

PROFITS PYRAMID PROGRAMTM

Training #2

Mindset - Part 1

Write down your current results in your life (include the results in your business, your health & wellbeing, your relationships)	

Now write down the results that you desire in your life (include the results in your business, your health & wellbeing, your relationships)

Association Game – Write down the first few words that pop into your head
when you hear these words
MONEY
TIME
BUSINESS
RICH PEOPLE
SALES PEOPLE
ADVERTISING
SELLING
DEL ATIONICIUDO
RELATIONSHIPS
LICALTU
HEALTH

Write down what negative or unhelpful thoughts are you having in all areas of your life
Do this now and add to it during the week as you become aware of more

Write down what negative or unhelpful language (words) you say, either to yourself or out loud to others, in all areas of your life
Do this now and add to it during the week as you become aware of more

Write down what negative or unhelpful language (words) your staff and contractors say that may be affecting your business Do this now and add to it during the week as you become aware of more

Write down the negative or unhelpful patterns that keep showing up in your business and life Do this now and add to it during the week as you become aware of more

is this showing up for you?
Do this now and add to it during the week as you become aware of more

Write down who you are **being** in your business and life – what limiting beliefs

life that are revealing limiting beliefs for you?
Do this now and add to it during the week as you become aware of more

Write down what actions and non-actions you are taking in your business and

Write down what limiting beliefs have shown up for you this week from practicing being present?

Anything else that you want to write down this week that has come up for you from observing or going through this process?

off
Set the alarm for a minimum of twice a day and when the alarm goes off, write down the thoughts you were having at that moment

Set an Alarm Exercise – write down your thoughts here when the alarm goes

What are the top limiting beliefs that are holding you back that you have identified this week from doing these exercises – which ones do you want to work on the most?

This Week's Checklist

- Watched all the training videos for Mindset Part 1
- Completed this Action Guide
- Attended the Kaizen Q&A Webinar on Monday afternoon
- Observation of your thoughts, language, behaviours, habits during the week
- Observation of your staffs/contractors thoughts, language, behaviours, habits during the week
- Taking part in the Set an Alarm and write down your thoughts exercise
- Practice being present every day (minimum of 15 minutes)