

8 March 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Mindset

*This week, we are going to concentrate on mindset because if you want to become a better version of yourself, certain things are going to need to be put in place. Our surroundings, our self-talk and even what we don't even know anything about just yet all have an impact on our future successes as well as what will define us.*

*Please take some time to dig deep and answer these questions, even if they make you feel uncomfortable. The more you get to know yourself, the better you will become...*



*Monday - How do you currently control your mindset? Do you know and catch yourself when negativity takes over? What techniques do you have to switch it to being more positive?*

*Tuesday - Who are the main people surrounding you? Do they have a positive or negative impact on you? Do you have control of the relationship or do they? How can you improve the situation (good or bad)?*

*Wednesday - What are the negative things that have the most impact on your mindset? Are they in or out of your control? Can they be changed? Can they be reframed?*

*Thursday - What are the positive things that have the most impact on your mindset? Are they in or out of your control? Can they be improved? Which new ones could you add?*

*Friday - What do you say 'yes' to that you should say 'no' to? How does it make you feel? How could it change your life?*

*Saturday - What do you say 'no' to that you should say 'yes' to? How does it make you feel? How could it change your life?*

*Sunday - What would be your ideal mindset? What do you need to do to get there?*