

MIND*Motivation!*

Season One, Episode Ten

From the start of *MINDMotivation!* and at each episode I've felt so privileged to be your personal success and happiness coach over the past 9 episodes and here we are at the final episode...

My aim was to inspire and challenge you in equal measures and I want to now pull together the awesome gift that is YOUR Mind Makeover and pull my top points from *MindMotivation!* and each episode for you... to help you to fast-track to success.

I'm passionate to be your personal success, life fulfilment and joy coach and I'll start by congratulating YOU! You made a personal commitment to invest in yourself, to having your very own Mind Makeover and completing *MindMotivation*. You decided to make positive changes in how you focus, think, feel and act.

Then you allowed me into your world to be your coach through the entire course and personal development process and bring each episode to life for you with my video coaching, each episode.

Below is one of the core messages, and this is the impact your mind and thoughts have on you and your life...

Your thinking (positive or negative) triggers your feelings (happy or sad) and moods (confident or nervous), this triggers your motivation (or lack of it), this triggers your positive actions or apathy (can't be bothered) and this finally triggers your results. And this finally triggers your results, which over time create the life you're living. At this stage, exactly what happens depends on whether your thoughts were positive or negative at the start.

By completing *MINDMotivation!* you have invested in yourself and trained your focus, changed habits, created better ones so that for you this core message only now has a positive take.

This investment is your personal 'how to' guide, packed with easy-to-follow strategies and videos. You now have the skills to move from where you are now in your life to where you want to be. Your *MindMotivation* course will be your guide as you take what it is you dream of having, doing and being, and turn it into reality. It's more about creating new and deeper feelings than about things. Deepening and creating more confidence, courage, belief, self-worth, vision, enthusiasm and CAN-DO attitude.

However, this is not the end it's the beginning of your story, your journey... What will you do with your new knowledge and skills, your roadmap to where you want to go with the best travel companion, your Mind... It really is the single best asset you own...

I started your *MindMotivation* course by congratulating you and I'll close by congratulating you, you are in camp 1 – YOU make things happen... You completed all 10 episodes.

"Insanity is repeating the same actions and expecting a different outcome..." - Einstein

EPISODE ONE THE ONE ABOUT YOU!

YOUR FOCUS

Keep it on a solid foundation of positivity, possibilities, can do's.

What's wrong is always available to focus on and so is what's right.

YOUR MOTIVATION

Use both inspiration and desperation to trigger massive action. Know your triggers.

YOUR DESIRES

Get clear on what you want that you don't have yet or what you want more of, in all areas of your life... then write a plan, ink it don't just think it!

Add feelings, make your goals sensory, see them as real as having happened as being your reality now. Why do you want them? Your 'why' will motivate you way more than your 'what'.

YOUR GRATITUDE

Practice daily and start and end your day with this and watch the magic begin.



"If you always do what you've always done then you'll always get what you've always got."

"Motivation is when the person you are now meets the person you can become if you take action!"



EPISODE TWO THE ONE ABOUT SUCCESS BLOCKS, MYTHS AND COP-OUTS!

You now know that NOTHING can stop you living a successful and happy life except you! Know what your success blocks are (were) and delete them. Believe you are the one in control of your destiny and you have all the passion, determination and self-belief you need to achieve all you are motivated to have, be, and do.

You control your moods by your thinking.

Be proactive in your life, be the driver not reactive and a passenger on the journey of your life.

Make time work for you. We all have 86,400 seconds a day, spend them wisely. If you were

given £86,400 each day I bet you'd devise a plan to spend every single £ and use it well to create your life. Prioritise. Take responsibility.

Focus on, think about and become an I CAN person. Be mindful, be present.

"Take responsibility for your best life yet! IF you want a helping hand, try the one at the end of your arm!"

EPISODE THREE THE ONE ABOUT ICEBERGS!

Like an iceberg 7/8th of your success is hidden below the surface, in your mind and attitude. The tip of the iceberg, your actions are small compared to your thoughts. Here is your superpower and it's all in your attitude. Know it, understand it and make it work for you.

The way you see your world creates precisely the world you see.

Your thinking creates your confidence, belief, passion, courage, determination, resilience, faith, possibilities, can do, and joy. The list of feel good emotions is endless.

What's right in your life, what's working, what you can be grateful for is right there in front of you for you to focus on, you only have to commit to doing it, seeing it and celebrating it and you'll attract more of the good stuff to you.



"Nothing will stop the person with the right attitude and nothing will help the person with the wrong one."



