



Session 3

Keep learning. Keep growing.
PRACTICE UNTIL YOU BECOME IT!

Session 3 Notes

USE THIS PAGE TO TAKE NOTES DURING
OUR SESSIONS



Mind Chatter

WHAT DO YOU HEAR EVERYDAY?



WHAT ARE MY REPEATATIVE THOUGHTS, ESPECIALLY WHEN
I FACE A CHALLENGE OR TAKE ON SOMETHING NEW?

HOW ARE THOSE THOUGHTS SERVING ME?
WHAT ARE THESE THOUGHTS PRODUCING?

WHAT IS THE OPPOSITE OF THESE THOUGHTS?
WHAT COULD THOSE THOUGHTS PRODUCE?

Growth Mindset vs Fixed Mindset

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

FIXED MINDSET

Intelligence is static

Leads to a desire to look smart
and therefore a tendency to...

GROWTH MINDSET

Intelligence can be developed

Leads to a desire to learn
and therefore a tendency to...



Rate Fixed or Growth in the following areas in your life:

Faith

Health

Marriage/Love

Family

Profession/Service

Fixed

Growth

*Make It
Happen*



*You Can &
You Will*

Keep learning. Keep Growing.
PRACTICE UNTIL YOU BECOME IT!



You (and those before you) programmed it.
If you think certain thoughts: RAS will find evidence to confirm the belief.

*You Can &
You Will*

Keep learning. Keep Growing.
PRACTICE UNTIL YOU BECOME IT!



*You Can &
You Will*

Keep learning. Keep Growing.
PRACTICE UNTIL YOU BECOME IT!

Listen to & Adjust *Your Mind Chatter*



WHAT ARE MY REPEATATIVE THOUGHTS? WHAT ARE THE OPPOSITE THOUGHTS?
WHAT WOULD IT LOOK LIKE TO TAKE ACTION AGAINST THESE THOUGHTS?

HOW COULD THESE NEW THOUGHTS & ACTIONS SERVE ME?
WHAT COULD THESE NEW THOUGHTS & ACTIONS PRODUCE?

WHAT IMPACT COULD THESE NEW THOUGHTS AND ACTIONS HAVE ON THE
PEOPLE AROUND ME?

A

Advocate:

Learn to be an advocate for yourself by asking for what you need and/or want, in order to accomplish your goals. Make decisions based on advocating for yourself in every area of your life. This is especially important if a goal requires time support (getting free time to accomplish your goals). List 3 areas where you will want to ask for support:

T

Tell:

Tell everyone in your life about your goals. You never know who might have an asset, support or idea to help you reach your goal. You'll be surprised the ideas and resources that show up.

Who are your tell-cheerleaders? Tell-Cheerleaders will tell you what you need to hear, even if it's not true (*yet*). List your Cheer Squad here:

E

Emulate:

Emulate the people you may never meet or have access to, but you want to do what they are doing. These are people you can follow on social media, read their blogs, listen to podcasts, etc. Because you value the way they live/work, you want to emulate their traits and abilities in your own life. It is important to learn from them, but not to become jealous of them. Everyone, including you, is meant for their own realm of influence, so be careful not to compare.

List 1-3 people you want to emulate in your life:

A

Alignment & Accountability:

Align with people different than you. Achieving any dream/intention is going to take diversity. Having people in your life with different personalities and abilities allows us to learn and grow. What skills and perspectives do you need to gain a different outlook? What talent do you need to bring in to accomplish your goals? Reference the additional A-TEAM worksheet for a more depth review on alignment & accountability.

M

Mentors:

Mentors tell you the truth and coach you to a different level. They provide wisdom and help you to course correct to achieve your goals. Mentors are not afraid to correct, but do so with love, honor, respect and strength. A friendly reminder: Respect your mentors time & don't be an ASK-hole (asking for advice, you don't intend to put into practice). List 1-3 mentors you have in your life. Are you willing to put into practice the advice they provide?

A-TEAM: Align with Accountability Partners

Step 1: Assess Your Needs

Where do I need accountability?

(Be as specific as possible about what actions/goals you need accountability for).



What tendencies do I have? Use this **Tendencies Chart** to find someone with traits that complement yours.

Tendencies that hold me back:

- ☐ I make excuses and go easy on myself
- ☐ I get overwhelmed
- ☐ I'm motivated by competition
- ☐ Competition shuts me down
- ☐ Positivity inspires me
- ☐ I have trouble saying no
- ☐ I procrastinate

My accountability partner should be someone who...

