

Association Game – Write down the first few words that pop into your head when you hear these words

MONEY

TIME

BUSINESS

RICH PEOPLE

SALES PEOPLE

ADVERTISING

SELLING

RELATIONSHIPS

HEALTH

Write down what negative or unhelpful **thoughts** are you having in all areas of your life

Do this now and add to it during the week as you become aware of more

Write down what negative or unhelpful **language** (words) your staff and contractors say that may be affecting your business

Do this now and add to it during the week as you become aware of more

Write down who you are **being** in your business and life – what limiting beliefs is this showing up for you?

Do this now and add to it during the week as you become aware of more

Write down what **actions and non-actions** you are taking in your business and life that are revealing limiting beliefs for you?

Do this now and add to it during the week as you become aware of more

Write down what limiting beliefs have shown up for you this week from practicing **being present**?

Anything else that you want to write down this week that has come up for you from observing or going through this process?

This Week's Checklist

- Watched all the training videos for Mindset – Part 1
- Completed this Action Guide
- Attended the Kaizen Q&A Webinar on Monday afternoon
- Observation of your thoughts, language, behaviours, habits during the week
- Observation of your staffs/contractors thoughts, language, behaviours, habits during the week
- Taking part in the Set an Alarm and write down your thoughts exercise
- Practice being present every day (minimum of 15 minutes)