

5 DAY MINDSET COURSE

DAY 2: Your Ego

As I stated in the homework introduction, there will be some activities that are ongoing and there will be some things that are going to sound silly (I GET IT, I FELT THE SAME WAY) but please bear with me, trust the process and give it your all. I promise I am not leading you astray.

The first thing we want to narrow in on is our thought process and what our ego, or our mean girl, is telling us on a day to day basis. This might seem a little tedious, but it is necessary.

Over the next couple of days, I want you to create a log of your thoughts. You can do it in the space provided, use your notes app on your phone, do a video recording, or whatever way best suits your lifestyle.

The thing is, most of our thoughts (and we think an average of 60, 000 - 70, 000 per day) are 90% the same thoughts we have already thought, which means we have an ongoing internal dialogue happening that, in most cases, people are completely unaware of. Most people go through life and say, "meh this is who I am" and don't seek to take things into their own hands. This is where I step in and get you to actually become more mindful, challenge the way you think, and show you how to change it if you want more from life.

Your goal is to, at least, record 5 times in your daily log for 3 times this week. I would suggest setting your alarm at 5 different times throughout the day and then take out your log and record your thoughts. Now, you will see I have

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given you some prompts to help you identify the thought process in the chart provided. This homework assignment might seem trivial, but it is VITAL to understanding how your ego is working for you and what thoughts you are consistently thinking. The reason why this is so important is because our habitual thoughts become our reality. If we want to change our reality, we must change the thoughts, and to change the thoughts we have to be aware of the thoughts.

To begin, I want you to select 5 times that you are going to check in. Now, this doesn't mean that you are bound by these times, but it helps to schedule them so you find yourself at 9:00 pm realizing that you didn't record anything. Also, it is crucial to be honest with yourself. If not, this will not be successful.

Example:

| TIME | ACTION | THOUGHTS | FEELINGS |
|--------------------|--|--|--|
| 7:00am (Breakfast) | Making smoothie, putting things in the blender, looking out the window, waiting for smoothie to blend. | I wish this would go faster, I am hungry, I am going to be late for work, I have so much to get done for work today, man this is going to taste gross, I feel so uncomfortable in my clothes | Feeling stressed, feeling hurried, feeling anxious, feeling sad. |

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Now, let's get you started on your homework and see what games your ego is playing and what thoughts you are consistently thinking. If you really want to go big, anytime you catch a negative thought running in your mind, stop and jot it down.

This will help you so much in identifying what your ego is telling you. I would also encourage you to record your thoughts in the following situations: - when you are challenged - when you feel fear - when you are sad - when you try something new - when you feel anxious - when someone disappoints you - when you are angry - when something doesn't work out as planned - when you feel uncomfortable about something.

Alright, let's start looking at what the pesky ego has been telling you for way too long. It is time to make a change. Time to let that ego/inner mean girl know who is boss.

Use the chart on the next page to help you record.

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| TIME | ACTION | THOUGHTS | FEELINGS |
|------|--------|----------|----------|
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* Remember, don't let that pesky ego talk you out of doing the work!*