

# MIND*Motivation!*

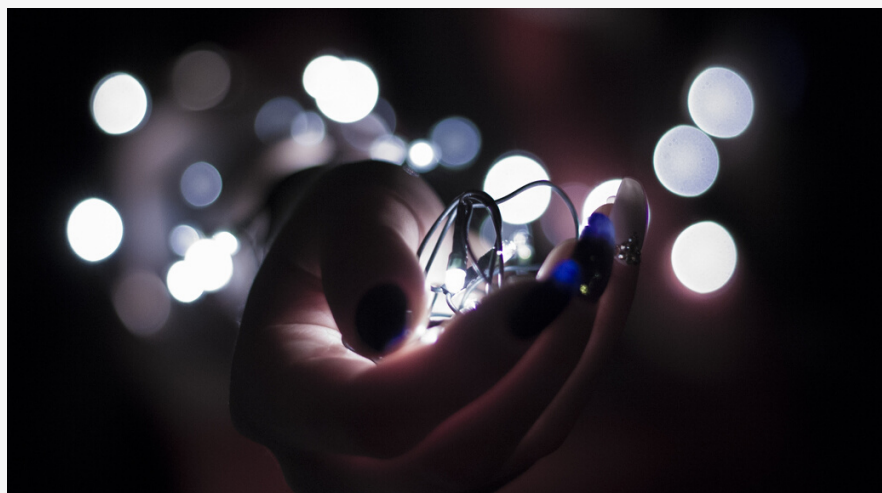
## Season One, Episode Seven

### The One About - Live on Optimum Energy

Comparing your mind to a computer is a useful analogy when thinking about how your mind operates and works.

It's this simple... For any computer to work it must first have power via an electricity socket or battery... If you doubt this, try using your mobile phone when the battery is dead? You can be as passionate as you like about making a call – you won't be able to!

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, ideas, confidence, courage and belief... BUT...**

When your thoughts are negative, you get a power cut – negative energy from negative thoughts, which prevents good things happening to you and attracts the negative emotions and doubt YOU DO NOT WANT...

So how do we first create and then live with optimum energy?

To begin with, your mind is an energy source powering your life so know that we are all energy and connected, and every day of our life is governed by energy; it is all around you and a part of everything you do.

People are like magnets and attract energy to them that is positive or negative, high or low voltage. It is essential to know how to capture and maximise this energy, by releasing it from within you and also attracting it to you from the external world.

Your mind, just like a computer, must have an energy source to work. Apparently 15% of calls to computer ‘help lines’ are from people complaining that their computer isn’t working when they haven’t actually plugged it in! Don’t make the same mistake with your mind and life – to work at its optimum level it must have a full energy supply and that comes mainly from a positive focus and positive thinking.

As your coach, let’s look at how to tap into peak energy states; create and maintain high energy ‘batteries’; begin your day in the right frame of mind and end it feeling positive; AND how to create a good mood. you are going to learn how to exercise your mind and get in the best shape possible to give you your best life yet.

**EXERCISE: LIVE LIFE ON A FULLY CHARGED BATTERY**

Imagine that your level of self-belief, confidence, happiness, positivity, enthusiasm and motivation can be measured in the same way as the battery charge on your mobile phone:

**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?**

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**Why?**

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

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If you are running on a full battery of positive energy then your mind will be filled with positive ideas, imagination, belief, self-worth, resilience, motivation and passion (sounds just as your life should be and will be).

### INNER STRENGTH

If I asked you, 'How do I get a strong, fit and powerful body?' you'd tell me that physical strength comes from working the muscles of the body to make them strong. Well, inner strength is no different. Think of the mind as a muscle – it needs to be exercised and given a work-out to energise it and make it strong and powerful.

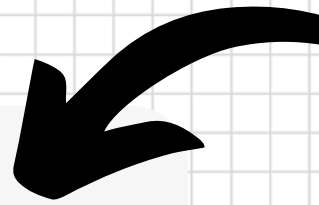
If you want to build and strengthen your confidence, belief, self-esteem, a positive attitude, courage and determination (the positive list is endless), the answer is to see these emotions as you would the physical muscles in your body and exercise them. And I don't mean like that once-in-a-blue-moon visit to that gym that we all like to think will do the trick: just like your physical body, your mind requires daily exercising to keep it strong. Regular mind workouts are easy habits to form and you will be delighted at how quickly your inner strength and confidence grow.

**Confidence is a muscle developed by continuous training.**

### MIND WORKOUTS

The following 'mind workouts' bring big results fast. If you decide not to take charge of your mind and inner strength, then be very clear that you will not be in charge of your energy, your moods and emotions. You will be living at the mercy of uncontrollable energy surges from your outside world and at their mercy... high or low, good or bad energy.

## MORNING SWITCH ON



The first exercise for your mind every morning is to switch it ON and give yourself a positive power surge immediately after you open your eyes. How you feel first thing each day will greatly influence the way your day unfolds and how you feel about what happens to you throughout the day.

Few people are aware of the need to consciously 'switch on' their positive energy upon waking. They just go with the flow and let external influences and internal thoughts dilute and drain their mind's energy. They greet the day by groaning, 'Oh God is that the time? It can't be time to get up yet...' as they dive back under the duvet. Whatever little energy they had then begins to drain away. If you let your mind run on autopilot and decide to think automatic pilot negative thoughts when you awake, then you extinguish your passion and enthusiasm for the day ahead. It's that simple.

Children don't do this. They greet the day with boundless energy and excitement as they jump out of bed, not wanting to miss one second of the exciting things ahead. They don't say 'Oh no, it's raining, the journey to nursery is going to be an absolute nightmare!' They start the day full of positivity and there's no reason why you can't do the same. YOU decide to start the day well and YOU decide to make the very best of it. Don't forget those thought boomerangs.

