

# **REFRAME YOUR MINDSET**

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Elevate Coaching**

# **MINDSET..**

**= BELIEFS AND OPINIONS & HOW ONE SEES LIFE**

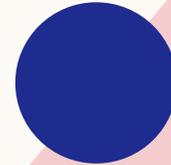
**MINDSET AFFECTS ACTIONS and TO RESET NEGATIVE**

**“SELF TALK” takes INTENTIONAL ACTION not just**

**POSITIVE THINKING / THOUGHTS = 25,000 DAILY**

**For A Mindset Reset,**

**ASK FOR GOD’S WISDOM; THEN WAIT AND TRUST**



# **I-3 / IDENTIFY, INTERRUPT, INSPIRE**

*Identify* (negative thought)

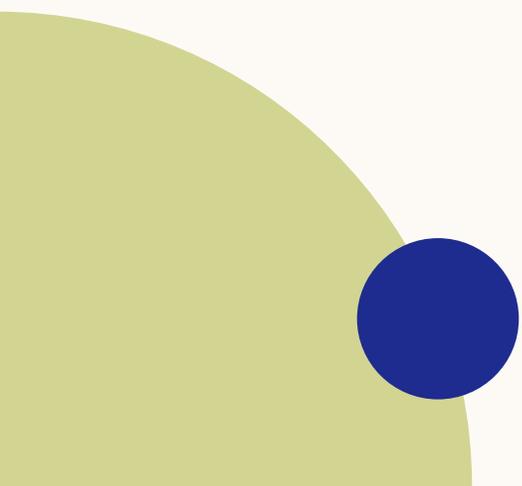
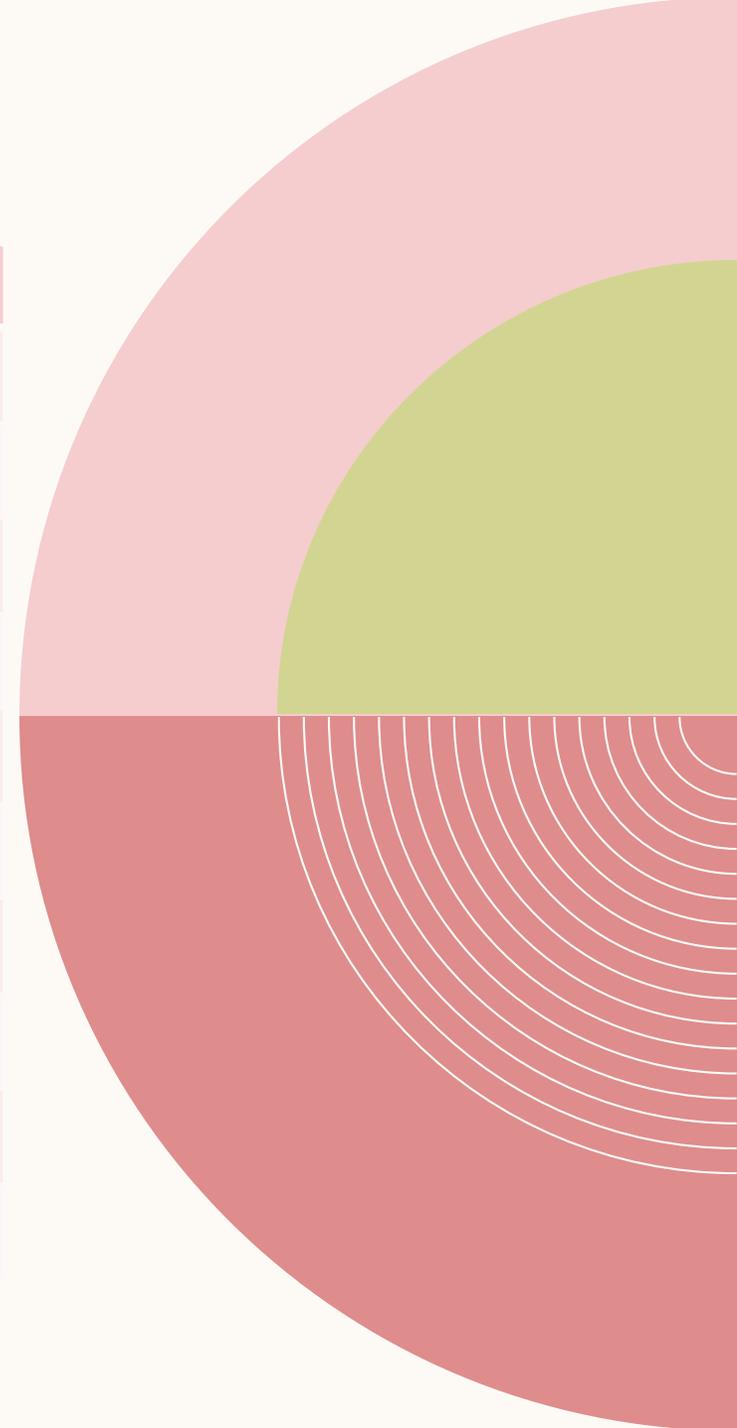
*Interrupt* (the thought)

