

MANAGING YOUR MINDSET IN UNCERTAIN TIMES



MEL SAVAGE
THE CAREER RESET
416-453-2422
mel@thecareerreset.com

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Welcome to the Managing Your Mindset Training session.

I'm sure you've heard of the saying 'getting your head in the game'. It's good advice. And that's exactly what we're going to be talking about today.

Success is 80% mindset. It's all about getting your head in the game.

Learning to manage your mindset is the best thing you can do for your career and for your life. It's where you find the strength to reach any goal you set for yourself and deal with the problems you're facing day to day.

Today we're talking about managing your mindset in the face of uncertainty.

You're going to be digging into your brain today and figuring out how to make it work for you. This workbook is meant to help you capture the main points of today's presentation. At the end of the workbook is an area to capture additional notes.

So whether you're someone who spends a lot of time exploring what's going on in their head. Or someone who has never spent time exploring their thoughts, you are in the right place.

Here's what you'll learn in today's session;

- Why your current emotional education is working against you
- How to feel better and be better at feeling

There will be time to answer questions throughout the presentation. However, if you have a question you didn't get a chance to ask, then I encourage you to email me at mel@thecareerreset.com.

Let's get started.

PICK A TOPIC THAT IS CURRENTLY CAUSING YOU EMOTIONAL DISTRESS.

WHAT ARE THE 3 MAIN PURPOSES OF THE MOTIVATIONAL TRIAD?

1.

2.

3.

WHAT ARE SOME FEELINGS YOU HAVE THAT OFTEN BLAME ON OTHER PEOPLE OR THINGS?

CIRCUMSTANCES ARE;

- a. Neutral
- b. My fault
- c. Your fault
- d. Something I can control

WHICH OF THESE ARE CORRECT?

- a. Actions >> feelings >> thoughts
- b. Feelings >> actions>> thoughts
- c. Thoughts >> feelings >> actions

HAVING NEGATIVE EMOTIONS...

- a. Is wrong
- b. Makes you human
- c. Is weakness
- d. Is a good reason to overeat ;-)

EMOTIONAL HEALTH IS:

WHAT ARE THE THREE STEPS TO FEELING BETTER

1.

2.

3.

STEP 1: NAME YOUR FEELING AND DESCRIBE IT

STEP 2: WHAT IS THE SENTENCE IN YOUR HEAD THAT

STEP 3: CREATE A NEW BELIEVABLE THOUGHT

WHAT WAS THE BIGGEST INSIGHT YOU HAD FROM THIS TRAINING?

WHAT WILL YOU DO DIFFERENTLY STARTING NOW?