EPISODE FOUR THE ONE ABOUT THE LAW OF ATTRACTION

This law is a universal law just like gravity and it misses out no-one! The mind and body are connected and inseparable. Whatever prominent and repetitive thoughts are going on in your mind, these will without doubt materialise in your life. This is brilliant news now you realise that you control your focus and positivity.

Decide and commit now to focus only on what's positive, abundant and right in your life because you'll attract more of what's great, good and abundant right back at you.

Start your onward journey on a solid foundation of positivity, focus on what you're grateful for and you will attract miracles and creative optimum energy to turn what you desire into what you have.

You've changed limiting beliefs and reworded them to support you and get those 60,000 thoughts a day working for you. Keep a check with a weekly emotions check-up. Ask yourself 'how am I feeling?'. This is your life you're working on so it's always worth investing time in yourself... When you think of the benefits to you, then taking action is easy.

Your dominant thoughts are self-fulfilling, so they create matching emotions. These emotions trigger your actions and form your life as you know it – your thoughts create your world.

Boomerangs! See your thoughts flying back to you as emotions and feelings, then make sure they're the ones you want in your life. Your thoughts act exactly like a boomerang. Throw out a thought boomerang and get back an emotion and feeling!

You are a magnet attracting back to you the thoughts and energy you throw out into your world. Make it a habit to check in with yourself, ask 'how am I feeling?' throughout your day to check your progress and if you're not feeling as good as you want to or can, simply shift your focus and thinking. Remember you act as a magnet so make sure what's attracted back to you is what you want...

"Happiness is an inside job, a daily commitment and an outside energy field. Decide to radiate positive energy!"

EPISODE FIVE THE ONE ABOUT YOUR INNER VOICE -THE WORDS YOU USE...

Your inner voice is just like an internal radio station playing inside your head every minute you're awake! and you get to choose whatever wavelength and energy band you put on? Make sure you are on wavelength channel to uplift and empower you

Word power – we all chat to ourselves and now you know how to control your inner voice.

You and only you are in charge of your inner voice and chat. This is your radio and you control the stations. You control your self-talk and your words, focus and thinking to give you back feelings of:

✓ Confidence ✓ Faith ✓ Belief ✓ Excellence ✓ Fun ✓ Happiness ✓ Excitement ✓ Opportunities
✓ Kindness ✓ Enthusiasm ✓ Passion ✓ and a 'can do' attitude.

Ban a negative depressing channel (words) that pull you back. Remember, it's hard to beat the enemy when you've given it an office inside your own head.

Write a list of your top positive words and empowering statements, commit to paper repeat and use them consciously and constantly through your day for 7 straight days and form one of the best habits, a positive inner chat and empowering self-talk.

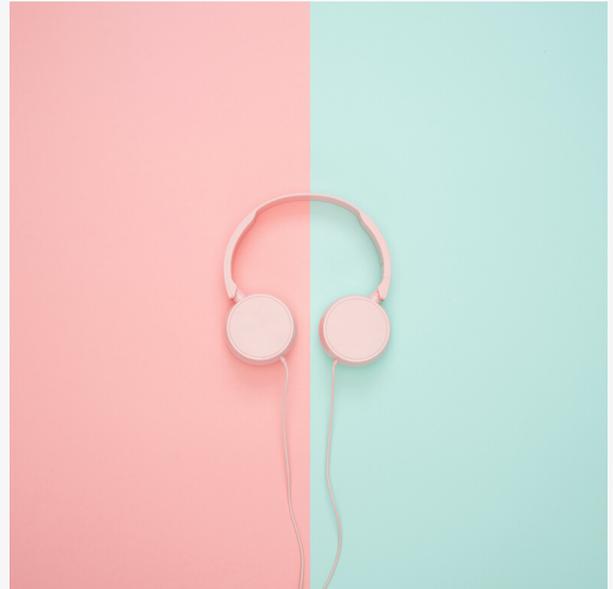
✓ I can ✓ I will ✓ I decide ✓ I chose ✓ I did ✓ It's possible ✓ Yes ✓ I commit
✓ I learnt ✓ I achieved ✓ I'm proud... all positive active words to propel you forward.

Once you have this you have all you ever need to be happy and succeed...This is one of your superpowers do not give it away!

"The most important things you say are the things you say to yourself and the most important opinion you have is the one you have of yourself."

EPISODE SIX THE ONE ABOUT... ARE YOU YOUR OWN FRIEND OR THE ENEMY DO YOU COMPLIMENT OR CRITICISE YOU?

