

MIND*Motivation!*

Season One, Episode Seven

The One About - Live on Optimum Energy

How would you describe your batteries now? Are you living on a 100% fully charged battery or on a half-full or empty battery? Do you need to be recharged and why?

What can you do **NOW** to charge up YOUR battery?

Ask yourself these questions first thing in the morning for 7 days and notice how your mood and positivity shoot up.

What am I **happy** about in my life right now? How does that make me feel?

What can I do today that will make me feel more **successful, confident, happier and fulfilled?** How does that make me feel?



What am I **proud** of and what have I recently achieved? How does that make me feel?

What am I **excited and passionate** about in my life right now? How does that make me feel?

What **opportunities** are abundant and around me now that will move me towards my goal? How does that make me feel?



What am I **grateful** for in my life right now? How does that make me feel?

EXERCISE: Your evening mind workout – the 7-day test

What have I done today that has made me feel happy, proud, confident, successful, and how have these experiences made me feel?

What have I learnt today and how will this help me? How does learning this make me feel?

What have I felt grateful for today and how has that made me feel?

What have I achieved today and how did that make me feel?

What have I done today that was outside my comfort zone?



EXERCISE: NEGATIVE EXTERNAL INFLUENCES

What external influences have you allowed to dilute your success and happiness in the past? Think about other people's opinions, your limiting beliefs, negative self-talk and so on.

Why did you allow this? When you understand why it becomes much easier and quicker to break the habit and stop doing it.

What changes can you make in the future? What immediate changes will you make? You can change your life in a heartbeat because you can change your thoughts that quickly.

What NOW are your five top external mood enhancers and energisers?