



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 _____

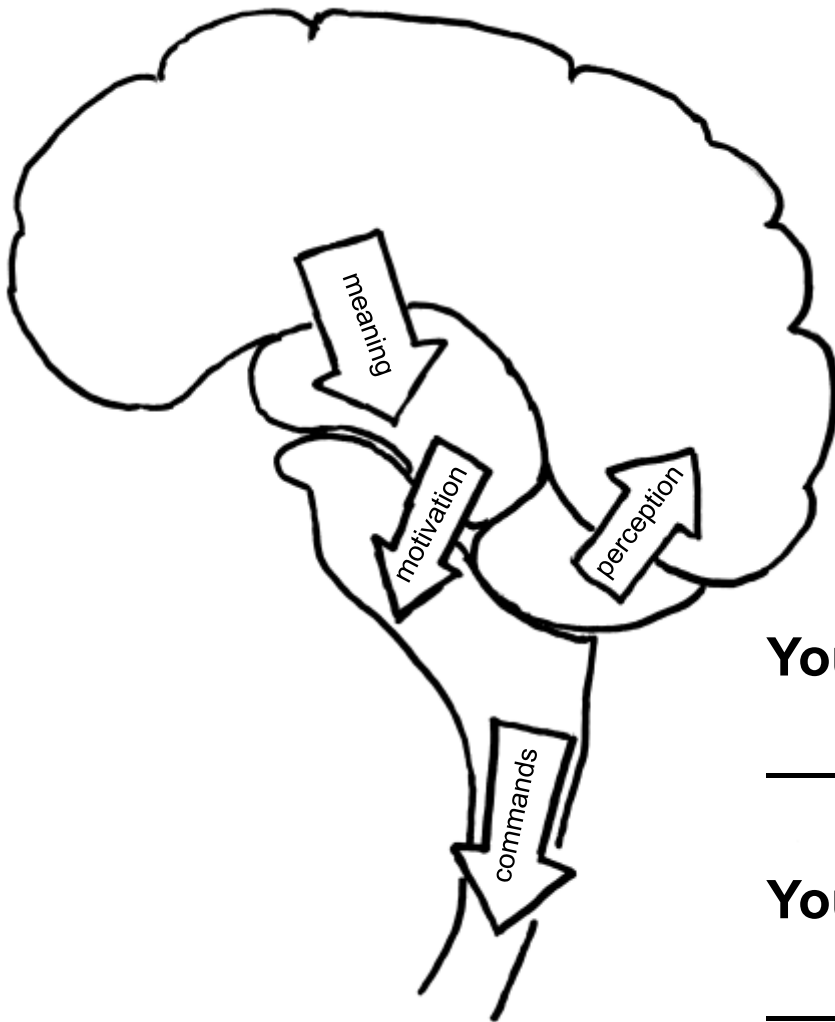
2. _____ to _____ !

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:

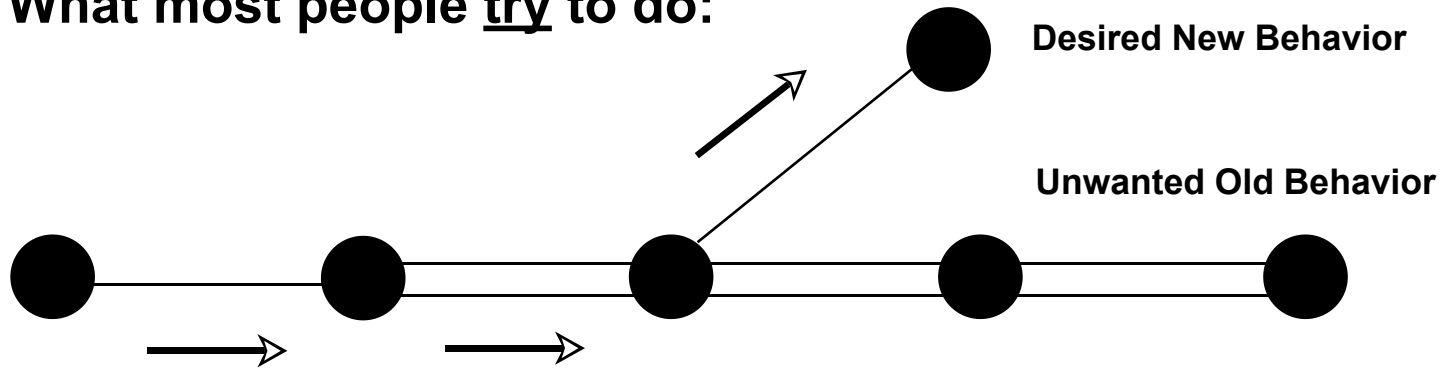
is more _____, but not _____

is more _____ or _____

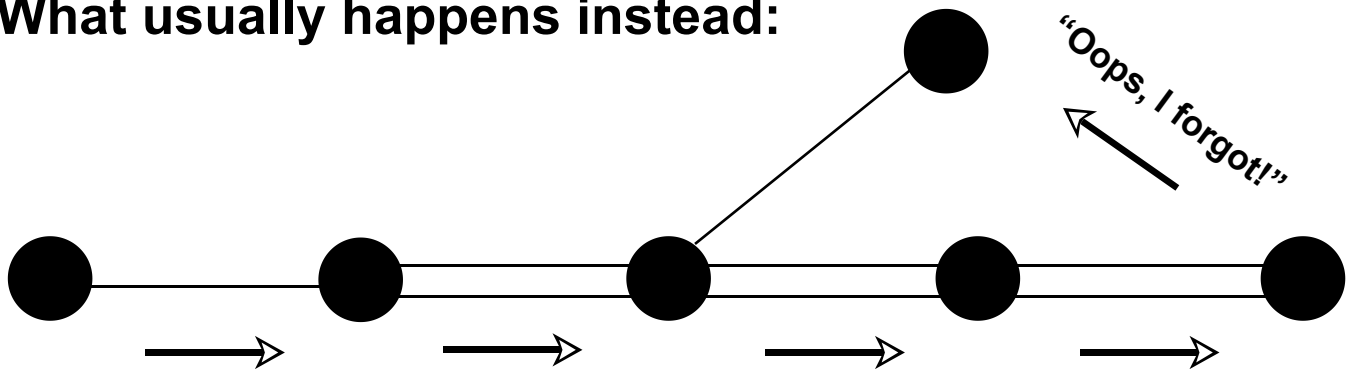
feels _____

Installing New Behaviors

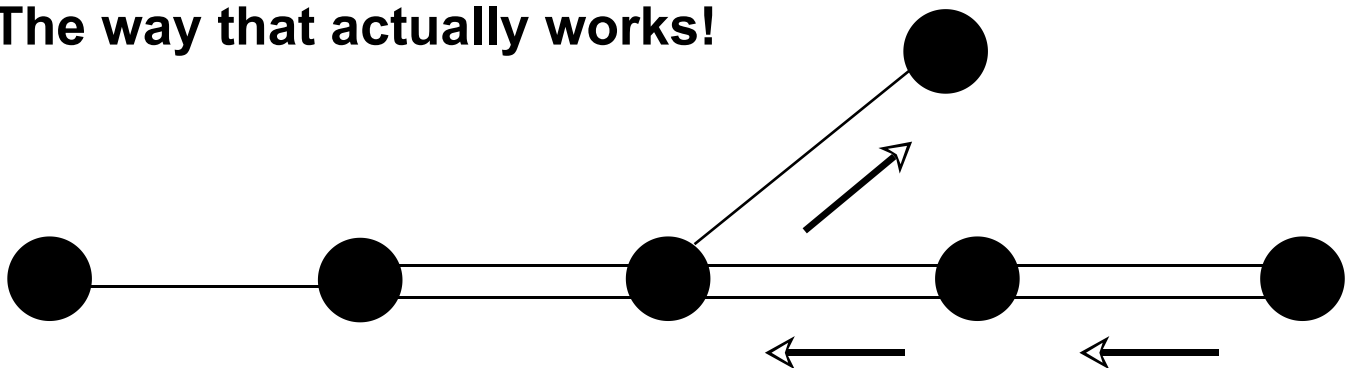
What most people try to do:



