

# MIND*Motivation!*

## Season One, Episode Eight

### The One About - Computer Software For Your Mind

#### FILE & SAVE: YOUR PERSONAL CONFIDENCE & EMPOWERMENT FILE

Write down ten experiences in your life so far that you would store in this file.

What **emotions** do these experiences trigger (is it confidence, belief, success, personal pride and fulfilment)?

How does this make you **feel** now? self-belief, confidence, passion, feel-good, pride, imagination, inspiration, motivation etc.

Write down three current negative thinking habits that you will now delete and dump from your mind and focus:



**Done it? Good. How do you feel now? Ask yourself, WIIFM 'what's in it for me?'**

**Now write down five past experiences you will now delete and dump from your mind and focus:**



**How do you feel now you have done this? Ask yourself again, WIIFM 'what's in it for me?'**

**Write down three past experiences that you view negatively, do not want to repeat and wish to improve upon next time.**

**For each experience write down what you have learnt and would change about your attitude.**

**For each experience write down what you have learnt and would change about your actions.**

**Now edit this experience but play it back in your mind as you expect it will go for you next time. See your changed thinking, emotions and actions - role-play a successful outcome.**

**What have you now learnt to enable you to file this as a positive learning experience or able to delete and dump the experience for good?**