

## Module 1 Success Mindset: The Present You

**PART 1:** Come up with at least three thoughts for each part of the different aspects of the Self listed below. If you can't think of any, just skip ahead.

### The Authentic Self

*The authentic self is often the higher self, made visible and refers to your thoughts and actions that align with what is most true for you and your integrity. Hint: it is often the opposite of your Social Self*

*I.e. "With dedication, I will be able to build a business that I am passionate about."*

- 1.
- 2.
- 3.

### The Social Self

*The social self is often referred to as your 'people pleaser', it is the self that is often at work, on social media, and out in public. It is the one that cares what other people think.*

*I.e. "What are people going to think about me?"*

- 1.
- 2.
- 3.

### The Survival Self

*The survival self often relates to fear-driven beliefs and behaviours, typically resembling the safety and survival thoughts and beliefs of your parents, guardians and teachers.*

*I.e. "Starting your own business is too risky."*

- 1.
- 2.
- 3.

### The Inner Critic

*The self that judges, criticizes, or demeans you.*

*I.e. "I am too all over the place to be a successful person."*

- 1.
- 2.
- 3.

### The Higher Self

*The higher self is the part of you that identifies with your eternal, omnipotent, conscious, and intelligent self (often considered your soul's wisdom).*

*I.e. "I am following my passion because it just feels right."*

- 1.
- 2.
- 3.

**PART 2:** I want you to review each 'self' above and allocate a percentage out of 100% that honestly reflects the amount of time you spend daily operating out of each self.

## Module 1 Success Mindset: The Present You

1. The Higher Self:
2. The Authentic Self:
3. The Social Self:
4. The Survival Self:
6. The Inner Critic Self:

**PART 3:** Now let's review the thoughts each 'self' has and I want you to do this with each one:

- Close your eyes and take a deep breath, focusing on your heart
- Is it absolutely true that I ... (enter thought)?
- List all of the thoughts that you feel are absolutely true for you below

- 1.
- 2.
- 3.
- 4.
- 5.

**PART 4:** Now let's take these true thoughts above and ask yourself, when I believe this thought, what action am I most likely to take in my business?

- 1.
- 2.
- 3.
- 4.
- 5.

**PART 5:** You should now be able to evaluate what thoughts actually help you in your business and what thoughts are not only most true for you, but the most helpful ones to repeat throughout your day. Write down 5 of your most helpful thoughts:

- 1.
- 2.
- 3.
- 4.
- 5.