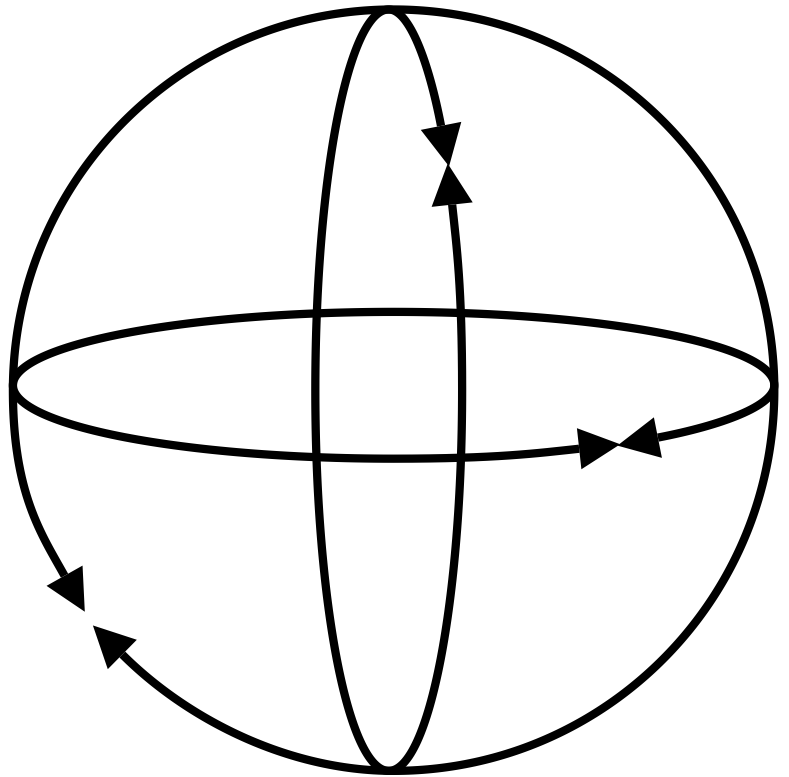
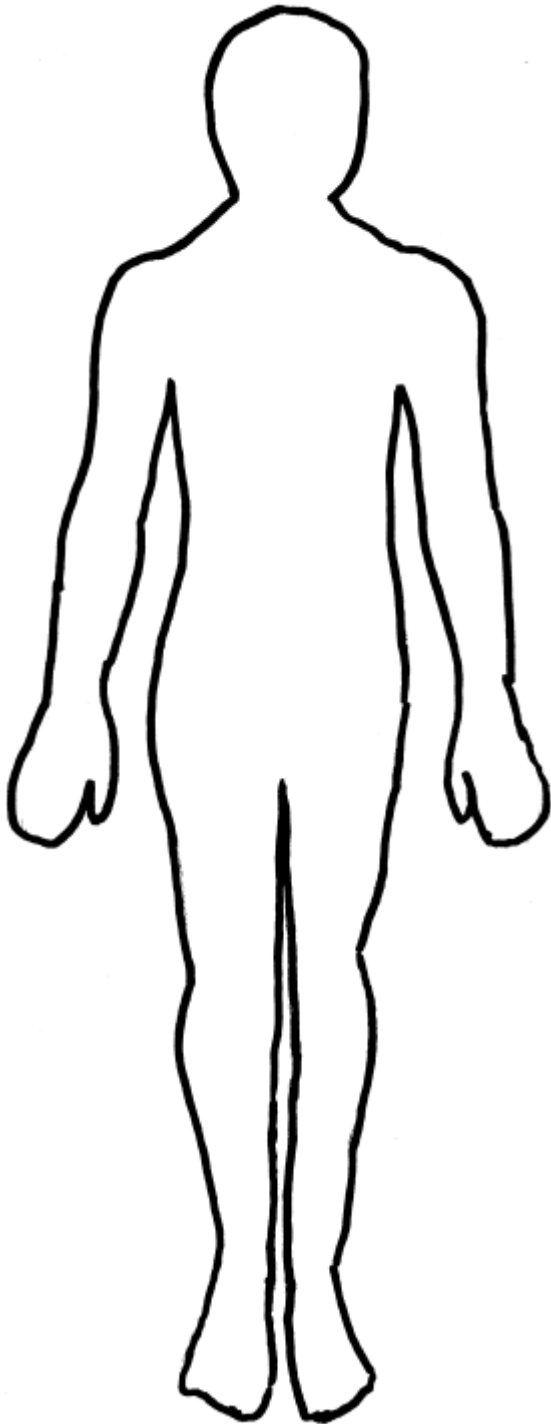
What usually happens instead:



The way that actually works!



