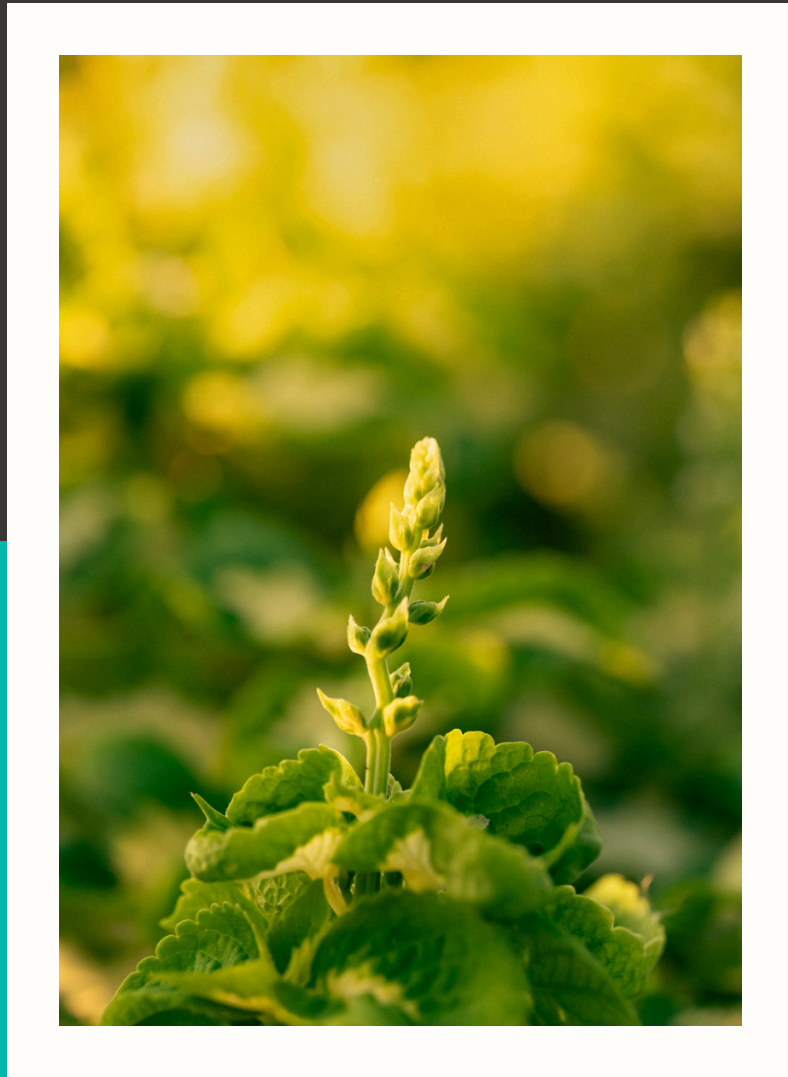


NICKELS COACHING



The Mindset Edit **WORKBOOK**

Laura Nickels, M.Ed. Certified Life Coach



WELCOME!!!

Not to be that person that believes what he/she does is THE most important thing in the world, but I can't overstate the importance of mindset. Your mindset is the foundation for how you show up and what kind of life you create. If you are ready to hack your brain and get it working for you, then I'm ready to teach you all that I know.



Who am I?

Such a big question. More importantly, how can I help you? I'm a certified life coach with a counseling background. All the work that I teach is work that I have also done myself. My specialty lies in working with procrastinators, people pleasers and perfectionists. I'm sure you've guessed it, but I have worked on all of those traits within myself. The biggest game changer in overcoming the three big P's is your mindset. In this workshop we are going to talk about the brain, why it does what it does, and how to overcome it's natural tendencies.

TOPICS COVERED



- Understanding the brain and mindset
- Awareness of your thoughts and feelings
- Changing your outcomes through you mindset editing



QUESTIONS?



laura@nickelscoaching.com

www.nickelscoaching.com

Instagram:
[@nickelscoaching](https://www.instagram.com/nickelscoaching)

According to the brain



SAFETY > HAPPINESS

- Your brain's primary concern is keeping you alive
- It has evolved to do so and is incredibly good at it's job
- Unfortunately, it often sees ANYTHING that is uncomfortable as an attack on our safety
- This is one of the reason's that it's hard to start a new habit that we KNOW will lead us to create the life we want to be living

THE DAILY DUMP

How to use:

- This can be used for ANY topic or as a daily “dumping” of thoughts.
- Spend 5 minutes writing everything that comes to mind about a situation
- Do NOT edit as you write
- There is NO judgement to what your brain offers up about it

Your thoughts:

Your thoughts contd:

Limiting Beliefs



- Assumptions about yourself that keeps you from taking action or constrain your growth
- Seems simple enough, but can be tricky to catch
- Examples include:
 - “Failure is bad and should be avoided”
 - “Change is dangerous and hard”
 - “I can’t do that”

**OUR BRAINS USE
LIMITING BELIEFS TO
KEEP US SAFE**

**WHAT ARE EXAMPLES OF
LIMITING BELIEFS THAT YOU
HAVE?**

**(FEEL FREE TO LOOK AT YOUR
DUMP FOR EXAMPLES)**

My limiting beliefs

all the feels

WHAT ARE FEELINGS AND HOW DO THEY AFFECT MINDSET?

