

Rise & Thrive

The Mindset Mastery workbook

By
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WELCOME

My name is Sam and I'm a mindset and relationship coach.

I specialise in helping people uncover what they really want from life, what has been holding them back and how to make their dream relationship a reality.

I've helped hundreds of people to get back into the drivers seat of their lives and take back control.

I'm also a digital nomad, scuba diver, board game fanatic, coffee lover and gym enthusiast.

Let's get started

THE PROCESS

STEP

1

HOW YOU ARE MAKING LIFE HARD FOR YOURSELF

Here I'll introduce you to the concept of limiting beliefs and explore how negative thoughts and assumptions impact personal connections. It's vitally important that we address these beliefs if we want to create growth and enrich our relationships.

STEP

2

In this section I'll give you practical techniques for identifying exactly what your limiting beliefs are and how they are impacting you. We'll cover how to get your thoughts out of your head and onto a page, from there we'll uncover negative patterns with the 'ladder technique'. This helps reveal the root causes of recurring doubts.

UNCOVERING HIDDEN BELIEFS

STEP

3

CHALLENGING YOUR BELIEFS

Once identified, we'll look at how to challenge and replace limiting beliefs with empowering alternatives. This belief transformation exercise guides you through dismantling old beliefs and adopting healthier perspectives.

STEP

4

Now it's up to you. Once you have this workbook and have put in the effort, it's up to you to grow and change.

SUSTAINING GROWTH

STEP ONE

LIMITING BELIEFS

WHAT ARE THEY?

Imagine these beliefs as invisible barriers, quietly shaping our interactions and relationships. They stem from negative thoughts and assumptions we hold about ourselves and others. These beliefs can convince us that we're not worthy of love, that we'll never be understood, or that we're destined for disappointment. These are just some examples, you can have limiting beliefs about almost anything (and trust me people do!)

These beliefs are designed to protect us. Their intentions are good but their outcomes often aren't. For example, I had previously developed the limiting belief that 'I am unloveable'. The good intention? If I tell myself that I'm unloveable, then I won't try to get into a relationship. No Relationship, no heartbreak! (Wow, I feel so much better, thanks brain!)

DO THEY REALLY MATTER?

One limiting belief that I see a lot is 'I'm not good enough.' It's a very simple and very powerful line to be telling yourself. Imagine you were constantly telling your best friend that they weren't good enough—how do you think they would feel? How would they treat you? What if you're telling yourself these damaging things everyday and you're not even aware of it?

WHY YOU **NEED** TO DO THIS:

Acknowledging the limiting beliefs that are inside you is the crucial first step towards personal growth. By becoming aware of how the beliefs that dictate most of our lives, we gain the ability to challenge and change them.

So, shall we uncover some of these beliefs?

This is the first step towards deep change ↓

STEP TWO: UNCOVERING YOUR HIDDEN BELIEFS

In this section, we're going to look at you and what hidden beliefs might be holding you back without you realising it. The best way to uncover these beliefs is to take a moment recently that made you feel really bad. I know 'bad' is a very non-specific emotion, but I use it intentionally because this exercise can be done with almost any emotion as long as it creates a strong reaction within you.

Note: When you are getting close to the hidden belief, it will be the one that hurts the most, the one that you really feel.

So, let's take that moment that made you feel bad, and then we're going to question it, and then question it again, and again until you find the core. We use questions like these:

- What if that happens? What will this mean?
- What does that say about you?
- And so what, what if that were true?
- What are you worried that might mean?
- And why does that bother you?
- What does that suggest?

QUESTIONS TO ASK YOURSELF

EXAMPLE ONE

"I feel bad that I spent way too much money at the weekend."

What if I can't stop spending money? What will this mean?

"It means that I'll go completely broke."

What if I do go broke? What will this mean?

"It means that my whole life will fall apart."

What if my life does fall apart? What will this mean?

"It means that I am incapable of controlling my life."

What if I can't control my life? What will this mean?

"It means that I am helpless."

The hidden belief that this person is actually scared about, the fear that is driving them to feel bad about spending money, is the belief that deep down they are helpless. Let's look at another example where we use different questions depending on the thought.

EXAMPLE TWO

Let's look at another example where we use different questions depending on the thought.

"I will never be able to pass this test."

Let's imagine this thought has come true.

What is so upsetting about it for you?

"My partner will be disappointed in me."

If they do become disappointed, what would this mean for you?

"It would mean that I have failed them husband/wife."

How would you feel about yourself if you did fail them?

"I would feel that I am good for nothing.

I cannot even make my partner proud of me."

How would you feel if that were true?

"I would feel unworthy and unlovable."

Core belief unveiled!

