



# ***MindShift Training™***

## **“Simple Techniques For Rapid Change”**

### **How To Quickly and Easily Change Your Beliefs and Behaviors**

#### **Before the workshop...**

- Print out these pages, and, if you're calling in by telephone, the phone number and PIN for the call.
- Be prepared to identify (and share) conflicts and issues you are having in reaching your goals; e.g. “Can'ts”, “don't know's”, and dilemmas. Remember, you're in coaching now; I may call on you by name and ask you questions!
- Leave everything blank until you hear on the call what to write in (i.e., don't fill anything in ahead of time.)
- Make sure you have a pen or pencil handy to take notes and to fill in the blanks on these pages.
- Call in to the conference line a few minutes before 6pm Eastern, to make sure that we can start on-time and you don't miss anything!
- Mute your phone when you are not speaking, using 0 on your touchtone keypad, or using the mute button on your computer software.

# Five Steps To Change

1. \_\_\_\_\_ what \_\_\_\_\_

2. \_\_\_\_\_ to \_\_\_\_\_ !

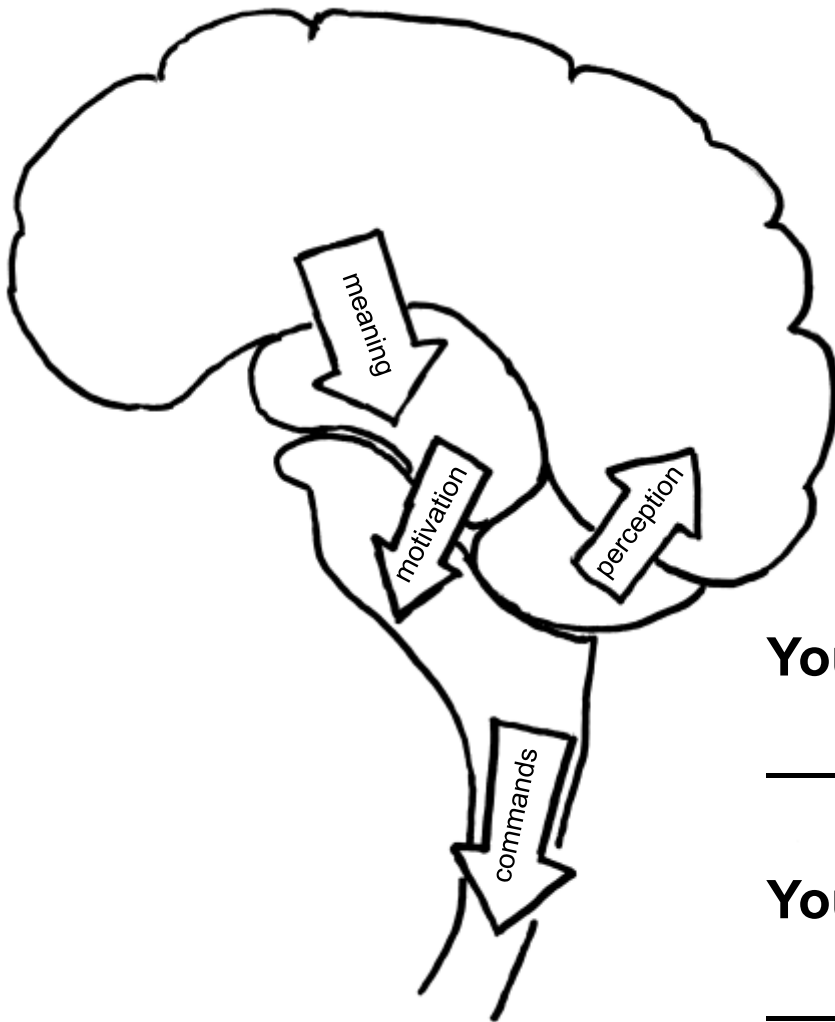
3. Observe \_\_\_\_\_, not \_\_\_\_\_

4. Find out what \_\_\_\_\_

5. Test, \_\_\_\_\_, and \_\_\_\_\_



# Change = Learning = Easy!



Your brain learns  
\_\_\_\_\_, not \_\_\_\_\_!

Your brain learns  
\_\_\_\_\_, not \_\_\_\_\_!