You now have a whole new positive vocabulary to use. You have your own uplifting radio station. The words you use, the dialogue and conversations you have with YOU are crucial to your success and happiness. Make YOUR inner voice your best friend who compliments you and not the enemy who criticises you.





Become a voice that encourages you, believes in you, promotes you, is kind to you and who loves all of you unconditionally. Be your own best friend. What would he or she say that would support, nurture, encourage and motivate you to act... then simply be that voice!

Make sure and keep checking that your self-talk is positive self-talk. Never allow your inner voice to default to negative and tell you 'I CAN'T'. Instead, tell yourself 'I CAN' and all things are possible if I want them enough.

Ban negative inner chat, put it on your radar so you can stop and change your radio station if it plays any guilt, impossible, fear or worry songs blasting out... can't, impossible, should, could... tunes. Turn it off or change station NOW.

There are no failures, only lessons learnt.

Turn impossible to I'M POSSIBLE.

Remove FEAR (false evidence appearing real) to FAITH.

Never use your magnificent imagination for imagined worries (over 90% never happen anyway) ONLY use it to visualise a wonderful future.

"Never put a wishbone where your backbone should be!"

EPISODE SEVEN THE ONE ABOUT LIVING ON OPTIMUM ENERGY

You now know the benefits of comparing your mind to a computer is how your mind operates and works.

You know that to work it must first have power, via an electricity socket or battery. The 'electricity' or energy of your mind comes from one power source only, your thoughts and focus.

When your thoughts are positive, you get a positive energy surge – positive thoughts generate positive energy and you attract motivation, idea's, confidence, courage and belief...

You're a magnet attracting positive high voltage energy by releasing it from within you and also attracting it to you from the external world.

Remember to consciously, daily tap into your peak energy states. Always do the first exercise for your mind every morning to switch it ON and give yourself a positive power surge immediately after you open your eyes.



Keep and build the habit of asking yourself energising and empowering questions. Ask yourself:

Morning EXERCISE, then an evening one too...

Ask yourself these empowering questions first thing in the morning:

What can I do to feel and be and achieve these states today:

✓ Happy ✓ Successful ✓ Confident ✓ Fulfilled ✓ Proud ✓ Excited ✓ Passionate

What opportunities are abundant and around me now that will move me towards my goal?

What am I grateful for in my life right now?

How does each question make me feel?

Add feelings + See your answers like a film + Record it so you can press replay... Then repeat at night to replay your day positively...

To fast track positive energy...

Read empowering books, meditate, exercise your body, listen to music, capture visual power and put pictures up of things that motivate you, things you want, and most important energiser of all is to have FUN!

You are in charge here, do not allow external negative influencers into your head space, that's people, TV, social media, news overload... you are the one in control.

"Take charge of your mood or it will take charge of you if you don't. And MOOD spelt backwards is DOOM"



EPISODE EIGHT THE ONE ABOUT COMPUTER SOFTWARE FOR YOUR MIND

At this point in YOUR *MindMotivation!* you absolutely know without doubt the answer to your success and happiness lies in how you use your mind and with your thoughts you shape your world. BUT we get hit with around 60,000 thoughts a day so the benefit of using our minds as we do our computer are vast and help you to fast track your success and results.

You only need 4 commands:

- 1. File & Save**
- 2. Delete & Dump**
- 3. Mute**
- 4. Review & Edit**

File & Save

I want you to always store all your positive and empowering thoughts, achievements and experiences. Times you've felt fulfilled, proud, happy and successful. See it as your own 'personal empowerment file'. Pull every single memory and experience where you achieved, succeeded, felt your most confident, happy, grateful, positive...then anytime you want these feelings you pull your file. It's a click away.

This is NOT showing off THIS is showing YOU your strengths and talents. Your fulfilment and joys...

Delete & Dump:

Just as you, and only you, can decide what to store in your personal empowerment file, you alone will know what to delete and dump from your mind and your life. Anything and everything that does not serve you.

When something doesn't go to plan or something happens that makes you feel miserable, ask yourself: 'Will this bother me in a month's time?' The answer is usually 'No... I probably won't even remember it' So why wait four weeks to get that feeling? Delete and dump the negative focus.

Remember thought boomerangs work on the negative as well as the positive.

Mute:

Press this command in our mind just as you do on your computer when you want no sound! when you do not want to absorb other people's negative chat or news or social media overload.