*Inspire* (new thought)

Be intentional about *interrupting* and *inspiring* / in  
time positive mindset automatic

# SABOTEURS - SAGE

SABOTEUR POWER	SAGE POWER
Judge	Empathy
Avoider	Explore
Controller	Innovate
Hyper achiever	Navigate
Hyper vigilant	Activate
Hyper rational	
Pleaser	
Restless	
Stickler	
Victim	



# **AFFIRMATIONS**

## **“SOUL TALK”**

**I am complete (Col. 2:9-10)**

**I am confident (Phil 8:31-19)**

**I am God’s workmanship (Eph 2:18)**

**I am capable (Phi 4:13)**

**I am God’s treasure (1 Peter 2:9-10)**

**I am forgiven (Eph 1:6-8)**

## **INSPIRE WITH BIBLICAL TRUTHS:**

### **COL 4:6**

**LET YOUR CONVERSATION BE GRACIOUS AND ATTRACTIVE SO THAT YOU WILL HAVE THE RIGHT RESPONSE FOR EVERYONE.**

### **PSALM 104:34**

**MAY ALL MY THOUGHTS BE PLEASING TO HIM, FOR I REJOICE IN THE LORD.**

### **PHILIPPIANS 4:8**

**AND NOW, DEAR BROTHERS AND SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS TRUE, AND HONORABLE, AND RIGHT, AND PURE, AND LOVELY, AND ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.**

**2 SAMUEL 7:28**

**FOR YOU ARE GOD, O SOVEREIGN LORD. YOUR WORDS ARE TRUTH, AND YOU HAVE PROMISED THESE GOOD THINGS TO YOUR SERVANT.**

**ROMANS 2:20**

**FOR YOU ARE CERTAIN THAT GOD'S LAW GIVES YOU COMPLETE KNOWLEDGE AND TRUTH.**

**2 TIMOTHY 2:19**

**BUT GOD'S TRUTH STANDS FIRM LIKE A FOUNDATION STONE WITH THIS INSCRIPTION: "THE LORD KNOWS THOSE WHO ARE HIS," AND "ALL WHO BELONG TO THE LORD MUST TURN AWAY FROM EVIL."**

# **I-3 / BREAKTHROUGHS**

## **BREAK FREE**

Thoughts are heavy

Clean your thought closet / purge negative self talk

You have choice

What does the soundtrack of your self-talk most often sound like?

Begin to remove the negative ones / **IDENTIFY, INTERRUPT, INSPIRE!**

## **TRUTH WILL BREAK THROUGH**

Change to positive mindset one truth at a time

Pray, ask, receive

## PRACTICAL APPLICATION – WITH YOUR CHILD

- Recognize when your child is in a “down” mood or is being tough on himself/herself
- Help your child acknowledge the mood (without dwelling on it / do not want to cause upset or more stress)
- Talk out loud – make it silly/light – develop a “code word” if/when the negative thought / attitude surfaces
- Identify: Normalize as okay to have thoughts that “get us down”
- Interrupt: Redirect your child’s thought - “I won’t let this get me sad, mad...”
- Inspire: Offer the action of thinking a positive, replacement thought – pause, pray, new thought

# RESOURCES

*Me, Myself, and Lies* by Jennifer Rothschild

*Get out of Your Head* by Jennie Allen

*Five Second Rule* by Mel Robbins

*Positive Intelligence* by Shirzad Chamine

*Taming your Gremlin* by Rick Carson

*Mindset Reset: Take Control of Your Mental Habits*

The Mel Robbins Podcast - YouTube

**THANK YOU**