

26 April 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!

Flexible Mindset

This week's challenge focuses on having a flexible mindset, which is where you change your thinking in order to overcome obstacles & challenges. Having a fixed mindset means that you are having a continual internal monologue that is very judgemental & only looking for what confirms what you believe in as opposed to challenging yourself. Being closed off to new ideas or not wanting to believe that certain things could be a different way is mainly what holds people back. So feel the fear & do it anyway! There are no bad decisions... The worst thing is to not make a decision because if you're unhappy, you are the only one who can do something about it...



Monday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?

Tuesday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?

Wednesday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?

Thursday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?

Friday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?

Saturday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?

Sunday - What are you struggling with? What is the feeling associated with it? How does it manifest itself? What decision are you delaying? What could you do differently? What new strategy could you implement?