

HOW TO UPGRADE YOUR MINDSET AND TRANSFORM YOUR LIFE

MINDSET

1. WHAT IS MINDSET?

2. WHAT ASSUMPTIONS ARE YOU MAKING RIGHT NOW WHICH COULD BE WRONG?

3. WHAT IS THE CHALLENGE/STRESS/EVENT?

4. WHAT PERCEPTION ARE YOU MAKING ABOUT IT?

5. WHAT DECISIONS ARE YOU MAKING BASED ON YOUR PERCEPTIONS?

6. HOW DOES THIS AFFECT YOUR ACTIONS?

7. HOW IS THIS IMPACTING YOUR LIFE?

8. WHAT COULD YOU DO TO CHANGE YOUR PERCEPTION OF THE CHALLENGE/STRESS/ EVENT



HOW TO CHANGE HOW YOU FEEL FAST

1. WHAT IS 'STATE' AND WHY IS IT IMPORTANT?

2. THE 4 STEP PROCESS FOR CHANGING HOW YOU FEEL FAST

2.1. HOW DO YOU REALLY FEEL?

2.2. WHAT DOES THAT MEAN?

2.3. HOW DO YOU WANT TO FEEL?

2.4. WHAT ARE YOU WILLING TO DO TO FEEL LIKE THAT?

WHY YOU'RE LOST, STUCK AND WHAT TO DO ABOUT IT

1. IF WE WERE HAVING THIS CONVERSATION ON 31ST DECEMBER 2020 WHAT WOULD HAVE HAD TO HAVE HAPPENED FOR YOU PERSONALLY AND PROFESSIONALLY FOR YOU TO BE HAPPY WITH YOUR PROGRESS?

2. WHAT HAPPENS IF YOU DON'T CHANGE? (WHO SUFFERS IF YOU DON'T STEP UP)

3. WHAT'S MISSING?

