

# **CHANGE YOUR MINDSET**

How to create a positive  
outlook.

BODILY MIND

## \_For you, if...

You feel like you get stuck on problems.

Tend to focus on problems rather than solutions.

### Try This!

#### \_Quickies

5min

Whenever you encounter an obstacle or a problem, what is your response?

If you find that you are easily put off challenges, then it's time to change your mindset.

### Let's try a few linguistic exercises:

A

Every time you tell yourself

*"I am not good at ...."*

(fill in the blank, maybe with getting organised, managing conflicts, staying on top of my To-Do-List, etc...)

Tweak it to:

*"I am not good at ....., YET."*

This allows for a window of growth. A possibility of change.

B

Likewise, you may find yourself saying

*"I cannot" ...*

(do something. Fill in the blank with your own words!)

Try to exchange it with

*"I don't want to."*

See if that resonates. How are you prime yourself every day? What possibilities may you miss out on because of that?



## **\_Take it further!**

**10min**

**This is a great exercise on changing perspectives.**

### **\_How to do it:**

Create a star on the floor with a simple tape or robe. Try to create 4-6 sections. Right in the middle of this wheel, put a topic that you may feel stuck on (i.e. a topic is concrete but general, such as “My relationship to my boss”, “Motivation”, “My Work”). Start by your initial "stance" or perspective: How are you living it and seeing it right now?



It's great to use metaphors or images that may represent your feelings (a rainy cloud, a pencil stuck in a sharpener, a sunset, an autumn tree, etc). First, explore where you are right now. Then, say your goodbyes to that space and move to a next space.

How can you look at the same topic, from a different perspective? Again, try to use an image or archetype (Dog: how would a dog live this situation? · Madonna · Ants? Superman? etc). Try to find different archetypes or images for each section and look at the same topic from 4-6 different perspectives. Move through all sections, exploring the different perspectives.

### **\_Tip:**

It's important to do this exercise physically (get up in to a room and do it), not just in your mind. Once you will have done all of them, pick the one that will serve you most. Take that into your daily life and keep connected to that perspective, that mindset.

## **► Your TakeAways**

**\_What do you know now?**





*Let me know how you are getting on!*

For more advice and solutions check our [worksheets online](#), and watch some videos from our [Bounce Back Video Series](#).



For a quick read & tools,  
our *Ebook Bounce Back*,  
available by subscription or on  
[Amazon](#).