

The MINDset Game™ 3-24-20 Program Guide

Exercise: *How would you describe the experience of writing your name with your preferred hand? How about with your nonpreferred hand?*

First, sign your name on the line below as you normally do.

Now, sign your name again on the line below, but this time use your other hand.

Rules of The MINDset Game™



Rule #1: Decide **what** you are searching for and **why**

Rule #2: Listen for the clues. Know whether you are moving *toward or away from* what you want

Rule #3: When you are moving away from what you want, get “warmer”

Rule #4: Keep moving until you find what you want

Rule #1 Exercise:

Decide what you are searching for and why. Take the time to list what is important to you. Then, prioritize this list from most to least important.

Rule #2 Exercise:

Take your “emotional temperature” several times a day.

Ask yourself, “What emotions am I feeling *right now*?”

Rule #3 Exercise:

When you notice that you are getting “colder” (moving away from what you want), change your focus by taking one (or more) of the actions on the following page:

CHANGE YOUR THOUGHTS

- Ask yourself, “**What story am I telling myself?**” You may use the list below.
 - I’m not good enough
 - I don’t know where to start
 - What would people think?
 - I don’t have the right skill sets
 - I’m not smart/experienced enough
 - I shouldn’t want more in my life
 - I’m not making enough progress
 - I can’t do it...it’s impossible
 - There isn’t enough time/money
 - I’m just not lucky. What if I fail?
 - I’m too old/young
 - I’m too overwhelmed
- Ask yourself, “**Is this *really* true?**” Give your brain evidence that this belief is not true. Ask yourself, “Might there be other possibilities that I am not yet aware of?”
- Specify a **NEW, more empowering belief.**
- Ask yourself, “**What would it take to achieve my goal?**”

CHANGE YOUR EMOTIONS

Practice the Quick Coherence® Technique from HeartMath, as follows:

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

To learn more about the Institute of HeartMath, visit www.heartmath.org

CHANGE YOUR BEHAVIOR

Take consistent actions every day to move you closer (“warmer”) towards your goal.

Rule #4 Exercise:

Commit to taking at least ONE action this week to shift how you think, feel, and behave.

“Play The MINDset Game™ deliberately by focusing on what you want!”