- Feelings are a conscious reaction to a circumstance and come after the brain processes an emotion
- They are physical and can be witnessed in the body
 - i.e. Butterflies in the stomach
- They are personal AND valid
- They are a key to understanding our mindset surrounding a situation

**CHOOSE A LIMITING BELIEF
IDENTIFIED EARLIER**

A large white rectangular box intended for the user to write down a limiting belief identified earlier.

**HOW DOES THAT LIMITING BELIEF
MAKE YOU FEEL?**

A large white rectangular box intended for the user to describe how the limiting belief makes them feel.

**HOW DOES YOUR BODY IDENTIFY
THAT FEELING?**

A large white rectangular box intended for the user to describe how their body identifies that feeling.

**We've laid the
foundation**



**NOW IT'S TIME TO BUILD
THE NEW MINDSET**

VOCABULARY



Fact: Statement that cannot be argued- it's universally accepted

Thought: Statement that your brain offers up

Feeling: Subjective experience or sensation in response to a thought.

Action: Behavior that comes from thoughts and feelings

Result: Measurement of action or inaction

Unintentional thought: automatic mental process offered by your brain

Intentional thought: chosen mental process from conscious awareness

UNINTENTIONAL VS INTENTIONAL

Unintentional		Intentional
There are 20 things on the to do list	F A C T	There are 20 things on the to do list
"I have so much to get done. I'm never going to catch up."	T H O U G H T	"I have 30 minutes. I have time to get two tasks done."
Overwhelmed	F E E L I N G	Motivated
Procrastinate	A C T I O N	Set timer and get two things done.
Don't get things done.	R E S U L T	Two things crossed off your to do list.

PRACTICE



LOOK BACK AT THE LIMITING BELIEF THAT WAS IDENTIFIED EARLIER AND WRITE IT BELOW

HINT: THIS IS THE UNINTENTIONAL THOUGHT

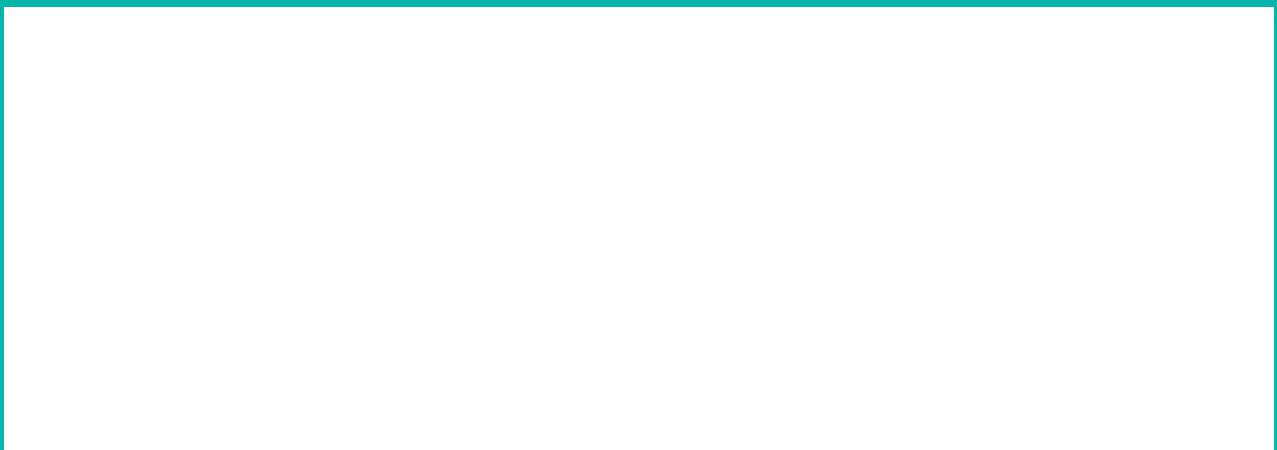
A large white rectangular area intended for writing the answer to the practice question.