- will call me out and give me some tough love
- has been in a similar situation/who has already achieved my goal
- has the same goal at a similar or more advanced level than me
- has a complementary goal in a different area
- is a natural cheerleader and optimist
- can help me set and enforce boundaries
- can help me prioritize and decide on one action step

Step 2: Identify Potential Accountability Partners

Important Qualities

(put a ✓ in each quality box that applies to the person on your list)

People I Can Ask (list one per row)	Cares About My Progress	Dependable	Positive	Trustworthy	Gives Good Advice	Non-Judgemental



A-TEAM: Align with Accountability Partners

Step 3: Create A Plan



Get on the same page about how you'll be checking in with your accountability buddy, using this **Check-In Planning Chart**

What is the frequency?
(check all that apply)

☐ Daily ☐ Weekly ☐ Monthly ☐ Quarterly

How will you check in?
(check all that apply)

☐ Text ☐ E-Mail ☐ Phone ☐ Video ☐ Meeting

When will you check in?
(~~X~~ the weekday(s) and fill in times)

Mo

Tu

We

Th

Fr

Sa

Su

_____ AM/PM

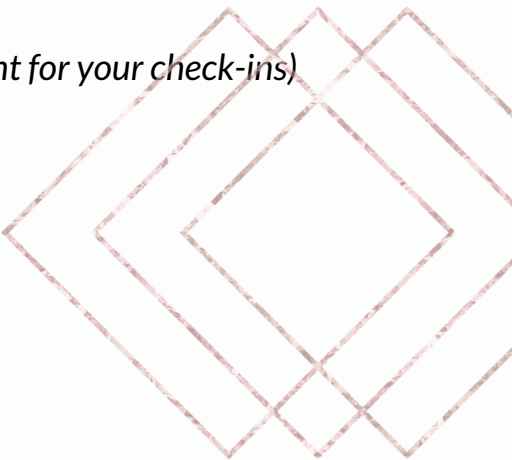
Using the information in the **Check-In Planning Chart** above, schedule your check-ins:

☐ Our first check-in will be: _____ (Day) at _____ (Time)

☐ Add the check-ins to both of your calendars as recurring events

Create an "agenda" for check-ins: *(select as many prompts as you want for your check-ins)*

- ☐ Review your progress. What's going well?
- ☐ Discuss any challenges that you've experienced or that you anticipate
- ☐ Review lessons you've learned
- ☐ Propose any changes you'll make going forward
- ☐ Recommit to your goal. Say, "I'm going to...."



Ways your Accountability Partner can help you (based on your **Tendencies Chart**, above)

My Tendencies:

Things my accountability partner can say or do to motivate me

I will do whatever it takes to uphold my word. _____(signature)

My MBA's: Micro, Momentum Building Activities

WE OFTEN OVERLOOK THE IMPORTANCE OF SMALL PROGRESS IN MANAGING OURSELVES AND OUR LIVES. BUT, IT'S OFTEN BY MAKING MICRO CHANGES TO OUR DAILY ROUTINE THAT WE CREATE BIG CHANGES IN OUR PERSONAL LIVES AND CAREERS!

MY TOP 3 PRIORITIES IN LIFE RIGHT NOW ARE:

1. 2. 3.

MY TOP 3 OBSTACLES ARE:

1. 2. 3.

HOW I WILL OVERCOME OR ADJUST:

1. 2. 3.

WHAT MBA'S &/OR ACTIONS WILL YOU INTRODUCE?

MAKE THESE CONCRETE, SPECIFIC & MEASURABLE SO YOU KNOW EXACTLY WHAT TO DO, AND CAN CLEARLY KNOW YOU HAVE COMPLETED THE STEP. SEE EXAMPLES BELOW:

- Have 15 minutes of silence or alone time each day
- Drink 8 glasses of water a day
- Be at my desk by 8.00am/leave by 6.00pm every day
- Eat a healthy breakfast every morning
- Make all my calls in the first hour of the day
- Write for 15 minutes, 5 days a week.
- Connect daily with partner/spouse (10 mins listening)

1 -

2 -

3 -

4 -

5 -

HOW ARE YOU GOING TO IMPLEMENT THESE ACTIONS? I WILL COMMIT TO THESE ACTIONS BY:

I WILL IMPLEMENT THESE ACTIONS ON: (SPECIFIC DATE WHEN YOU WILL START)

WHO DO I NEED TO BE TO IMPLEMENT THESE ACTIONS? I WILL BE SOMEONE WHO IS:

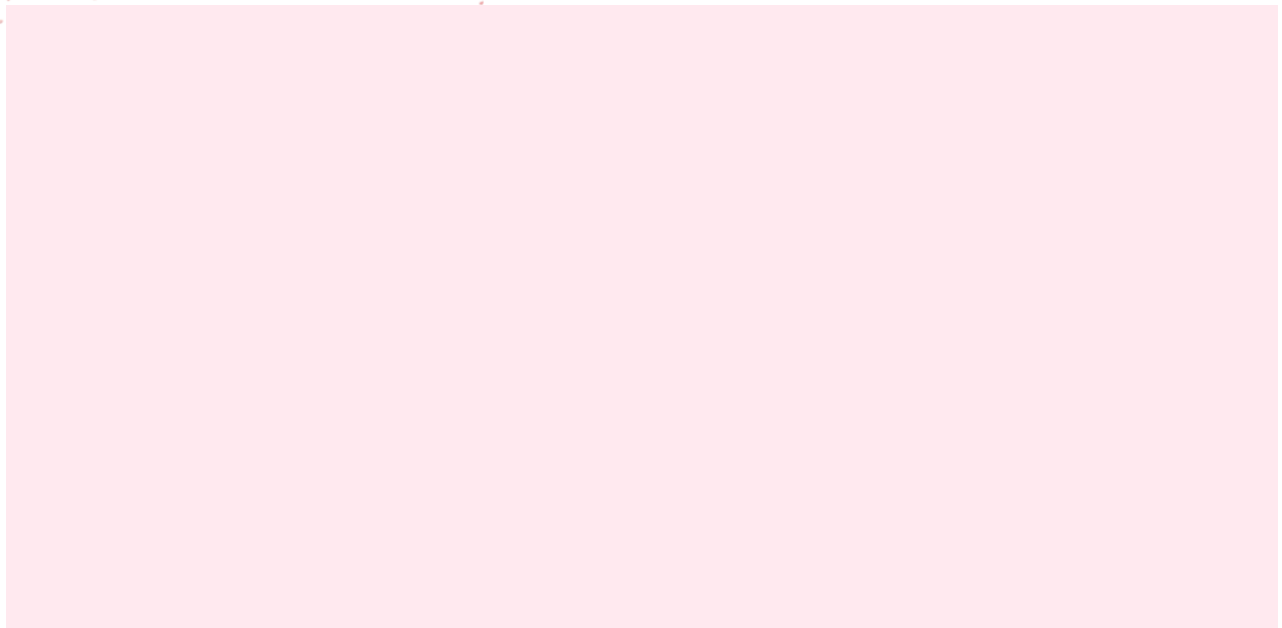
1. 2. 3.



Actions to Implement From the Session



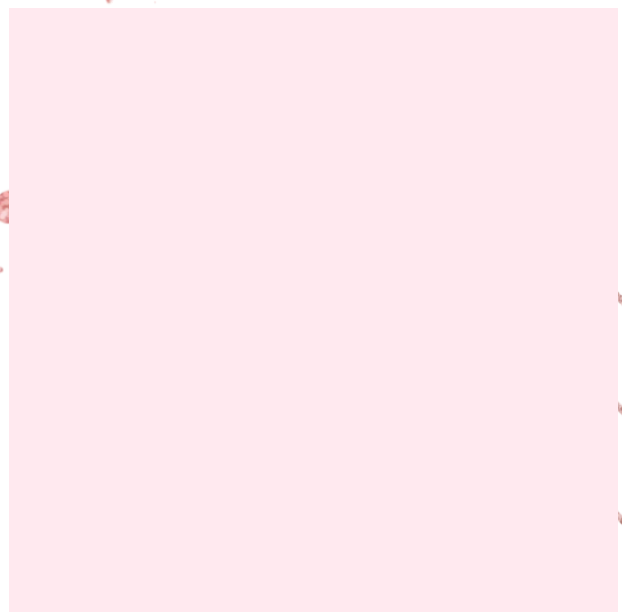
ACTION LIST (MBA'S: MIRCO/MOMENTUM BUILDING ACTIVITIES)



PRIORITY DREAMS



COACH & CELEBRATE TEAM





Weekly Planner



MONDAY

Blank area for Monday's schedule.

TUESDAY

Blank area for Tuesday's schedule.

WEDNESDAY

Blank area for Wednesday's schedule.

THURSDAY

Blank area for Thursday's schedule.

FRIDAY

Blank area for Friday's schedule.





~ Journal ~

Make It
Happen

Dream It
Then Do It

Slay Them
With
Success

you Can &
you Will

Whatever You Do. Don't Give Up.
BECAUSE FOR ONCE, THIS IS FOR YOU!



“

What are your questions?

1 - QUESTION

2 - QUESTION

3 - QUESTION

4 - QUESTION

5 - QUESTION



Changing your mindset can
influence others to consider
changing theirs, too.



-Kathrine Lee