



## Module 10

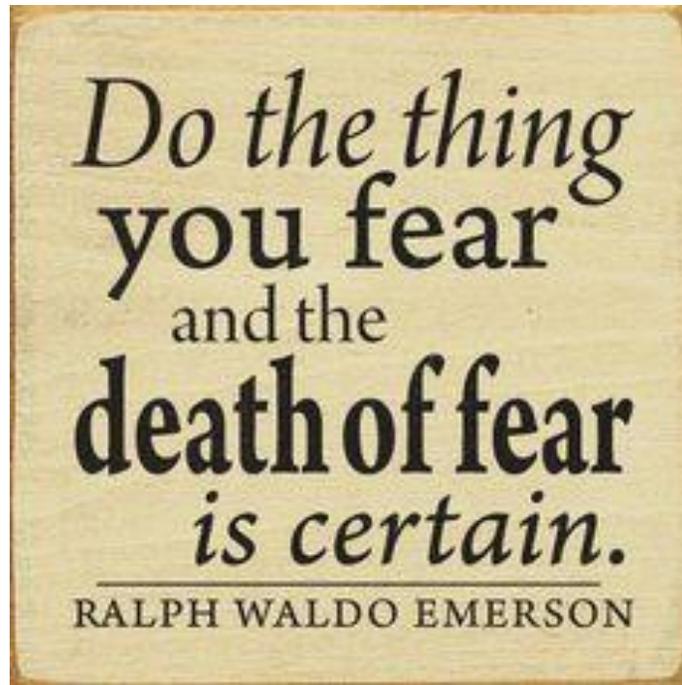
# SELF MASTERY

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*Perspectives. Attitudes. Soul Fear.*

## Master Your Mindset

**YESSS...** I hear, see, sense & feel it – You're approaching life from an expanded, conscious perspective. You're no longer 'reacting' to everything; rather, you're approaching life 'responding' from wisdom and a higher perspective.



## Our Next Step Together...

You've developed a support map to help you navigate life; now, let's enhance your attitudes & perspectives to deepen your 'Self Mastery'.

- ✓ In module 10, you'll acknowledge where your mindset is weak vs strong and then begin acknowledging where and how to shift your perspective to support you in achieving Mindset Mastery.

## Recommended Resources:

- The 7 Spiritual Laws of Success by Deepak Chopra

Learning:

# MINDSET MASTERY

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**W**hat good would all the shifts you've made be without a strong mindset? This module is all about discovering where your mindset is weak so you can begin strengthening it to root in, protect & nurture your self-mastery.

**Beliefs + Support + Mindset + (module 11) = SELF MASTERY**

## MINDSET MASTERY

Our minds literally create the reality that we experience...two different people can be in the exact same situation, experience the same circumstance or listen to the same conversation and come away with a completely differently view of it. This variation in 'reality' is referred to as perspective and it stems from your *mindset*.

Attitude is the difference  
between an ordeal  
and an

# ADVENTURE

- unknown

**Mindset Mastery...** happens when we approach life with the attitude that regardless of the situation, circumstance, news or conversation, we will respond (instead of react) to maintain our experience of life as calm and stable (yes - this is our choice!).

When we are mastering our mindset, we feel confident in our own ability to navigate turbulent situations, find the learning and move forward with ease and clarity.

## Life is an Attitude

If you want to change your life,  
first change your words,  
which will in turn change your attitude.

- Robert Kiyosaki

What's your reality? Your attitude? Your words? Are you in the process of driving happiness, fulfillment and abundance away from you or towards you? Take a moment here to reflect and think about the phrases you catch yourself saying regularly...

- "I have the worst luck."
- "I don't make friends easily."
- "Women are dramatic."
- "My partner just doesn't understand me."

When we are operating from a **weak mindset** we use static statements ("I'll never be rich") to shift responsibility for whatever we're experiencing to those around us. This type of mindset functions from a belief that we're supposed to stay the SAME forever – that there's no room for change. A weak mindset believes "I'm good. There's nothing I need to learn or change or do differently."

This mindset keeps us STUCK in problems, STUCK in depression and STUCK in life patterns.

## Tool #1:

# WHAT'S YOUR MINDSET?

**INSTRUCTIONS:** For each row, circle the trait (left or right column) that most accurately describes how you approach and live your life.

Growth Attitude	Stuck Attitude
Set Goals	Don't set goals
Learn, think & take action	Learn, do nothing & obsessively think
Take responsibility	Blame, play victim & make excuses
Reward focused	Penalty focused
Support & build people up	Judge & put people down
Live with gratitude & appreciation	Focus on what's lacking, missing or bad
Allow & accept others	Judge & condemn others
Use failures as learning opportunities	Give in at the first sign of failure
Budget, save & spend money wisely	Spend money with disregard
Focus on maximizing strengths	Focus on improving weaknesses
Delegate tasks	Never delegate – do it all alone
Ask for help & invest in myself	Avoid help & rarely invest in myself
Love, nurture & support myself	Loathe and hate myself
Celebrate & reward personal successes	Never reward or celebrate myself

**\*\*Add up the number of items that you circled for each column. Record these numbers in the shaded area at the bottom of each column.**

## REVIEW QUESTIONS

Where have you made progress in shifting your mindset from weak to strong recently?

