



Power Up Your Mind

NAME:

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This worksheet is a supplement training guide to “Power Up Your Mind” video published on April 11, 2016.

Our minds are flooded with thoughts that direct us to leading the lives that we live. Self-talk has deep, profound and lasting effects on each of us. What we tell ourselves determines our successes and our failures. If you want to make an improvement in any aspect of your life, it’s important to always start by changing/tweaking your self-talk if you want to succeed. Your own words can affect your perspective. It can boost you up or take you down. Athletes use positive self-talk to reach their personal peak performance. By adopting a more positive language, trimming the fat, and say what you mean & mean what you say, can help you open your mind to new possibilities and reach your personal peak. Check out our Mindset Monday video and take action right now!

Download our FREE WORKSHEET for this video here: <http://journeytopersonalgreatness.com/greatness-training-guide/>.

What you say to yourself or how you talk to others about yourself occurs through the conscious level of thought. If you are repeatedly saying, “I can’t do this.” or “I’ll try to do this, but I’m not sure” or “I never seem to have enough money”, then these words affect the subconscious, which may lead eventually into reality.

Are you a victim of your own words? How does it affects you in your life

Trim The Fat and Say what You Mean & Mean What You Say

If you want to improve your level of performance or effectiveness in any area of our life, we need to improve our self concept. You can improve your self concept by creating new language that describes your new desired outcome. Trim the fat. Instead of saying, “I’ll try to do this” or “I might do this”, say “I’ll do this”. Say what you mean & mean what you say. Just get it done. Do it. You’ll be amaze when your thoughts and your words, become your reality.

List down all your negative self-talk and change it to a positive one (see example below)

My Negative Self Talk	Positive Self Talk
<p>Example: 1. I'm not sure if I cannot do it. I'll try to do it maybe later tonight.</p>	<p>Example: 1. I'm sure I can do it. I'll do it tonight!</p>

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