

MODULE TWO

Mindset Mastery I

SESSION ONE: Fear to Power

SESSION TWO: In The Saddle

SESSION THREE: ANTS & Inner Critic

SESSION FOUR: Mantra Magic

Strategic Plan Update

Goal #1

Are there any changes to this goal?

Are there any changes in strategy?

What is your action plan this month?

Goal #2

Are there any changes to this goal?

Are there any changes in strategy?

What is your action plan this month?

Goal #3

Are there any changes to this goal?

Are there any changes in strategy?

What is your action plan this month?

Goal #4

Are there any changes to this goal?

Are there any changes in strategy?

What is your action plan this month?

SESSION ONE

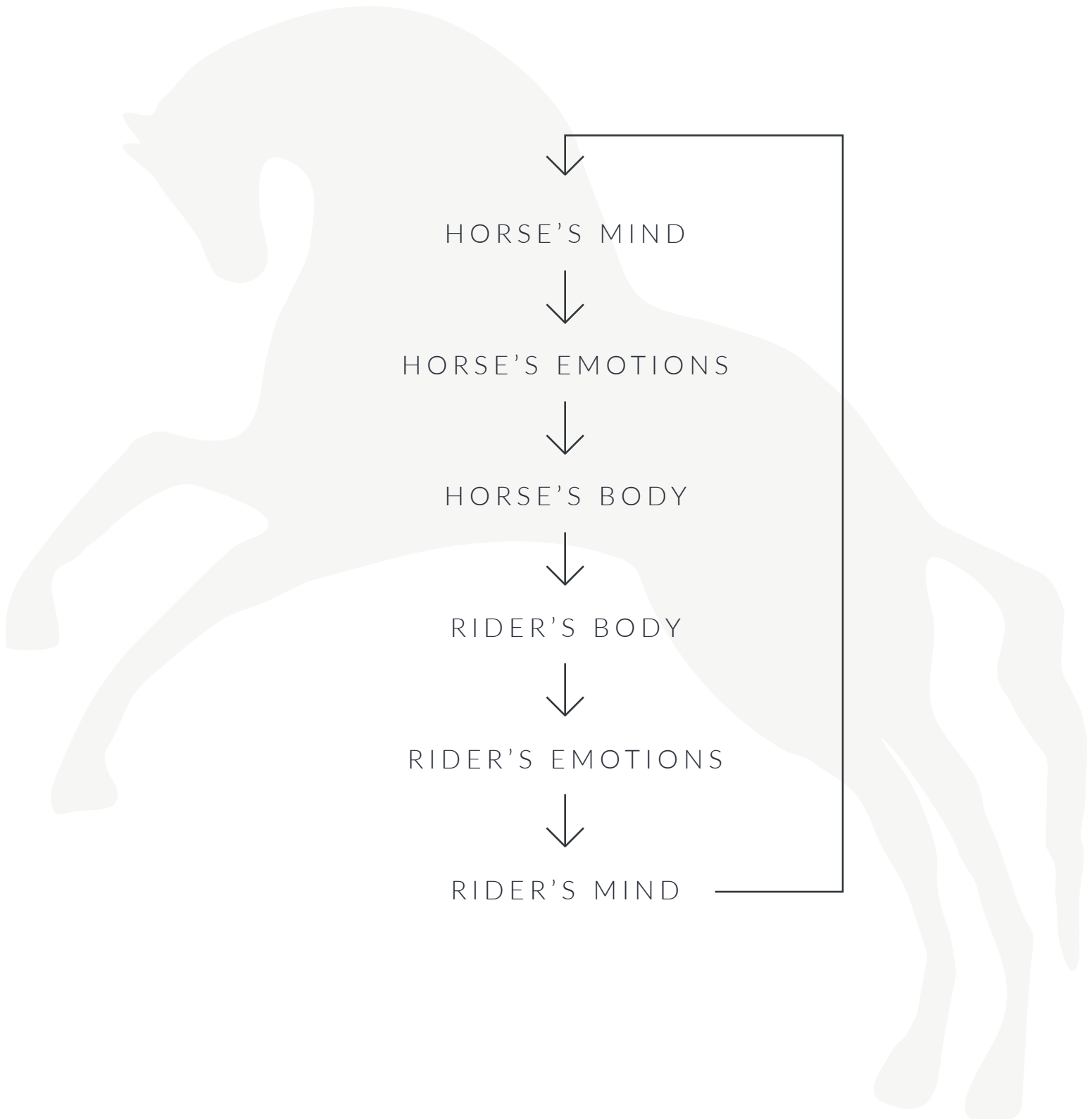
FEAR TO POWER

You have the power to change your thoughts. You must first become aware of them. Then understand them. And then change them. Once you do, you'll be able impact not only your emotions but the behaviors that go along with them.

WHAT IS YOUR EXPERIENCE OF BEING IN THE FEAR CYCLE?

WHAT UNINTENTIONAL THOUGHTS DO YOU HAVE THAT TRIGGER THE FEAR CYCLE IN OR OUT OF THE SADDLE?

THE FEAR TO POWER CYCLE



HORSE'S MIND



HORSE'S EMOTIONS



HORSE'S BODY



RIDER'S BODY



RIDER'S EMOTIONS



RIDER'S MIND

WHAT IS THE UNINTENTIONAL EMOTIONAL STATE YOU ARE IN WHILE YOU'RE IN THE FEAR CYCLE?

WHAT PHYSIOLOGICAL RESPONSES TO YOU EXPERIENCE?

WHAT RESULTS DO YOU GET?

ON A SCALE OF 1-10, HOW MOTIVATED ARE YOU TO CHANGE THIS PATTERN?

SESSION TWO

