

# The Mind

*Why We Do What We Do*

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# Introduction

When we were younger, we were taught what to think.

Whether it be by our parents, our teachers, our elders; the way we perceive our lives is often a reflection of thoughts of the people around us.

Whilst this has many benefits, like being encouraged to be kind to people or to educate ourselves, it also limits us.

As the old saying goes,

*Birds of a feather, flock together*

This is because we condition ourselves to believe the same thoughts as the people around us.

What I want to offer you is this is a choice.

Part of being human is that you have the freewill to think and believe anything you want.

The way you think affects how you feel, which creates your actions, which creates your results.

So ultimately, **your thoughts create your results.**

# How Self-Coaching Works

All aspects of our lives are categorised into five things: circumstances, thoughts, feelings, actions, and results. There is nothing in our lives that can't be categorised and understood within this framework.

Once we see how things are categorised, we can very easily see how our interaction with these things determines the whole of our lives.

Here is how we define the five categories:

**Circumstances:** Things that happen in the world that we cannot control.

**Thoughts:** Sentences that happen in your mind. This is where you self-coach.

**Feelings:** One-word descriptions of the vibrations in your body—caused by thoughts, not circumstances.

**Actions:** Behaviour—what we do or don't do in the world.

**Results:** What we see in the world (our lives) as an effect of how we act.

How we think about things determines how we feel.

How we feel about things determines what we do.

What we do or don't do creates our results.

The sum of the results creates our lives.

Your thoughts create your life.

*Pay close attention to your thoughts.*

# The Stages Of Awareness

This will be harder than you think.

So many of our thoughts seem true, so we don't even recognise them as thoughts.

That's where self-coaching can come in.

As you use this model the Self Coaching Model, founded by Brooke Castillo, and work on your thoughts, you will assume the position of the

## *Watcher*

As the Watcher, you become more aware of who you really are; someone who is not at the mercy of unconscious thinking.

When you become the Watcher, you can understand the power of self-coaching.

You cannot be the Watcher of your thoughts and also be your thoughts at the same time. You are not what you do, what you think, or what you create as your results.

When you tap into the part of you that is not reacting to emotions, you have tapped into the part of you that is powerful beyond measure.

The power of this process is in first recognising the thinking you may not be aware of and understanding how you are creating your own experience with your thinking.

After identifying the thoughts that aren't working, you can then consciously decide on your own terms what you will choose to think.

All those negative thoughts created by that peanut-sized area in your brain are running around like wild animals and can be understood, acknowledged, corralled, released, and/or changed

# Thought Downloads

A great way to become more conscious, even before you understand the self coaching model, is by doing thought downloads.

A thought download is a five-minute writing assignment where you write your thoughts about a specific problem without stopping or editing. Do not stop negative thinking and do not judge yourself.

The purpose of a thought download isn't to stop your negative thoughts, but to uncover dozens of negative thoughts.

This doesn't mean that you aren't doing a good job in your life. It just means you are a human with a brain.

I like to think of this in relation to our homes. No matter how well you take care of your home, it still gets dirty. It needs cleaning. It doesn't matter how smart or refined it is, it still needs cleaning once a day and then deep cleaning once a week.

That is exactly how our minds are. We need to keep an eye on them and try to keep them clean, and then every week, it's smart to bring someone in to help (a coach), if possible, to see what you can't see.

# The Benefits of Self Coaching

Here are the reasons to use the self-coaching model daily:

- *To feel better*
- *To create results*
- *To become conscious*
- *To think more deliberately*
- *To create what you want in your life*
- *To become aware of negative thinking and emotions*
- *To create positive thinking and emotion*