

# Motivating Mindsets Handouts:

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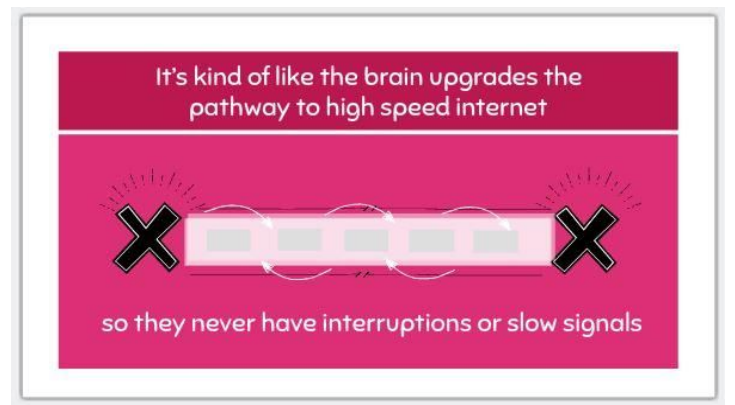
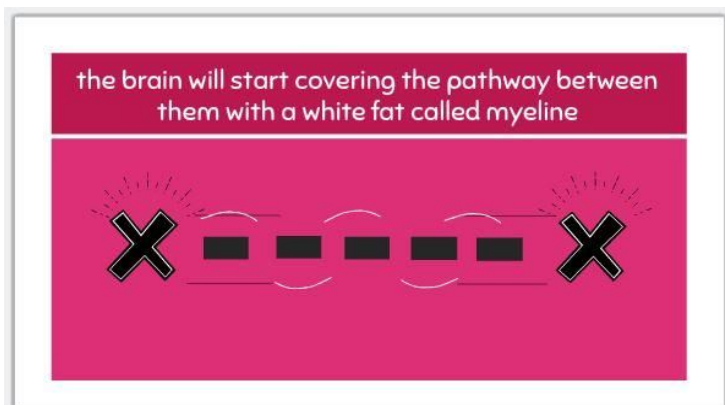
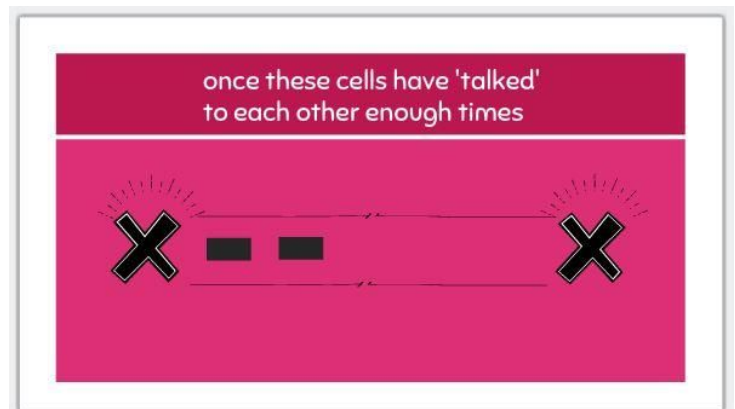
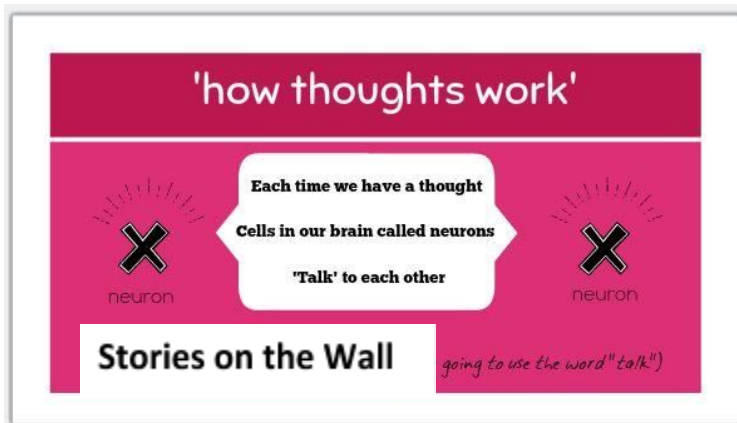
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## What do we need to know about the brain?



To understand how we can change our brain to do more of what we want, we need to know how thoughts work

## What happens in our brain when we are thinking?

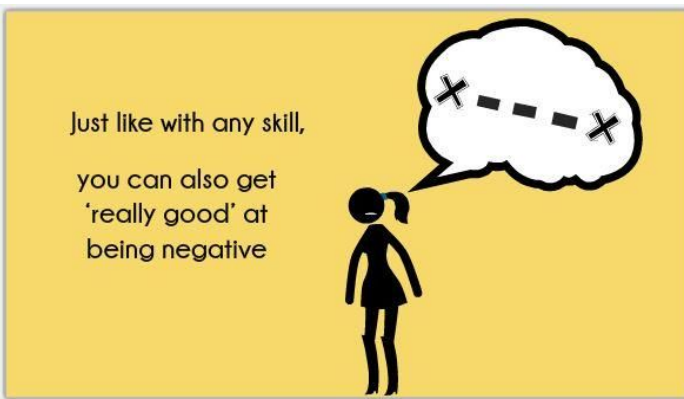


This process is important for how we learn.