FEAR TO POWER IN THE SADDLE

DESCRIBE, IN THE PRESENT TENSE, WHAT BEING IN THE ZONE IS LIKE FOR YOU WHEN YOU SWITCH FROM FEAR TO POWER.

WHAT INTENTIONAL THOUGHTS DO YOU HAVE THAT CAN TRIGGER YOU TO SWITCH FROM THE FEAR CYCLE TO THE POWER CYCLE?

WHAT EMOTIONAL STATE DOES THIS PUT YOU IN?

HOW DO YOU FEEL PHYSICALLY WHEN YOU'RE IN THE POWER CYCLE?

WHAT RESULTS DO YOU GET WHEN YOU'RE IN THE POWER CYCLE OR "IN THE ZONE"?

WHAT DOES YOUR HORSE EXPERIENCE WHEN YOU ARE IN THE ZONE?

SESSION THREE

YOUR INNER
CRITIC & YOUR
INNER COACH

DESCRIBE YOUR INNER CRITIC, INCLUDING WHAT HE OR SHE SAYS TO YOU:

DESCRIBE YOUR INNER COACH, INCLUDING WHAT HE OR SHE SAYS TO YOU:

SESSION FOUR

MANTRA MAGIC

The definition of mantra that we'll use here is a word, phrase or line from a song that you say to yourself repeatedly in order to help you shift from one emotional state to another. Mantras traditionally help people focus their thoughts during meditation or religious ritual. They are reflective of a core belief or value. In this case, you want your mantra to inspire emotions that help you access courage, joy, a sense of calm, a competitive fire- whatever you need.

LIST YOUR MANTRAS HERE AS YOU DISCOVER THEM:

NOTES:

WHAT ARE YOUR TAKE AWAYS FROM THIS MONTH?

WHAT ARE YOU STILL CURIOUS ABOUT OR TRYING
TO UNDERSTAND?

WHAT WOULD YOU LIKE TO COMMIT TO MOVING FORWARD?

Make sure your own worst enemy doesn't
live between your own two ears.
- Laird Hamilton