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Implementation GUIDE

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THINK Yourself®

IMPLEMENTATION GUIDE

Key Elements and Reflections

CONFIDENCE:

CATALYST TO MOBILIZATION.

BE YOUR BEST UNDER PRESSURE,

STEP UP & THRIVE THROUGH CHANGE

SECTION 1 - WHY CONFIDENCE?

We have faced many changes in the past three years.

SECTION 2 - BACK TO “NORMAL”

We need to equip ourselves with tools to continue to be confident facing on-going changes.

SECTION 3 - CONFIDENCE: CATALYST TO MOBILIZATION

- Studies reveal that 85% of people lack self-confidence in at least one area of their life.
- 2.5 hours per day are lost in emotional drama.

SECTION 4 - BRAIN: LOGICAL AND UNCONSCIOUS MIND

- The logical mind can handle between 5 and 9 elements at a time.
- The unconscious mind can handle over 2.3 million elements per second.

SECTION 5 - BRAIN: YOUR PERSONAL ASSISTANT

- Your personal assistant’s job is to make you right about what you say and think.
- Tell your personal assistant what you want, not what you don’t want.
- Words are important.

SECTION 6 - BRAIN: A FEW FACTS

- An adult brain has on average 7000 billion cerebral connections.
- How many thoughts do we have per day? Between 50,000 and 80,000.
- Studies reveal that 70% of our thoughts are negative.

SECTION 7 - MEMORY TEST

Your brain is the most powerful and complex structure in the universe.

SECTION 8 - TOOLS: EMOTION CONTROL

Generating positive biochemical reactions can break an emotional cycle.

SECTION 9 - TOOLS: TWO-STEP TECHNIQUE

1. Repeat in the past : Before, I used to... _____

2. Progressive Statement: Now, I am willing to learn... (or I am in the process of...):

SECTION 10 - TOOLS: EXTEND MOTIVATION

MY PROGRESSIVE STATEMENT:

You can complete it here: <https://thinkyourself.com/progressive-statement/>

SECTION 11 - CONCLUSION

- Remember the lesson from the orphans.
- You can fill out the survey here: <https://thinkyourself.com/survey>



Get ready to boost your performance
and activate your full potential.

Continue to use the simple, concrete strategies
to transform your thoughts and beliefs into an inner force
that will enable you to be at your best.

You have the basic tools
to THINK Yourself® CONFIDENT.

If you want to go even further
and reprogram the address in your GPS,
you can read my books, www.thinkyourself.com/books
sign up for my online training courses
www.thinkyourself.com/online
or even easier: drop me a line and let's have a virtual coffee...


Choose a time that suits you here:
www.thinkyourself.com/schedule


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