**REWRITE THE FEELING THAT THE
THOUGHT CREATES**



**WHAT WAS THE FACT
(INARGUBLE TRUTH) THAT
CREATED THAT THOUGHT?**

**IN OUR EXAMPLE: THERE ARE 20
THINGS ON THE TO DO LIST**



TRANSFER THE FACT, THOUGHT AND FEELING TO THE CHART BELOW

FILL IN THE ACTION AND RESULT

	Unintentional
FACT	
THOUGHT	
FEELING	
ACTION	
RESULT	

**I'M GOING TO TAKE A GUESS THAT
THE RESULT IS NOT WHAT YOU
WANTED TO ACHIEVE...**

**WHAT RESULT DO YOU WANT TO
ACHIEVE?**



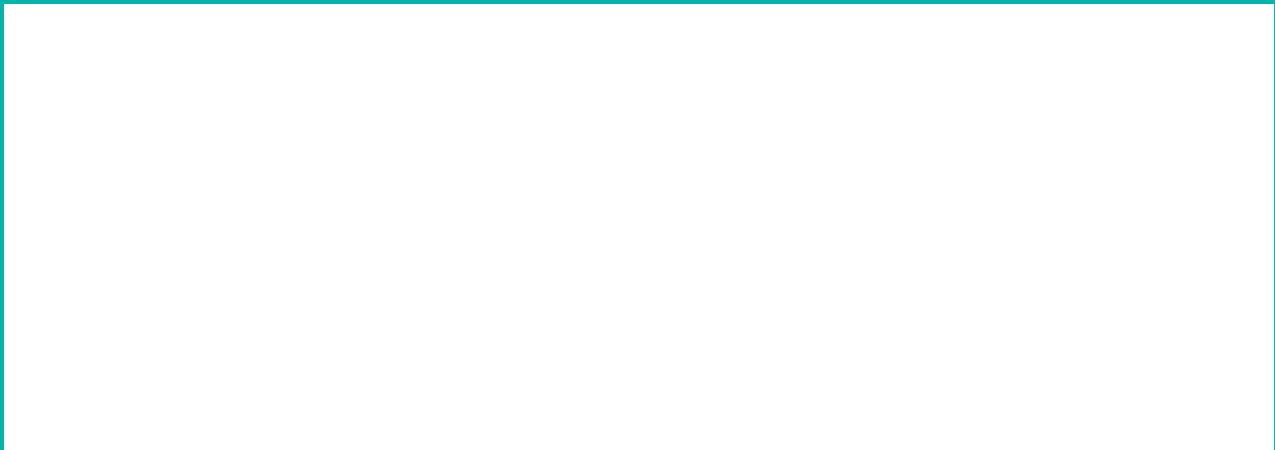
**WHAT ACTION WILL LEAD TO
YOUR DESIRED RESULT?**



**IF YOU HAVEN'T ALREADY
FIGURED THIS OUT, WE ARE
REVERSE ENGINEERING OUR
INTENTIONAL CHART**

**WHAT FEELING DO YOU NEED
TO HAVE ABOUT THE SITUATION
TO TAKE THE ACTION CHOSEN
ABOVE?**

HINT: MOTIVATED, CONFIDENT



**NOW WHAT INTENTIONAL
THOUGHT TO DO YOU NEED TO
CHOOSE THAT WILL GIVE YOU
THIS FEELING?**



**ADD EACH ELEMENT INTO THE
INTENTIONAL CHART ON THE
NEXT PAGE**

	Intentional
FACT	
THOUGHT	
FEELING	
ACTION	
RESULT	

**CONGRATULATIONS! YOU HAVE
LEARNED HOW TO EDIT YOUR
MINDSET...**

THOUGHTS ABOUT THE PROCESS

- This takes practice. Not only do you need to practice the exercise, you also need to practice the intentional thoughts
 - Think of it like a path in the woods. The unintentional thoughts are the well-worn path and in order to make a new one you have to make a new one through repetition and usage.
- Sometimes the new thought feels clunky and/or uncomfortable. That is normal. Like the roots and foliage that must be cleared for the new path in the woods, there will be parts of this that trip you up as you are learning to do this.
- Be compassionate. Allow yourself to feel the feelings that come up. Whatever you feel is valid and feelings aren't "good" nor "bad". They are just a sensation in your body cluing you into your beliefs about the world.
- A bridge thought might be necessary. This means that it's not the end thought that you want to choose, but one that points you in the direction you want to go.
 - This can sometimes be achieved by adding the word "yet" to a thought.



“I’M SO GLAD THAT I TOOK THE LEAP OF FAITH TO PURSUE COACHING. THE SIMPLE ACT OF SITTING THROUGH SOMETHING THAT FEELS UNCOMFORTABLE HAS MADE ME A BETTER WIFE, STEP MOTHER, BUSINESS OWNER AND FRIEND TODAY.”

“When I first started working with Nickels Coaching, I described myself as feeling lost in a heavy fog. Having struggled with mental health in the past, it felt different than depression. Depression felt like being stuck in a deep dark hole with no way out. But, this felt more like I was on flat land, but could not figure out where to go or how to find clarity. Through the work that I've done with Nickels Coaching over the last few months, she has helped me to lift the fog. Even though everything doesn't feel completely clear yet, Nickels Coaching helped me to find the tools that have lifted the fog a little bit more every day. I'm so grateful for these mental tools. Not only have they influenced my professional life, they have also improved my personal life. “

-SACHI, RALEIGH NC

”

**YOU are your
greatest asset**

“

NICKELS COACHING



This work takes a lot of practice.
Awareness is the first step.
If you'd like to work with me to help
master the skills learned in the
workshop- let's schedule a 1-on-1
coffee chat.

-Laura Nickels
laura@nickelscoaching.com

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