The brain prefers the path that:

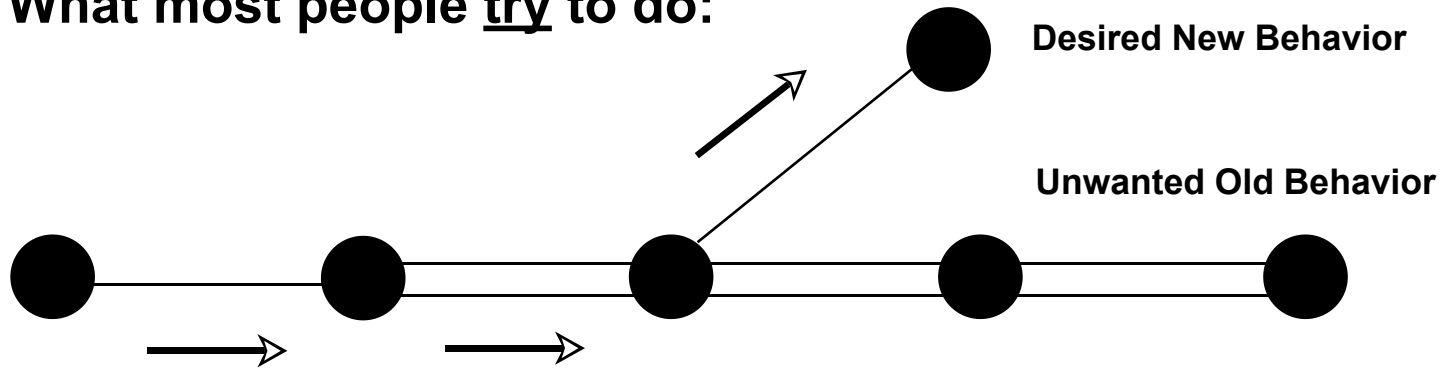
is more \_\_\_\_\_, but not \_\_\_\_\_

is more \_\_\_\_\_ or \_\_\_\_\_

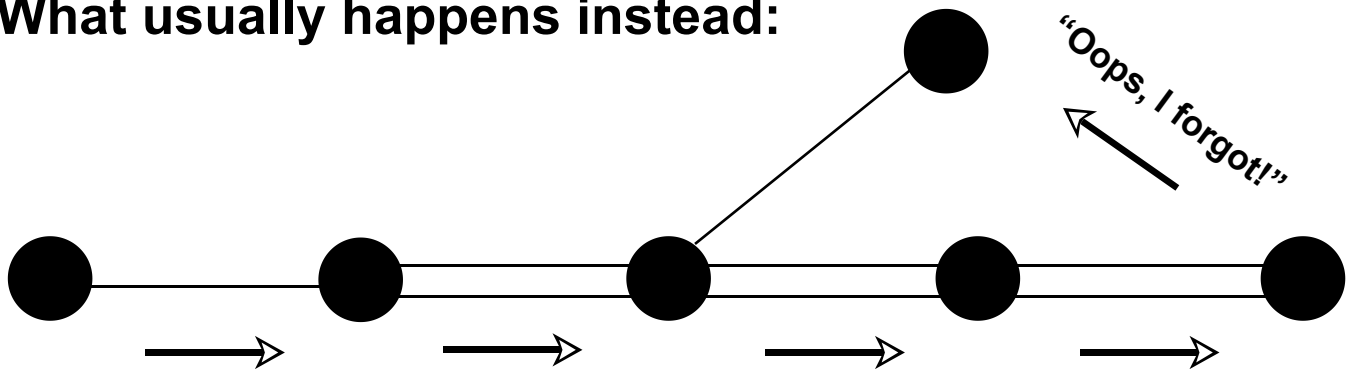
feels \_\_\_\_\_

# Installing New Behaviors

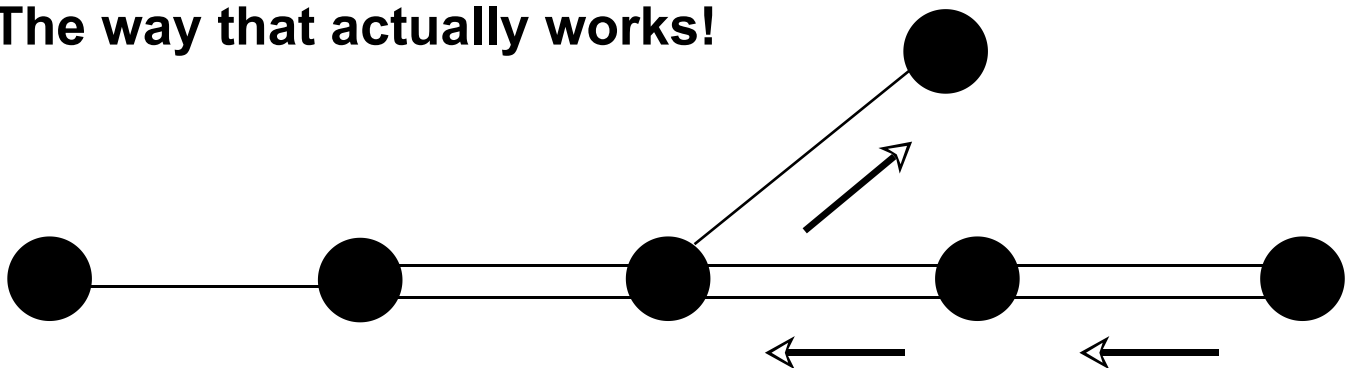
What most people try to do:



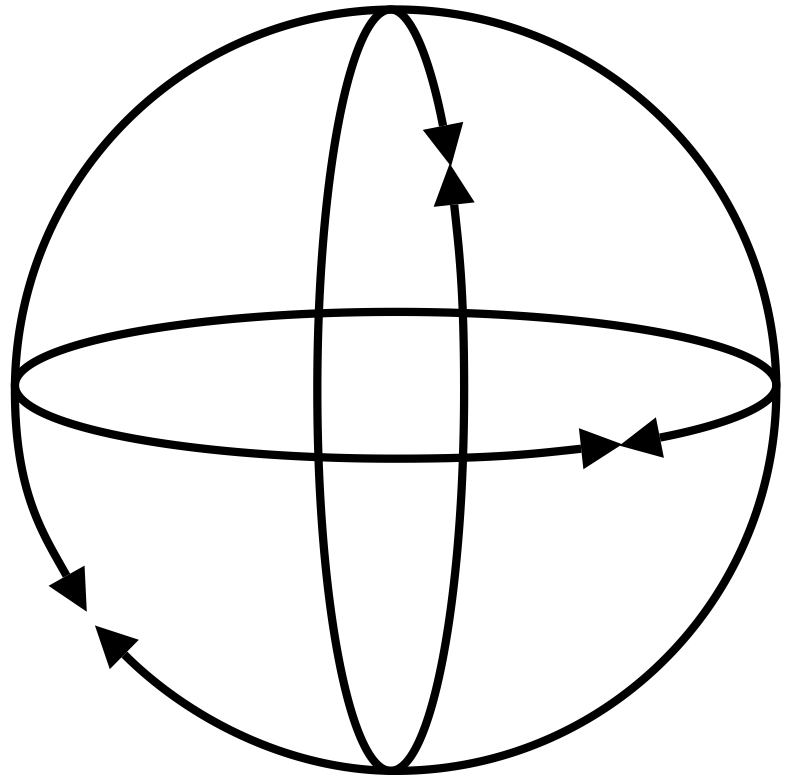
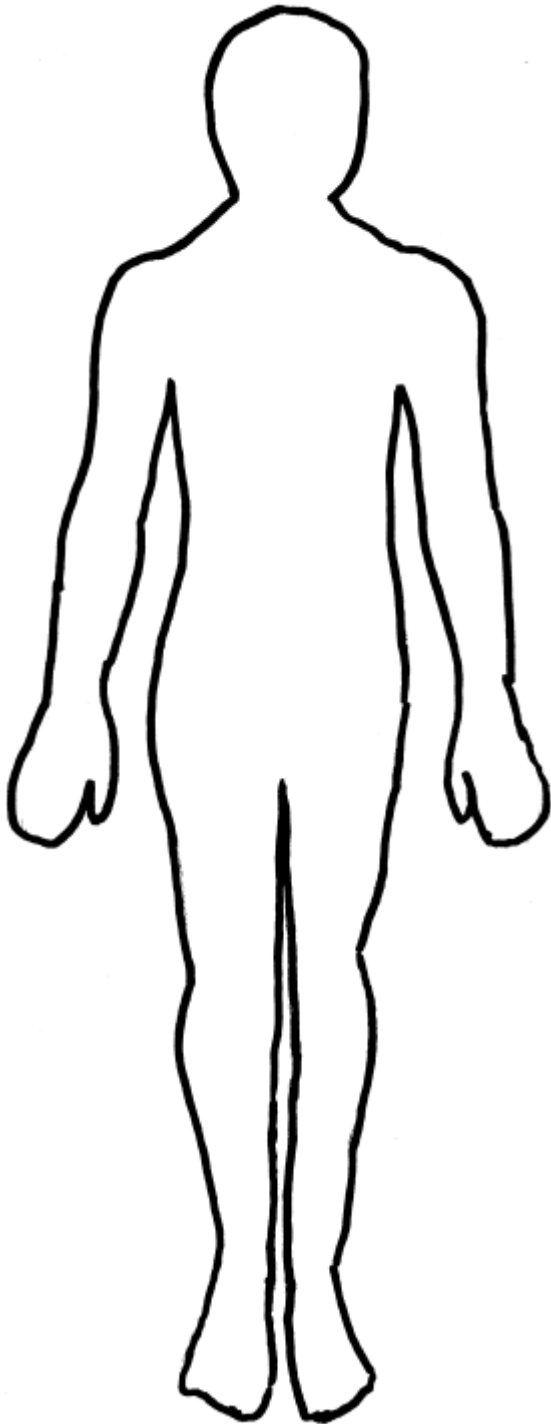
What usually happens instead:



