

# CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

▶ **NOTES: WEEK TWO**  
**MINDSET**

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CHANGE YOUR THOUGHTS  
**CHANGE**  
**YOUR LIFE**  
NUTRITION. MINDSET. MINDFULNESS.

## Reframe Your Mindset Exercise

What do mindset and habits have to do with our health, fitness level, wellbeing and overall success in life? The answer is quite simple ... EVERYTHING!

This week I am going to walk you through a powerful exercise that demonstrates how our mindset affects how we feel, what we do, who we become and what we achieve.

Look out the window — what do you see, hear and feel?

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Write down 3 things that make you feel good about what you observed, heard and felt?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now write down 3 things that make you feel bad about what you observed, heard and felt?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.

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Though this exercise may seem simplistic, this is actually a very powerful mental tool, because 1) it is so easy to do and understand, and 2) you can do this with any situation, any thoughts and any feelings that you believe are true and immovable.

You can learn to direct your mind to choose the thoughts you want to think, thoughts that empower you, rather than defeat you.

I offer you a few situations that you could either focus on what is going great, or what is not going so great, to notice that the event never changes, but the way you interpret the event changes.

Nothing changed, it's only your thoughts and the meaning you give the event that changes.

- When you are preparing your new recipes
- Drinking a smoothie for breakfast rather than eating a bagel and cream cheese
- When running or exercising
- During a family dinner and you choose differently
- Waking up early to prepare your new recipes
- When choosing a healthy snack rather than an unhealthy snack

This is not an icing-on-a-mud-pie exercise. This is called positive reframing. You can choose to see the positive benefits of a situation, or the negative, as this exercise demonstrates.

The ways to use this exercise are endless. You can transpose this exercise to any area of life, and I encourage you to do just that.

Where focus goes energy flows!

Focus on the healthy, empowering thoughts about the changes you are making, rather than "how hard it is," and I promise you this, your skin will glow, your energy will skyrocket, your mental clarity will increase and your emotions will balance.