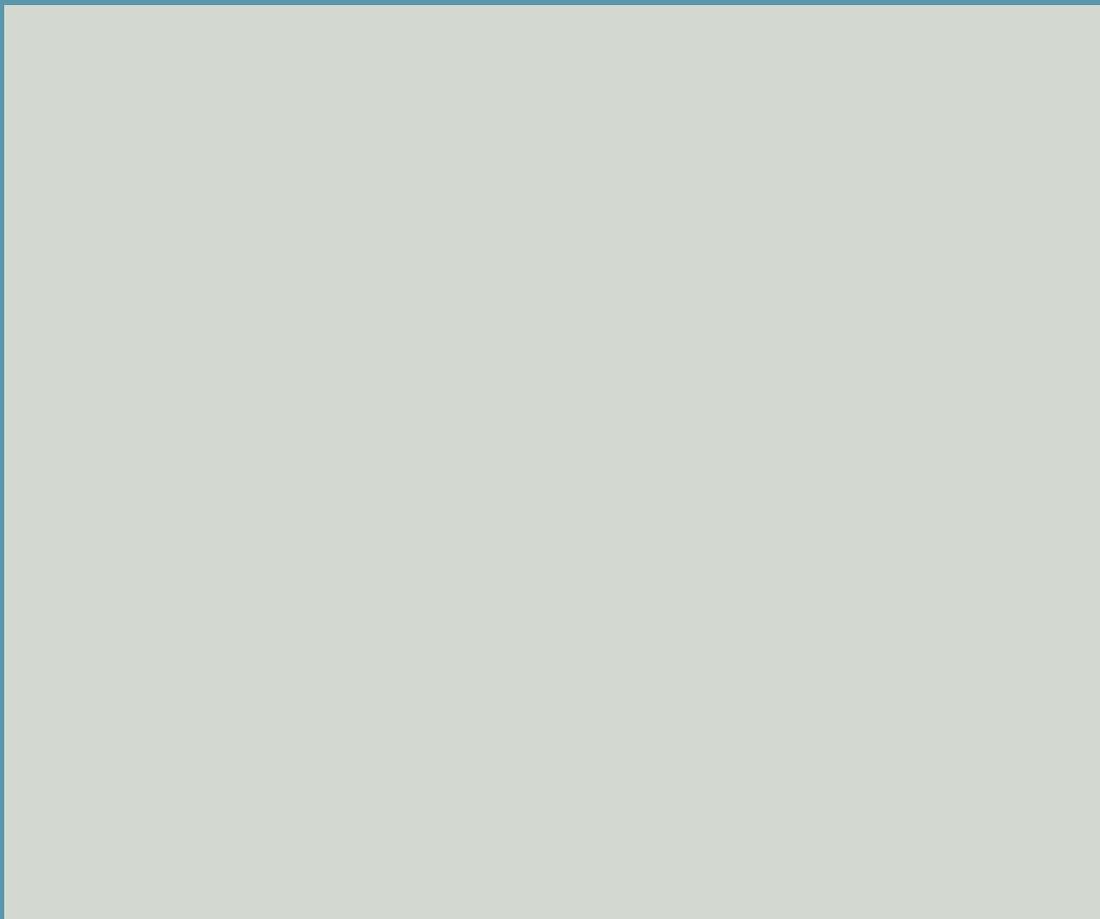
Now it's over to you.

Your turn

Write down in this box a moment that caused a big negative emotion within you:

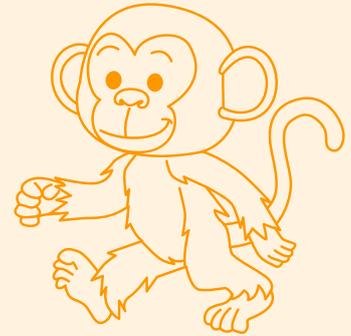


Now, using the questions from page 4, start to question it.
Keep going until you find the core.
If it's going nowhere, use different questions or start again.



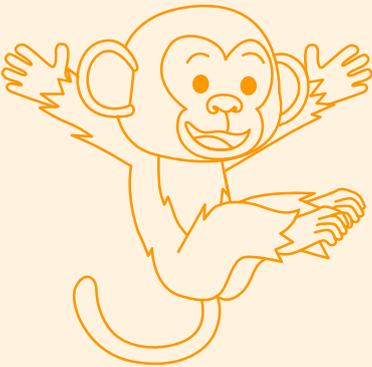
STEP THREE: CHALLENGE YOUR BELIEFS

I like to think of these limiting beliefs as a little monkey inside of you. This monkey loves you with all of its little monkey heart, and it's doing its best to protect you. These limiting beliefs are just that monkey trying to protect you from pain in the future. If the monkey convinces you that you are unworthy of love, then you won't try to feel love and get rejected. The monkey saved you from heartbreak! If it tells you that you're not good at solo projects at work, then it will distract you from working: 'I can't be criticised for doing a bad job—I didn't even have time to do a good job!' Thanks, monkey!



