

SUCCESS SIMPLIFIED!

Hosted by Brain Trainers



Divya Darling & DebMaes

CREATORS OF



MASTERCLASS PLAYBOOK



HAVE

Currently at ____%

New commitments:

What will I really gain from that?

DO

Currently at ____%

New commitments:

What will I really gain from that?

BE

Currently at ____%

New commitments:

What will I really gain from that?





MYTH #1:

About the linear thinking trap many people fall into:

When I _____, then I'll _____.

MYTH #2:

About your personal "system" for success.

MYTH #3:

About the nature of your brain and the process of change...

HAPPINESS FACTS

Happiness is correlated with _____.

Unhappiness is correlated with _____.

Mind wandering is when thoughts are of _____ or _____ regardless of whether they are _____ or _____.

If mind-wandering were a slot machine it would be like having the chance to _____.

Flip the script: I had wanted _____ because I had thought it would make me feel _____. But I now know it's possible to feel _____ right now, by changing the thoughts I'm thinking.

_____ **comes more easily when I allow myself to feel _____ right now.**





UNIQUELY YOU

Something(s) I picked up from others' systems that don't really feel like me (AND isn't getting the results I desire):

Something people comment on that really feels natural for me is:



ENABLING THINKING

Thoughts I had been thinking that are NOT supportive of my goals are:	The opposite of those thoughts are:
Example: "I'm no good at _____."	"I can become skilled at _____ with practice."
"I'm lazy or not disciplined enough to do what it takes."	"Discipline is something that needs to be learned and I haven't learned it yet."

It takes, on average, _____ days for EACH new behaviour to become a habit.





FORM SUPPORTIVE HABITS

1. Pick one of those habits you want to change so you can ... **be more who you want to BE.**
2. Ask yourself: "What am I doing that is getting in the way or creating the opposite result?"
3. Ask yourself "How exactly am I doing that?" Pay attention to the finer details. This will make you more mindful.
4. Consider what you want to practice instead.
5. Now, what can you hook that new behaviour too that will make sure you do it 'religiously'? It could be a time of day like first thing in the morning. It could be an established habit like brushing your teeth. It could be something that happens regularly like that feeling that comes up.
6. Now ask yourself: "how can I remember to get started?" Will you put up some sticky notes? Will you get a buddy to join you? Will you set a reminder in your calendar or something else so you can...**remember to start your practice and keep it going on a daily basis.**