## MORNING QUESTIONS TO KICK OFF A GREAT DAY

Get into the habit of asking yourself energising and empowering questions very first thing as you open your eyes each morning, and as you go through your morning routine, from brushing your teeth to making coffee – and not those negative ones that can pop into your head uninvited. You can either say these positive questions inside your head or out loud. When you do this, you pull positive answers.

**Maybe the answers (positive) you want are in the questions you ask yourself.**

Asking the right questions triggers the right answers, triggers the right feelings that trigger the right emotions, that triggers the right motivation that trigger the right actions.

The Result - you are the one in control of your superpower and YOU make your day exactly as you want it to be: positive, happy, successful and fulfilled.

Set yourself up for a positive and energised day first thing as you wake and greet the day. Form the habit of positive morning questions to Empower YOU.

**Do you wake up and shine or wake up and whine?**

**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?

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

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

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

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

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

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## ADD FEELINGS!

Really connect to the questions and FEEL the answers. When you add emotion to your answers you speed up and fast track your surge of positive energy. They become more real and authentic for the mind to assimilate and absorb.

## SEE YOUR ANSWERS LIKE A FILM

Always make it a sensory experience with pictures, images, colour and sound. See your answers as having happened, use your magnificent imagination.

## RECORD IT

It's powerful to write your answers and record them. Commit to paper!

**"Don't just TH-INK it... always INK it!"**

As the week goes on, notice how differently you feel. How much has your positivity, confidence, passion, self-worth and self-belief, courage, motivation and feel-good increased since you started doing this each day?





## YOUR EVENING SWITCH OFF

Researchers tell us that around 75% women don't sleep well because they lie there thinking of all the things they should have done, could have done or what went wrong in their day (NOT YOU, because YOU did episode 4 and don't use these guilt words, right?)

To sleep soundly and therefore live with optimum energy, you need to get rid of any worrying, negative thoughts and replace them with life-enhancing positive thoughts before sleep. Try the following exercise, it works!



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

Each day, for optimum energy, look back on your day and replay all the good things that have happened by asking yourself empowering questions. Here are some examples:

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

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

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

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

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

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Do this mind workout every night for 7 nights and as your coach I guarantee you will massively increase your positivity, confidence, belief, enthusiasm and happiness, and you'll sleep without worries. From these morning and evening positivity questions morning and night and after the 7-day test you will have no choice but to keep doing this every day, you'll be feeling so good.

## **EVENING ACTION REPLAY**

If the previous exercise throws up something from your day you wish had happened differently, or had a more positive outcome, then simply do an evening action replay. This involves using your brilliant imagination to replay the experience in your mind as you wanted it to go (not how it did go). Visualise and replay the positive outcome you wanted, and keep the picture moving like a film. Make it big, bold and in colour like a movie; never a static picture. Use all your senses. Store this positive replay to view the next time you can do something similar and you'll come at it with a new and positive focus.

## **GRATITUDE CREATES POSITIVE ENERGY FAST!**

When you and I are grateful we are not only in optimum energy, we ATTRACT optimum energy and more good things back to us. Start your days and end your days with feelings of gratitude and pack in as many 'thank you's' through your day as you can.

**Many people miss out on feeling happy and successful, not because they never were but because they didn't stop and appreciate it at the time!**



**Beware of external hits on your energy**

You know with total faith that you are in control of your attitude, thinking and focus. However, the reality of life is that we are surrounded by the external influences of a world filled to bursting with people and their opinions, often both negative! These energy sources could be work, family, home, community, travel, colleagues and friends. Its twenty-four-hour news, conversations, social media.... We live in a world that never sleeps.

**‘NO-ONE CAN DILUTE YOUR ENERGY WITHOUT YOUR PERMISSION’**

It is your mind and you and you alone are in charge of your thoughts.

**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.**

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

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**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.**

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## **HOW TO FAST TRACK TO POSITIVE ENERGY**

These energy boosters can give you a massive and immediate positive energy hit and induce exhilarating feelings and happy moods.

### **READ EMPOWERING BOOKS**

Learn from the great and the good...

### **MEDITATE**

We live in a hectic world. Take time to still your mind and give it a break. Even 5 minutes through your day of focused deep breathing will positively impact your day.

### **EXERCISE YOUR BODY**

It's the only one you get for your entire life, so you need to take care of your precious body. Get outside, get moving.

### **LISTEN TO MUSIC**

Listen to uplifting energising music. I put on 'happy' by Pharrell Williams and off I go...happy. I play Classical to soothe an overtired or active brain and spa music to chill me and dance music to start dancing or jump on my small trampoline in the office.

### **CAPTURE VISUAL POWER**

Switch onto positive visual influencers and energy boosters, sport, documentaries, TED talks, interviews and uplifting films.

### **HAVE FUN**

Laughter has a huge positive effect on brain chemistry and mood and is a key stress buster and energiser. I'll often google something funny, a 3-minute clip to snap my energy back up...

**Tell yourself: I've got this! And If it is to be then it's up to me.**

## EXERCISE: Over to you



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

**1.**

**2.**

**3.**

**4.**

**5.**

You are energy and your world is energy. Like a magnet you can attract positive, empowering and high energy to you by using the techniques in this episode.

You now have the 'know how' to be in full control of your superpower and keep your batteries fully charged. You know how to attract energy to you and radiate positive energy to others.

You have a set of daily exercises to help you get your mind in its best shape yet. Will it take effort? Of course, it will...will it be worth it? YES 100 times over!

YOU shouldn't want it any other way. Because with effort comes reward and feelings of personal pride and satisfaction.

**Doing your very best now, in this moment puts you in  
the very best place for the next moment**

**- OPRAH WINFREY**

*I'll see you over on episode 8,  
Sharron X*