

## How to trick your brain into doing the hard things?

**Worksheet: Reinforcing and Testing Your Learnings** 

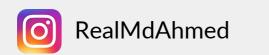
## **Psychological Groundwork**

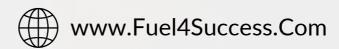
<ul> <li>Catch the Culprit: Understand the Belief</li> <li>Identify a specific behavior or challenge you are facing.</li> </ul>
Write down the belief driving that behavior.
How does this belief impact your actions?
T
Turn on the Empowerment Switch
Define one of your core empowering beliefs.



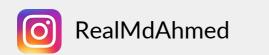


	Watch the video on empowering and disempowering beliefs (I will release it soon if it isn't there already) How can this empowering belief positively influence your actions?
	hold the Why! Reflect on a recent action. Ask yourself: Why did I do it?
•	Analyze the motivation behind your actions.
•	How does understanding your "why" contribute to your mindset?





	ctivate the Power of Negative Thinking onsider the consequences of not taking action.
	/hat negative outcomes might occur if you on't overcome your challenges?
	ow does the fear of these outcomes motivate ou to take action?
Find a	Hacks Buddy lentify a supportive friend or partner.
	ow can having a buddy help you stay countable?





Plan a specific activity to do together.
<ul> <li>Chunk Down and Back It Up with a Reward</li> <li>Choose a goal and break it down into smaller steps.</li> </ul>
What reward will you give yourself upon completing each step?
How does this approach make your goals more achievable?

## **Handle Fear of Failure**

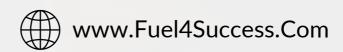
 Describe a situation where the fear of failure held you back.



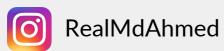


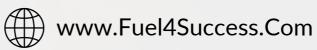
Apply the concept of enjoying the process rather than focusing solely on the result.
<ul> <li>How can you lower the stakes and reduce the fear of failure?</li> </ul>
<ul> <li>Become a Dresser</li> <li>Where and how will you use this hack:</li> </ul>
Become a Lover  • Steps you will take to convince yourself of the importance and benefits of the goal.





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 groundwor and hacks.	rk
Which strategies resonate most with you?	
How can you integrate these strategies into your daily life?	





<ul><li>Personal Commitment</li><li>Write a personal commitment statement</li></ul>
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.