The way that actually works!



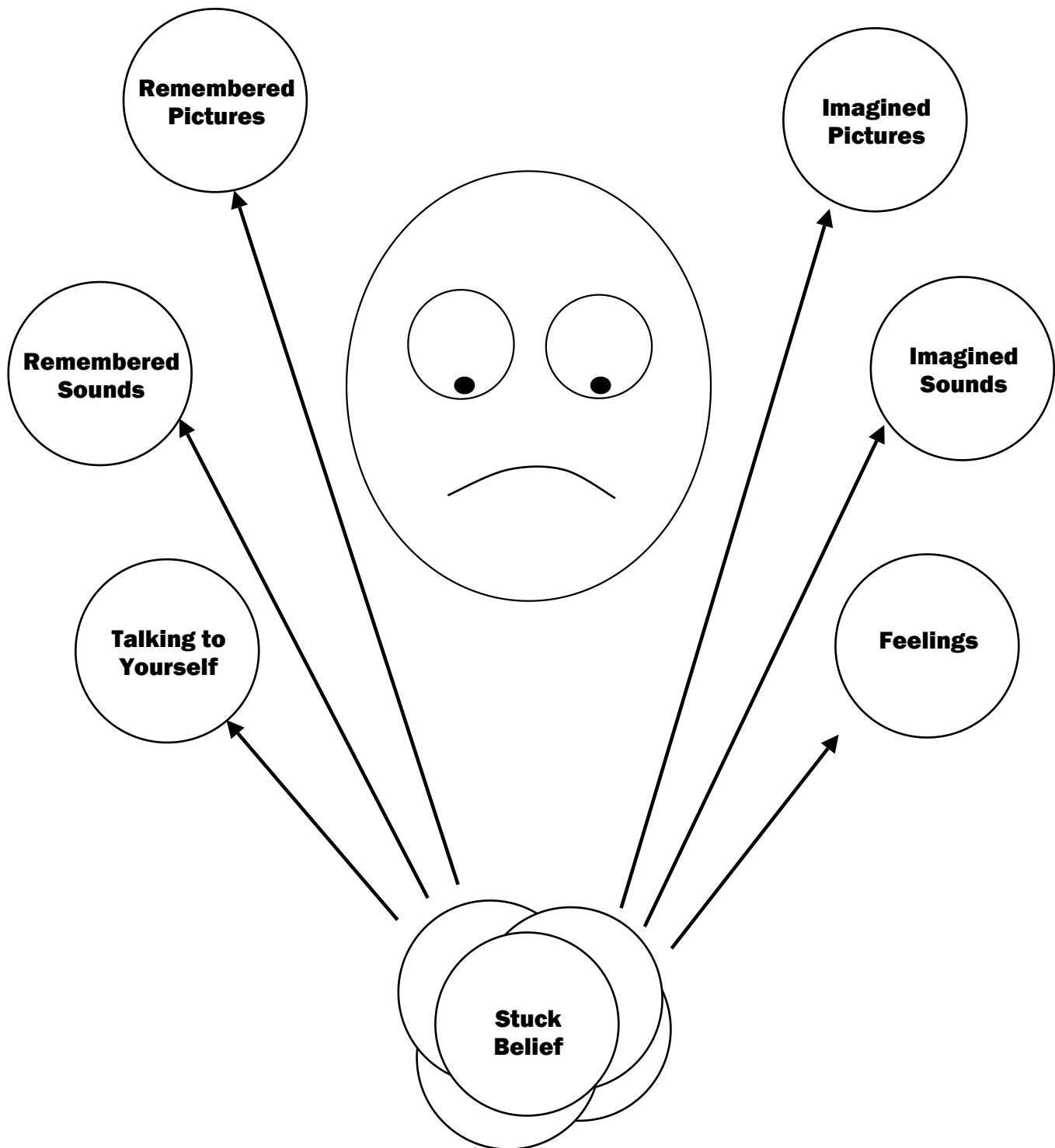
# Turn Your Feelings Around!



