or something else.

For some of you, having been victimized IS a totally true fact in your personal history.

That said, I believe that if you consider yourself actively and currently a victim in any area of your life, you cannot live as a fully empowered person. And part of becoming an adult is becoming fully empowered – especially if you desire to experience your full potential – especially if you desire to make the most meaningful impact that you can during your life.

Thoughts that actively and currently place you as a victim are huge energy leaks.

And these victim thoughts can be so tiny and so insidious... you get stuck in traffic: *“Why is there all this traffic? This traffic is messing up my plans and ruining my day!”* In that tiny thought you are resisting reality, getting yourself riled up, and placing yourself as a victim to the traffic. The more you dwell on that thought, the more stressed you become, and the more energy you leak.

The way to plug these **RESISTANCE** leaks is to develop a mind that is flexible enough to almost automatically be able to look at your current reality – and your thoughts about your current reality – from more than just one perspective.

Because if you can see and consider your reality from multiple perspectives you can then choose the perspective that makes you feel good. Or calm. Or compassionate. Or empowered. Because the better, calmer, more compassionate, or more empowered you feel, the less energy you leak.

Once again, my definition of mental flexibility is the ability to consider events (and other people’s actions and reactions) from different perspectives so you can find common ground.

What’s so special about “finding common ground”?

Well, when you are feeling like a victim, if you can, within yourself, find some common ground with the person whom you feel is hurting or angering you, then you two can become equals in your mind.

And if you are equals in your mind, you can no longer identify as powerless in that situation. Common ground is the level above victimhood.

And, if you can lift yourself to the level of common ground, you can then lift yourself to the level above that which is empowerment. Shifting yourself from feeling like a victim in a situation to feeling fully empowered in that situation can often be too big of an

adjustment to make in a single leap. So the middle point in that transition in finding common ground.

And finding common ground is not something you are doing in dialogue with the other person. Nope – this is something you are doing internally, inside your own head with your own thoughts. You never need to say anything to the other person. In fact, not one circumstance in your current reality needs to change in order for you to change your thoughts (and thus your feelings) about your current reality.

The amazing truth is that you can change the entire texture of your relationship with someone without that other person doing or changing anything at all. I've experienced this myself with some of the major relationships in my life, and I've seen clients experience it with their relationships too.

Let me state for the record that finding common ground is not about condoning someone's actions or forgiving them. Acceptance or forgiveness is not the point. The point is plugging your energy leaks.

Finding common ground is about being able to make a compassionate acknowledgement that, given the right circumstances – even if those circumstances seem far fetched – we, as humans, are all fundamentally capable of doing all things.

Common ground is about being able to make a compassionate acknowledgement that, in the moment, we usually don't have the full story and thus can't truly know the other person's intention or their extenuating circumstances.

And, remember, I'm not suggesting that you develop the habit of making compassionate acknowledgements because I personally want more folks wearing rose-colored glasses and adding flowers and rainbows to the world. The fact that I'm focused on is that being compassionate takes less energy than being stressed. Switching a stressful thought into a compassionate thought is a very quick way to dissolve the stress. Compassion is a very effective way to conserve your energy.

In the beginning, if you just can't seem to muster compassion, then shoot for pity. If you can't quite feel compassionate toward someone, then at least feel sorry for them (and for how tortured they are by their thoughts). Even a detached sense of pity uses less energy than nursing anger, hurt, bitterness, or victimhood.

Now you know that your 2 biggest energy leaks are:

your **REACTIONS** to events and people
your **RESISTANCE** to reality

And you know that plugging those leaks requires energetic detachment + the mental flexibility to examine your thoughts.

In the final video, I'll introduce you to the worksheets and tools that will help you build strength in those two areas.

END OF VIDEO TWO