



How to trick your brain into doing the hard things?

Worksheet: Reinforcing and Testing Your Learnings

Psychological Groundwork

Catch the Culprit: Understand the Belief

- Identify a specific behavior or challenge you are facing.

- Write down the belief driving that behavior.

- How does this belief impact your actions?

Turn on the Empowerment Switch

- Define one of your core empowering beliefs.



- Watch the video on empowering and disempowering beliefs (I will release it soon if it isn't there already)
- How can this empowering belief positively influence your actions?

Behold the Why!

- Reflect on a recent action. Ask yourself: Why did I do it?

- Analyze the motivation behind your actions.

- How does understanding your "why" contribute to your mindset?



- **Activate the Power of Negative Thinking**
- **Consider the consequences of not taking action.**

- **What negative outcomes might occur if you don't overcome your challenges?**

- **How does the fear of these outcomes motivate you to take action?**

Eight Hacks

Find a Buddy

- **Identify a supportive friend or partner.**

- **How can having a buddy help you stay accountable?**



- Plan a specific activity to do together.

- Chunk Down and Back It Up with a Reward
- Choose a goal and break it down into smaller steps.

- What reward will you give yourself upon completing each step?

- How does this approach make your goals more achievable?

Handle Fear of Failure

- Describe a situation where the fear of failure held you back.



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- **Apply the concept of enjoying the process rather than focusing solely on the result.**
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- **How can you lower the stakes and reduce the fear of failure?**

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- **Become a Dresser**
 - **Where and how will you use this hack:**
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Become a Lover

- **Steps you will take to convince yourself of the importance and benefits of the goal.**
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- How does self-convincing enhance your commitment to the goal?

The Word Game & Your Identity.

- Rewrite a negative self-statement into a positive identity-linked statement.

- How does linking your identity to the action boost motivation?

- Share your new positive self-statement that is linked to your action.

Think Like a Leader; Contingency Planning

- Identify a goal and consider potential obstacles.



- Apply the if-and-then rule to create contingency plans.

- How does contingency planning empower you to face challenges?

Reflection and Commitment

Overall Reflection

- Reflect on the entire psychological groundwork and hacks.

- Which strategies resonate most with you?

- How can you integrate these strategies into your daily life?



- **Personal Commitment**
- **Write a personal commitment statement outlining specific actions you will take.**

- **Share your commitment with a friend or family member for accountability.**

Conclusion

I provide this complimentary content with the anticipation that, as you witness positive outcomes from implementing the shared ideas, there may come a time when you're prepared to collaborate more closely with me and my team, and we can do that.

-Dr. MD.

You can email us at evolve@fuel4success.com for your mentoring program.



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