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**[WWW.FRAMEOFMINDCOACHING.COM](http://WWW.FRAMEOFMINDCOACHING.COM)**

Please feel free to join our private, online journaling community. It's an amazing place to figure out who you really are in an environment that is private, safe and extraordinarily supportive.

## **State of Affairs:**

Describe your current financial status:

Describe your ideal world with respect to money and finances:

What are the challenges that interfere with your ability to earn the type of money that you described in your ideal world scenario?

How do these challenges affect you personally?

**YOU KNOW WHAT YOU NEED TO DO TO BE SUCCESSFUL → WHY AREN'T YOU DOING IT???**

What separates Top Performers from everyone else?

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What does that mean? It means that Top Performers respond to negative circumstances differently. Their competitive advantage is that they think differently.

## **WHAT YOU FOCUS ON GROWS**

Thoughts → Beliefs → Expectations → Results

There is no greater contribution to your success than taking control of your thinking patterns. What are you currently doing to take control of your thoughts?

When you can separate yourself from what is deeply lodged in your mind, and see it in writing, then you can begin to unravel the thoughts, beliefs, and expectations that stand in the way of your success.

The process of journaling allows you to see what you are focusing on and make deliberate decisions about what you want to place your attention on.

## Lessons...

1. **YOUR** Frame of Mind is critical to your success.

In particular, the way you see yourself is critical to your success. Taking control of your thinking is how you win the battle.

2. Your job is to focus exclusively on what is right and good in your life. Your mandate is to make note of everything that is working in your favour and bask in it all.

3. If you are not taking care of your thinking, you are not equipped to compete. Journaling will help you to understand the thoughts and beliefs that are standing in the way of your success.

4. Top performers **THINK DIFFERENTLY**. If you want to be a top performer, it is essential that you experience a thinking overhaul. There is no other way to sustain results.

5. Journaling changes thinking.

## Recommendations:

1. Go to [www.frameofmindcoaching.com](http://www.frameofmindcoaching.com) to sign up for your free online journal and start exploring your own thinking and see what is interfering with your ability to consistently generate the type of income that you imagine in your ideal world.
  
2. Journaling exercises:
  - a. Identify what is good and right in all areas of your life, both personal and professional.
  
  - b. What is your personal brand about? What do you want people to know you for? What is your expertise?
  
  - c. Write about what it was like to grow up. Was money tight at home when you were a kid? What did your parents teach you about money? What were the beliefs that were passed on to you with respect to wealth and poverty?
  
  - d. Describe the challenges that you have encountered with respect to generating income. Is there a pattern? What creates discomfort for you?
  
3. Consider working with a Frame of Mind Coach who will give you journaling assignments, analyse the content of your journals, and help you work through your personal barriers of income generation.

## Principles of Thought Management:

1. What we focus on grows.
2. Our thoughts create our beliefs, our beliefs form our expectations, and our expectations drive the results we get.
3. It is the human condition to always look for evidence to support our beliefs.
4. We can be right or we can be happy. We need to choose one.
5. The way we feel is an indicator of the direction of our thoughts. When we feel anything negative, i.e. bad, sad, mad etc., our thoughts are pointed away from what we want. The way we feel is our GPS and provides a guide for us about whether or not we are headed the right way.
6. I am responsible for the way I feel. There are many times when I use others as my excuse for feeling miserable. I am aware that I am doing this when I feel miserable and I am blaming someone else. The same thing applies to circumstances; circumstances don't dictate the way I feel. The way I perceive circumstances dictates the way I feel. The way I perceive circumstances is my choice.
7. There are many things that we cannot control. We cannot control the weather, the economy, politics, our employees, our life partners, or even our children for that matter. There are two things we can control: the way we feel and the way we think. Our job is to take responsibility for those two things.
8. When we feel bad about someone, we are focusing on the things we don't want to see about them. What we focus on grows. If we want to feel better about someone, then our job is to focus on and imagine the things we do want to see and begin collecting the evidence of those things.
9. All circumstances, events, and interactions are gifts, but only if we are prepared to see them as such and uncover the magic they bring.
10. We are not our thoughts. Our thoughts are separate from us. As such, we can choose the thoughts that dominate our attention. We can also trade up to better thoughts, one thought at a time.