

The Mind Workbook

Why We Do What We Do

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Doing The Work

Remember that there is a difference between agreeing with something intellectually and actually gaining insight from doing it.

In the following exercise, you can literally change your life by:

1. Increasing awareness by thinking about what you think about.
2. Understanding the impact of your thinking on your life by doing a model on your current thinking.
3. Working on consciously and deliberately creating your life by choosing a model you want to create in your daily life.

It takes twenty minutes per day. For the next eight weeks do a thought download and an unintentional model every day in the workbook provided.

Take the time to complete this work daily.

If you don't tell your brain what to focus on or what to think about, it will go to the old patterns. The brain likes to do what it's really good at. What it's really good at is stuff that it's done a lot. Unfortunately, for many of us, that's a lot of very negative, anxiety producing, frustrating thinking.

Then you decide what you want to think on purpose.

Unintentional Model

Complete one unintentional self-coaching model per day by choosing one thought from the thought download and asking yourself, what was I feeling when I thought this, what were my actions (what did I do or not do, how did I behave) and what was the result for me from all of that?

Remember, circumstances are facts.

Pick your truest thought from your thought download.

Only one thought and one feeling.

Fill up your A line.

The result is your result: the result you are creating in your world.

C	_____
T	_____
F	_____
A	_____
R	_____
C	_____
T	_____
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Intentional Model

After you've completed an unintentional model, you can decide what you want for yourself instead. This is your intentional model.

Keep the same circumstance because that is outside of your control but pick a new desired thought. Ask yourself, what would I like to think about this instead? Then fill up the model by continuing to ask, what would I feel if I thought this, how would I act if I felt this way, and what would my result be instead?

As you do more self-coaching models, you can pick new starting points, like starting with a feeling and then working backwards by asking, what was I thinking to have felt this way?

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