## What happens in our brain when we have negative thoughts?



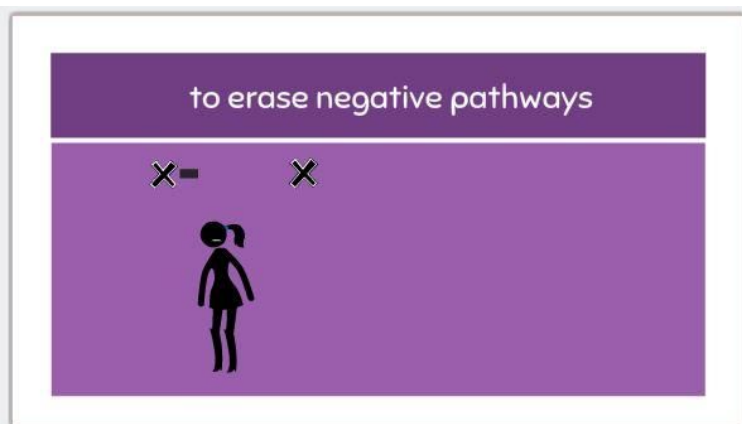
However, this same 'learning' process can be less helpful for us because these pathways are also being built for our self-beliefs



Our brain doesn't judge whether a thought is 'negative' or 'positive': as long as you are repeating a thought, the brain will put 'energy' into that thought

If you have negative thoughts about yourself enough times, your brain will build that into a pathway – until it becomes a 'belief'

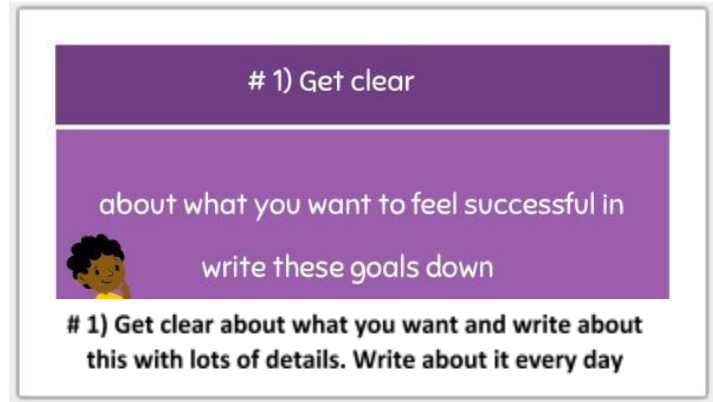
The good news is that just as you build any pathway, you can also 'erase' them. This means, that you can 'erase' negative pathways you don't want and build new ones that you do.



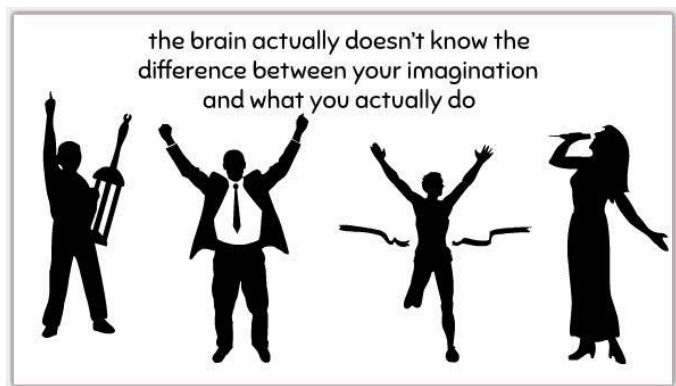
There are steps you can take to erase negative pathways that make you feel bad and keep you from getting results you want

And build new ones that lead you to take positive action towards your goals and relationships.

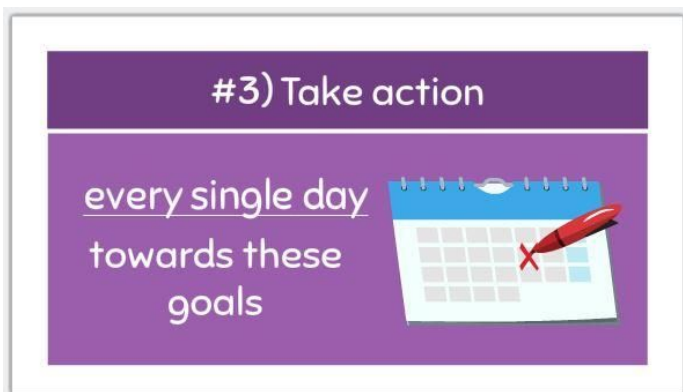
## There are 3 steps you can take to build pathways that help you achieve what you want



#2) Visualize how you will *feel* once you achieve that goal. Focus on the feelings you want to have.



During visualizations, your brain will actually be sending the signals it needs to help you achieve your goals.



#3) Take Action every single day. Even if it's something small, like reading about it or watching a video. Keep a calendar to mark an X on each day you take action.



Those are three steps to build strong pathways that help you persevere to do what it takes to achieve your goals:  
Intention, Visualization and Action