Where is your mindset strong (growth attitude)?

Where is your mindset weak (stuck attitude)?

Which specific attitude/statement has kept you stuck? Please explain.

What changes can you make today to start living from a strong, growth mindset?

## Learning:

# FEARS & BLOCKS

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**F**ear is the block to our success and our ultimate freedom & enjoyment of life – our fears cause us to self sabotage and limit ourselves (often without even realizing). But, our fear can also be the KEY to our unbounded success and enjoyment in life.

## THE SECRET OF FEAR

Let's be honest – most of our lives we've been taught that fear is to be, well...feared! We develop fears of failing, being rejected or left out and numerous other 'undesirables' throughout our childhood and youth.

What we haven't been taught, though, is that there are different *types* of fear. If we're ready to move through life uninhibited, we must learn to distinguish between these types so we can use them to our advantage!

### 3 Types of Fear:

#### 1. **Danger Fear**

Fear that shows up as a feeling in the pit of our stomach, alerting us to and steering us away from potentially harmful or negative situations, activities or people. This type of fear is meant to *protect* us.

#### 2. **Emotional Fear**

Fear that shows up in the form of self doubt and self sabotaging beliefs (I'm not good enough, experienced enough, knowledgeable enough, etc) alerting us to situations where we've been hurt in the past. This type of fear is meant to assist us in *identifying & healing* old psychological wounds (but often we use it to protect ourselves from being emotionally hurt again and end up leaving the wound unresolved).

#### 3. **Soul Fear**

Fear that shows up as a sort of soul excitement that often feels like 'panic' or 'terror' over the thought of making a decision, choice or action. This type of fear is meant to *alert us* to actions & choices that are aligned with our soul path and hold the potential to create huge shifts!!

**#TRUTHBOMB:** We often hold ourselves back out of fear not realizing that if we simply *acknowledged the type of fear* we could use it to propel us forward. 9 times out of 10, the feeling that we've identified as 'fear' is actually a sign or signal that it's the exact thing we need to do! We unintentionally end up running away from the situations & actions that we could be embracing with excitement and anticipation!!

## FEAR KEEPS US STUCK IN SELF-SABOTAGING BEHAVIOURS...

*preventing us from facing, dealing with and  
moving beyond our own self-imposed limitations*

Fear has the ability to act as a 'flag' or 'trigger' for us, identifying a path or potential action that holds the potential for **massive, positive, empowering change**; change that, if we make the decision & take action, will shift us from the small, restrictive trail that we're travelling on to the 6-lane highway that's full of possibilities.

## Tool #2:

# ACKNOWLEDGE YOUR FEARS

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**Rather than allowing your fears to paralyze you with uncertainty, let's bring them to the surface so they can be released!**

**Step 1:** Rate your level of fear/anxiety/uncertainty for each area of your life right now using the scale below (0/10 – no fear; 10/10 – high level of fear/anxiety/uncertainty)

Financial:                    0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Friendships:                0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Love & Marriage:        0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Career/Work:              0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Physical Health:         0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Mental/Emotional:      0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Spiritual:                  0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Family:                     0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

**Step 2:** Out of the areas identified above, which 3 areas are you feeling the highest level of fear, anxiety or uncertainty in right now? Describe what's causing you to feel this way.

Could there be a common link between these areas? If so, what might it be?

Is there one area that stands out as a primary/prevalent fear/uncertainty for you right now?

**Step 3:** Circle the fears below that are causing your stress/anxiety/uncertainty.

Fear of Failure

Fear of Rejection

Fear of Abandonment

Fear of Success

Fear of Losing Happiness

Fear of Attention

Fear of Not Being Enough

Fear of Not Having Enough

Fear of Being Worthless

Fear of Losing Fulfillment

Fear of Losing Purpose

Fear of Losing Confidence

Fear of \_\_\_\_\_

Other \_\_\_\_\_

**Step 4:** Ask the question that will empower you to move beyond your fears (fill in the blanks in the statement with your realizations from steps 1-3).

What would it take for me to let go of my fears of \_\_\_\_\_, \_\_\_\_\_  
and \_\_\_\_\_, for me to move beyond my feelings of fear, anxiety and uncertainty  
around my life areas of \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_ and to  
feel empowered, supported and confident in achieving \_\_\_\_\_ with  
joy, ease and effortlessness?

**Step 5:** Acknowledge, what's worth doing EVEN IF you fail? What are your must-do's in life that you value beyond all else?

## Tool #3:

# WHERE ARE YOU AT?

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### After learning about Mindset Mastery, I'm feeling:

**\*\*Circle all of the words that apply to you**

Empowered

Excited

Inspired

Motivated

Overwhelmed

Intrigued

Clear

Determined

Confident

Other: \_\_\_\_\_

### As a result of becoming more aware of my mindset, I am ready to:

**\*\*Circle all of the words that apply to you**

Acknowledge my fears

Let go of my limitations

Embrace my path

Move forward in life

Live with Joy & Happiness

Navigate Life with Ease

Love Myself Fully

Step into My Own Life Story

Live with Intention

Other: \_\_\_\_\_

### This Week's Daily Affirmation:

I am learning to \_\_\_\_\_ and let go of \_\_\_\_\_

so that I experience \_\_\_\_\_ in my life, relationships and activities.