Beware, their energy is toxic. I often joke that we may not be able to 'delete' the person but we sure can 'mute' their voice and impact.

Edit:

This is a brilliant command when things do not go to plan, simply press the edit command. Look back, replay what happened once, edit and in your mind create a positive outcome. Then file and save this one so that the next time you have a whole new way to act in a similar situation.

"My mind is mine and mine alone, I commit fully to what I allow in!"

EPISODE NINE THE ONE ABOUT GRATITUDE

Gratitude attracts endorphins, the brain's chemical feel-good just like Velcro attracts fluff...

Yet when facing challenges, it's the last port of call for most, not YOU, it's your 1st port of call as it will help to pull you out of the challenges and into solutions quickly.

Gratitude is a constant, whatever our circumstances.

Gratitude is not a word it is a feeling, its sensory in its power. You must always feel it, not only say it.

Constantly find things to be grateful for in all areas, I'm a journal girl and as I've shared many times with you, don't just THINK it INK it.

Here's a top tip on gratitude - You must deeply believe and mean what you say you are grateful for and feel it – never fake it. Connect to what you are grateful for. Be mindful and in the moment. This is one of the most powerful energisers I know. Words alone have little power. It's the feelings behind the words that are your superpower.



Gratitude eliminates fear and judgements (comparing yourself to others) and creates joy, calm, confidence and mindfulness...being in the present...appreciating all we have now...

Gratitude is an incredibly valuable emotion for creating inspiration and motivation and massive action. It develops resilience, confidence and self-awareness... and so much more.

Gratitude is a self-fulfilling prophecy, it's a magnet, like attracts like... so the more you appreciate, the more you will attract back to you to have and to appreciate...

Start your day with Gratitude as you wake. It's like plugging into optimum energy and ending your day with gratitude... saying thank you for all the good things that happened.

Gratitude can turn most things around and into a positive...

Be deliberate, Be intentional, Be conscious

If you plan on counting anything makes sure it's your blessings... the more, you search the more you'll find.

Appreciate your joys, happiness, confidence, self-belief and passion, your opportunities, achievements, lessons learnt, and challenges solved... and say and feel THANKYOU for all you are and all you have...THEN WATCH THE MAGIC BEGIN!

"Appreciate and be grateful for what you have now, and you will always have abundance and the best energy to attract miracles and all you desire!"

THE CLOSE... OVER TO YOU...

In a novel, the author writes the conclusion and final outcome to the love story or thriller; this is not so in the Mind Makeover or your **MINDMotivation** course.

You have been on a personal development journey to reach this place and so you are the only one who can now write the conclusion and ending by the action you decide to take and by what you commit to doing.

So this is not an ending, it's a glorious new abundant beginning for you, the beginning of your best life yet and to you becoming your best you yet!

As your coach I want you to know this:

THE PAST DOES NOT EQUAL THE FUTURE

The past does not write your future – only you can do that. It is not where you are that's the most important point here it's where you're aiming to get to and the direction you're going that's all important. You are responsible for your life. Everything starts with you making up your mind about how you are going to live your life NOW.

FALL IN LOVE WITH YOUR FUTURE

Your future will be whatever you decide to make it and will evolve alongside your thoughts, focus and action. You now have to take the next step and live this knowledge versus simply knowing it.

Be ambitious, amaze yourself, and aim as high as you wish because you NOW have all you need to support you along the way to achieving and living your best life yet.

LIVE LIFE MOMENTS NOT LIFE POSSESSIONS

Your life is not measured by the number of breaths you take. No, your life is measured by the moments that take your breath.

BE MINDFUL LIVE IN THE MOMENT

Be present in each moment and focus all your attention on what you are doing and thinking in each moment.

YOUR FUTURE STARTS NOW

The best way to predict your future is to simply create it. And the only place to start is in your magnificent mind.

You are the creator of your future and your destiny. It's your Mind so Mind it. Respect it - Care for it - Use it to empower you and live the life you've imagined.

And as you do - Be your own best friend every day on this journey – a friend to support, guide, encourage and challenge you to give your best and be your best. Treat your thoughts as though your entire world revolves around them, because as YOU know with absolute faith, your whole world does revolve around them. They are yours and yours alone and so very precious because with your thoughts you will create your world.

"Go confidently in the direction of your dreams! Live the life you've imagined." Thoreau

Thank you for the privilege of being your coach on this journey,

Sharron

AUTHOR | SPEAKER | COACH

What will you do now?...
Where will MindMotivation take you?...