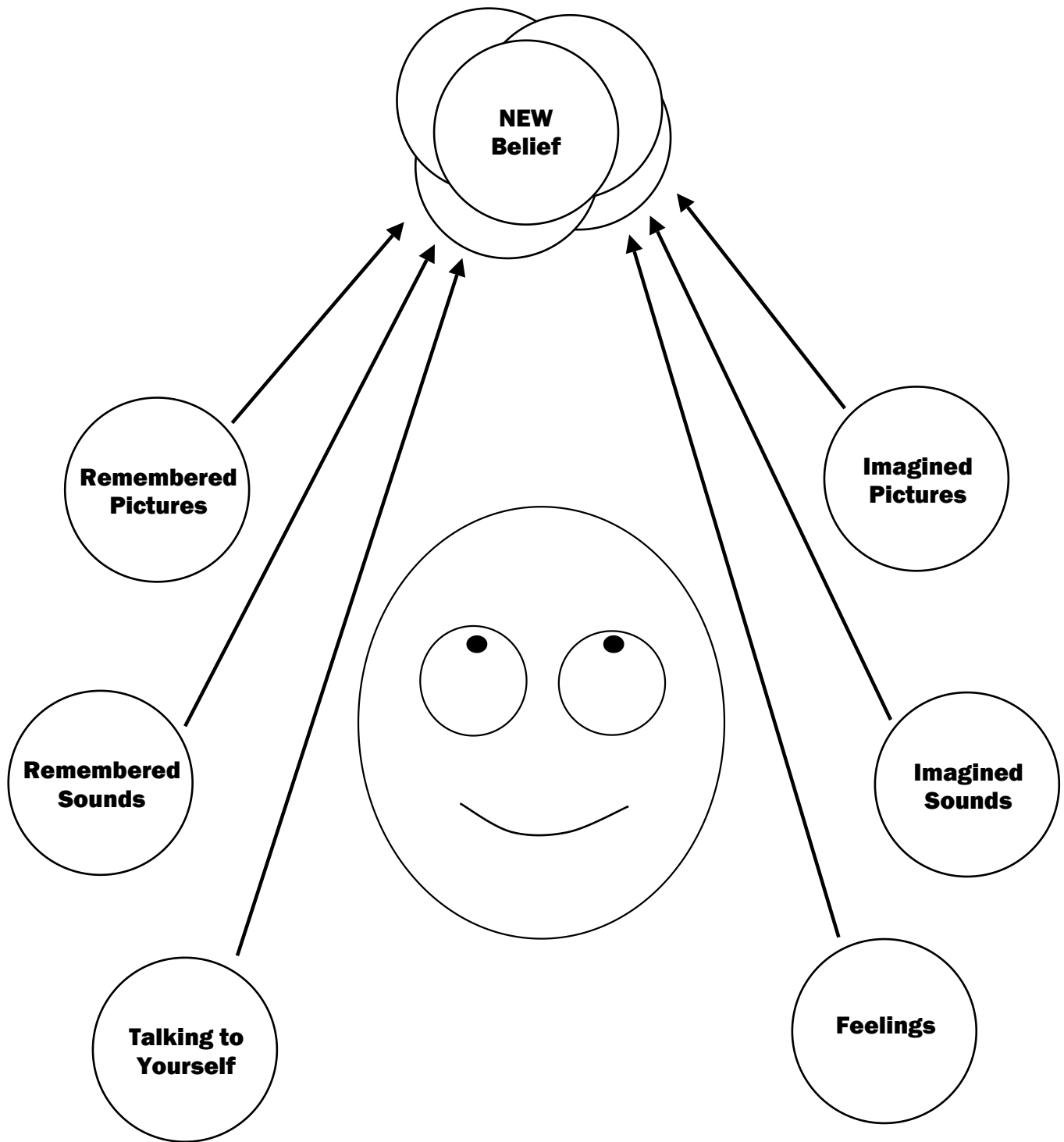
**Where do they start?**  
**Where do they move?**  
**How fast?**

**Now change it!**

# Splitting Up A Negative Belief



# Assembling The New Belief





# **Wrap-up and Feedback**

**(Answer as if you were speaking to a friend who didn't attend the workshop)**

**1. What did you enjoy most?**

**2. What are you going to start using immediately?**

**3. What kind of difference will it make to your life?**

**Send answers to [feedback@dirtsimple.org](mailto:feedback@dirtsimple.org)**