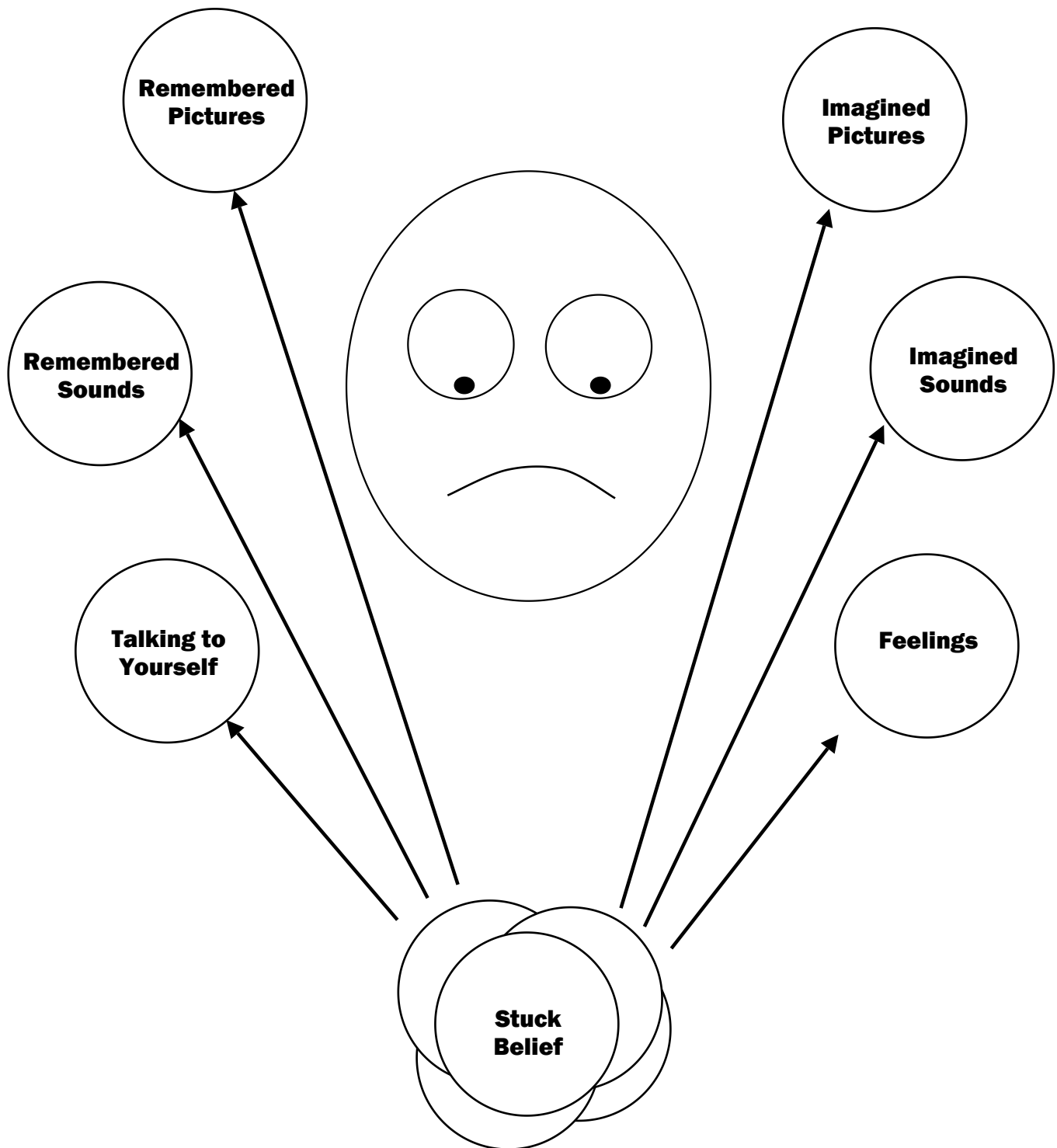
Turn Your Feelings Around!