So, how do we get the monkey to relax and stop making us avoid situations that make us feel bad?

YOU'VE GOT TO STOP FEEDING THE MONKEY



Now, you're not going to be able to change your limiting beliefs just by noticing them. It's going to take time, some of these beliefs you will have carried around with you for most of your life.

But, we can start to make a change today. And that change will keep growing until you reach a point where your monkey doesn't say a word because you are back in control.

HOW TO TAKE BACK CONTROL

When you notice your monkey telling you something, you're going to thank the monkey for their concern, but you're going to do just a small amount of the opposite. It's going to feel uncomfortable, it might feel like the world is crashing down around you, but this is how you take control of your life and move forward.

EXAMPLE:

“I MUST BE IN CONTROL”

If your belief is that ‘I must be in control’ Your first step is to ask someone else to plan an evening. You can be direct with someone like a best friend or a partner: ‘I feel like I always need to be in control, I would like to work on that. Could you please plan X?’ It could be where you go for lunch, it could be what series you watch. The most important thing is to observe how you react to it. If you immediately start revolting against that thing: ‘Where are we going?’ ‘Oh, I wouldn’t have picked a lunch with so much bread’, ‘We’re watching a comedy? I hate comedies!’ You get the idea. You’re going to watch the monkey jump up and down with cymbals in its hands, trying to get your attention. Here we need to thank the monkey for it’s input, but reassure yourself that it’s okay by changing your internal narrative. Tell yourself: ‘I am choosing to ... [blank]’. In this example, ‘I am choosing to live with uncertainty and not be in control.’

IT WON’T BE PERFECT STRAIGHT AWAY

You might react and give in to the monkey, then feel bad about it. You might apologise to everyone around you and end up only doing whatever you didn’t want to do in the first place. It’s okay. It gets easier every day.

Once you calm down your monkey, it will eventually stop kicking up a fuss about the things that aren’t life threatening, allowing you the freedom to go about your day in peace unless there is a real disaster to deal with.

(Wouldn’t that be nice?)

STEP FOUR: SUSTAINING GROWTH

Okay, great. So you've read through this document, you've gotten an idea of what some of your limiting beliefs are and how you enforce them every day—what's next?

Make a change today. Right now if you can! Keep digging into your big emotions and challenging them. I find that writing them down gives a lot of clarity instead of just thinking about them in your head. Here are some tips for keeping you strong during your journey:

GET A COACH

We all know how easy it is to say we're going to do something, and then we never do. Hello, 'New Year's Resolutions,' I'm looking at you. A coach will be better able to identify your limiting beliefs and hold you accountable each and every week.

At the very least you should **use your support network**. Tell a friend or family what you're working on, in some ways they know you better than you know yourself.

- What negative things do you often say to yourself? Write down the exact phrases that come to mind.
- What evidence do you have that supports these beliefs? Is it reliable and valid, or is your monkey making it up to 'protect' you from something?
- What would you say to a friend who had the same beliefs about themselves?

Write down the advice you would give them.

- Imagine you have completely let go of your limiting beliefs. How do you feel, and what are you doing differently?

JOURNALING PROMPTS

SUSTAINING GROWTH

CELEBRATE YOUR ACHIEVEMENTS

When things are going well, jump for joy!

When you're not feeling as anxious and stressed at that meeting because you've let go of the over responsibility you were feeling, smile and talk about it with your support network afterward.

This is not going to be a quick and easy road, it's going to take time, and you're going to make a whole load of mistakes. Remember that you're not doing this for instant gratification. We're trying to make big changes that last for the rest of your life.

So, if you have a bad week or a bad month, it's okay—this journey, sadly, isn't linear. You've just gotta get back on the proverbial horse and keep doing the work.

ADOPT A LONGTERM MINDSET

Top tip! When you're feeling down about it, this is a perfect time to reflect on your whole journey. Where would you be a month ago if you hadn't started this journey? A year ago, would you have been able to say you don't want to be acting this way?

**NOW IT'S
OVER TO
YOU**



YOU MADE IT!

Thank you for reading this to the end and joining me on this journey. These are tools that have changed my life. I hope you have found it as useful as I have.

Still need some help identifying and working through your limiting beliefs?
Sign up for my 12-week program now!

Not ready yet?
Join the community of people who want to feel better @emotionalsam on instagram

You've got this!
Big love team