

Training the brain

Use a Monk mindset rather than a monkey mindset

You have choices & more control than you think you have.

Pause Let's Breathe Physical

Visualization Psychological Healing

Sound Rain, nature, music, crystal bowls Deep self connection

Say Hi: Name, favorite shape put it in the chat, see what shape appears the most. Circle, triangle, square, squiggle line

Quote from “Think like a monk”

Jay Shetty

Thinking like a monk is another way of viewing and approaching life

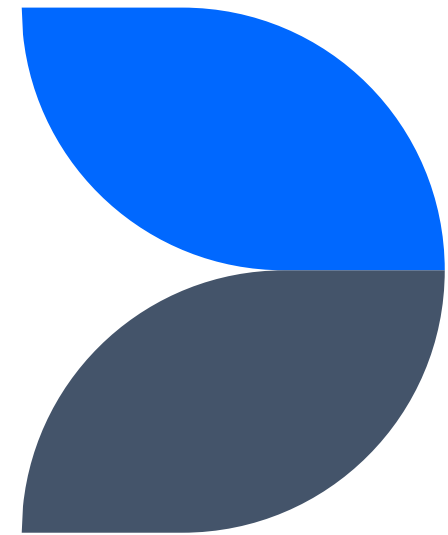
A way of rebellion, detachment, rediscovery, purpose, focus, discipline & service

Free of ego, envy, lust, anxiety, anger, bitterness & baggage

We need to adopt thinking like a monk to find: calm, stillness and peace

Monkey mind
overwhelmed
on coast not intentional
complains, compares, Criticize
procrastinates, overthinks
Distractable
short-term gratification
demanding and entitled

Monk mind
Focus on root issues
Lives intentionally
Compassionate, caring, collaborative
Disciplined
Long-term gain
Enthusiastic, patient
Committed to mission, vision, goal



Let go: Too much takes too much energy

“We are what “WE” think others think of us.”

Analyze what is MOST important.

What is your evaluation process?

Stuff, food, empty activity, news, exercise, meditation, reading, friends, family, social media, clothes, sports, music & the list goes on!

Are your choices based on your values & beliefs?

Other’s values

Society values

Implied or specified expectations

“What others think of me is none of my business.”

Values are not inborn; they are churned out, they are based on the experiences & circumstance we are born into.

What we go through in life what we are applauded for or what we are denigrated for.

A sum of your life experiences, relationships with family, & society these are the expectations for you.

Your passion and your culture impact your value system, beliefs.

Managing our minds

Fear

Not necessarily real

Reptilian brain fight/flight

Beliefs and values we have been toting with us for years.

Name one fear you have overcome. Remind yourself

Manage Fear

Empower yourself

Build confidence

Know your triggers

Set boundaries

Say NO with grace & kindness

Willingness to change

Attachment

Things, are ALWAYS the same

Detachment

Things, situations are temporary

Making a plan, but not being attached to the outcome.

What can I do?

Step back

Get in touch with your core values-where did they come from and do they serve you. Same of beliefs.

Let go on 1 thing at a time. Evaluate your reaction, your energy

What are some activities, people, expectations costing you?

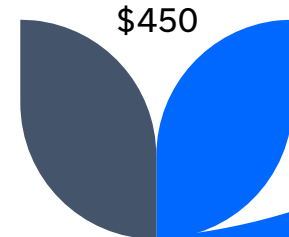
Breathe for 2 minutes 3 times a day, and BE with yourself.

Coaching Options

PLANS

Community and Positive Intelligence Sessions begin approximately every other month. Dates will be shared during discovery call.

ONE ON ONE	COMMUNITY	POSITIVE INTELLIGENCE
8 Sessions 1 hour each \$150 per session \$1,200 Guarantee: Participate fully in the first 3 sessions if you do not see results \$ money refunded	8 Sessions 1 hour each \$ 50 per session \$400 Maximum 12 women Guarantee: participate in 3 sessions if you feel there is no value \$ refunded	6 Weeks Includes App. daily motivation book 1 video Session/week Weekly discussion 30 to 60 minutes with coach & group. Options and pricing for this option will be discussed at discovery call.





Thank you



CoachSandy@wellness-with-attitude.com

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<https://www.youtube.com/channel/UCQp9d59RRTPAlpN5LIPDmVQ>

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704-713-0911