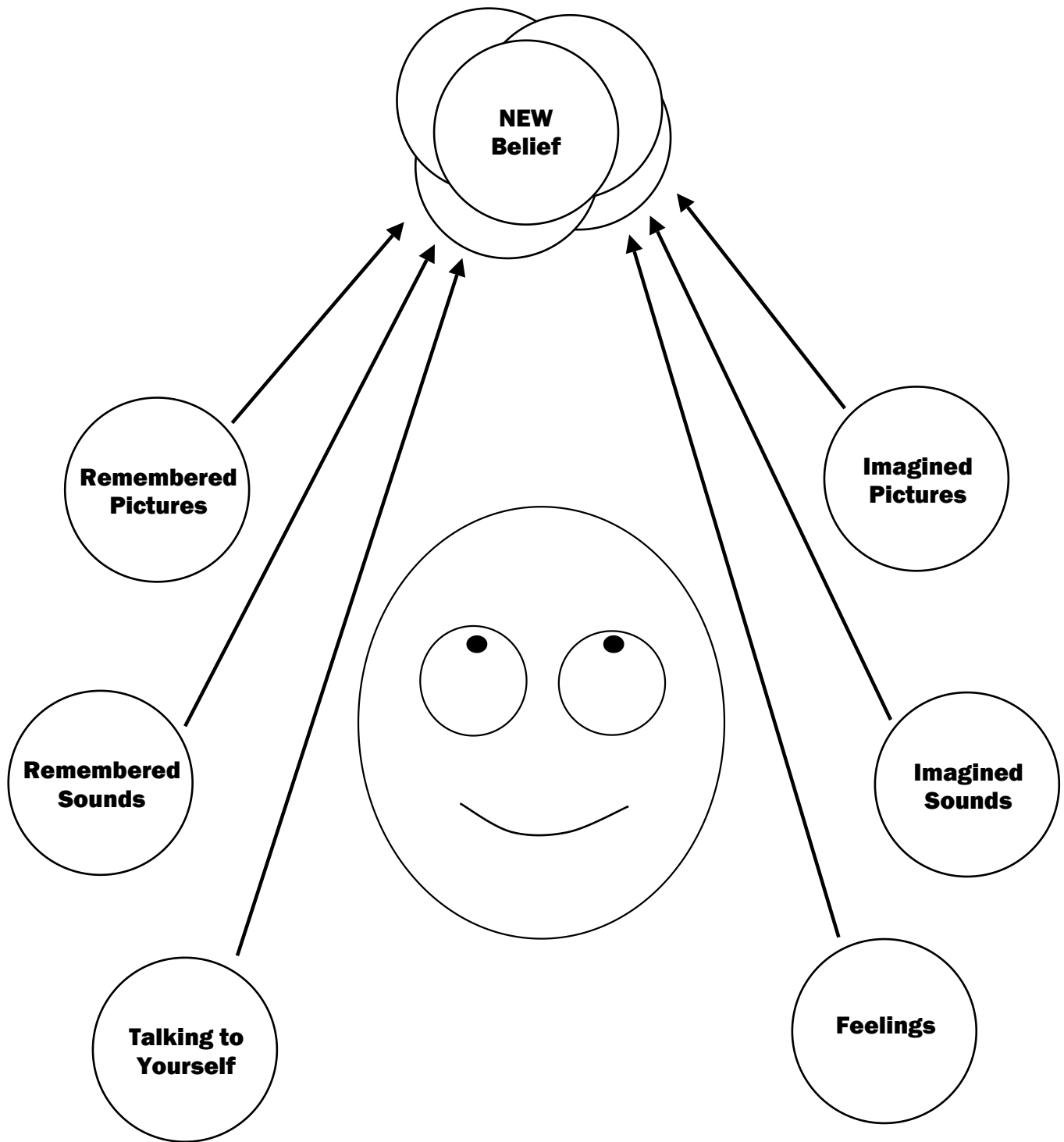
**Where do they start?
Where do they move?
How fast?**

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