

>>> Train Your Mind. >>> Change Your Life. >>>

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Welcome to the beginning of something powerful.

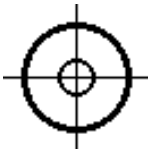
This isn't about hypnosis, mind games, or controlling others.

This is about *owning your own thoughts*—so your life stops running on old programming, fear-based patterns, or someone else's story.

If you don't control your mind... someone else will.

This worksheet will help you flip the switch and take control—step by step.

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## Step 1: Identify Your Default Focus

***What you focus on increases.***

Your Reticular Activating System (RAS) scans the world for whatever your mind dwells on. Are you focused on problems... or possibilities?

**What do you find yourself focusing on most during your day?**

(Example: fear of failure, what others think, being behind, money stress, etc.)

*Write it down:*

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Now, let's flip the frame.

**If you could shift your focus toward a more empowering target, what would it be?**

(Example: progress over perfection, serving others, opportunity, joy)

*Write it down:*

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## Step 2: Replace the Picture

***Your brain thinks in images—so change the picture.***

When you tell yourself, “Don’t mess up,” you create a picture of messing up. Instead, give your brain a new image to lock onto.

**What negative picture or thought tends to show up when you face a challenge?**

(Example: freezing during a speech, failing in front of others, being embarrassed)

*Describe the recurring image or scene:*

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Now, let’s change it.

**What new picture could you rehearse instead? Make it vivid. Positive. Confident.**

*Describe your new mental movie:*

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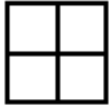
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Tip: Repeat this picture daily, especially before key moments.

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## Step 3: Know What You Want

*Clarity directs your brain.*

Without a clear destination, your mind wanders.

With clarity, your brain starts solving, creating, connecting.

**What do you truly want in the next 3–6 months? Pick one area: health, relationships, career, finances, or personal growth.**

*Write your goal with clarity and detail:*

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**Why does this matter to you?**

*Emotional connection creates mental traction.*

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**How will you feel when you achieve it?**

(Use emotions: proud, free, strong, peaceful...)

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## Step 4: Visualize Your Future Self

*What the mind rehearses, the body believes.*

You become what you repeatedly imagine.

**Who is the version of you that already lives this goal? Describe Future You.**

(How they think, act, speak, carry themselves, face setbacks...)

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**What does a typical day look like for Future You?**

*Walk yourself through it mentally. Describe it in as much detail as possible so you can really feel it.*

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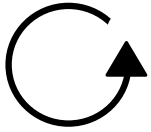
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Try visualizing this future for just 2–3 minutes each day.

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## Step 5: Repeat to Rewire

***Repetition wires your reality.***

Repetition creates familiarity. And familiarity creates confidence.

**What belief or affirmation will you repeat daily to train your mind?**

(Example: "I'm becoming the person who follows through.")

*Your affirmation:*

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**What action will you take DAILY to reinforce that belief?**

(Example: write your goal, 5 minutes of focused work, 1 hard conversation...)

*Your daily action:*

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Track your streak for the next 7 days by referring back to this worksheet and checking off each day:

Day 1    Day 2    Day 3    Day 4    Day 5    Day 6    Day 7



## Step 6: Reframe and Recover

***Your mind gives meaning—so give it power.***

Challenges are guaranteed. But suffering? That's optional. It all depends on the *frame* you give your experiences.

**Think of a recent setback or negative moment. What was your first reaction or interpretation?**

*Original frame:*

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**Now, reframe it. What else could it mean? What could it teach you? How could it serve you?**

*New frame:*

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Practice this reframing weekly—or even daily.

Your resilience is built through perspective, not perfection.

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## Step 7: Design Your Mindset Practice

***If you don't train your mind... the world will do it for you.***

Let's create a simple 5–10 minute **Mind Control Ritual** that you'll practice daily. Pick elements that speak to you. Combine, adapt, simplify.

Choose 2–4 of the following:

- 1-minute deep breathing
- Repeat your affirmation
- Visualize your Future Self
- Write your top 1–3 goals
- Rehearse a positive mental picture
- Read something that inspires you
- Reflect: "What did I focus on yesterday?"
- Reframe a negative thought or moment

My daily ritual will include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Final Thought: ***Who's In Control?***

At the end of the day, your life is a reflection of the thoughts you **allow** and the beliefs you **rehearse**.

You can be programmed by fear...

Or *you* can program your mind for power, purpose, and possibility.

You already have the tools. Now you have a system.

**Use it.**

Because when you control your mind—you control your life.

And when you train it with intention?

You make it fun. You make it profitable.

You make it *yours*.