

# 1 K E E W



"TRAIN YOUR BRAIN"  
-MINDSET



**“ WHAT YOU  
WRITE ON THE  
INSIDE, YOU'LL  
EXPERIENCE  
ON THE  
OUTSIDE ”**

**-The Power of the Subconscious Mind**

[www.7pointnutrition.com](http://www.7pointnutrition.com)



# 1 | TRAIN YOUR BRAIN

## HERE WE GO!

We're going to get this party started with a little mind work!

After years of coaching one on one clients, it has become more evident the power of your mind. Not with just weight loss or healthy behaviors, but with all aspects of life.

When clients go through our coaching programs, MINDSET is one of the first 'Points of Health' we cover and continue to work on and practice throughout all sessions.

This week's focus is based on a few of our favorite mindset and growth activities: Gratitude and Reading.

Before we reveal your Week 1 assignments, let's get in the right frame of mind with a quick mindset overview.



## **GROW BABY GROW!**

Having a 'Fixed' mindset is one that plays the victim, and we challenge you to get out of this mindset! Stop the excuses, stop comparing and get to work! We coach to a 'Growth' mindset. This is where you are continually looking for ways to grow and learn. You are coachable, take ownership and are ok with getting uncomfortable. You take action, assess your progress, adjust your plan and keep moving forward! This is where the magic happens! NO VICTIMS ALLOWED!

## **THE POWER OF POSITIVITY**

Did you know that we have 60,000 + thoughts per day! Imagine if the majority of those thoughts were positive! You literally can change your life by reprogramming your own thoughts by focussing on positive and success oriented inputs. Here's where gratitude and affirmations can make a big impact! Plus, the more you repeat and surround yourself (your environment) with positivity, the more impact you'll have on all aspects of your life.

## **LAW OF ATTRACTION**

Karma! What you put out, comes back 10 fold right?! It's absolutely true that you will attract what you put out and what you allow to be inside your environment. Choose your surroundings wisely. Find like minded people and groups (like this one!) to be involved with. Make sure your 5 closest friends are moving you forward. Continue to learn and take action to implement changes. Make a vision board; imagine and feel where you want your life to be as if it already is. Be patient, consistent and keep implementing. This is an ongoing learning cycle. Imperfect action is better than no action!

## **FREEDOM TO OVERCOME**

Learning new skills and having a stronger Mindset, and supporting environment will lead to more freedom! Obstacle become challenges you overcome, set backs become lessons you learn from. You continue on a forward path and managing lifes ups and down becomes a smoother ride and success become more fluent. You control your reactions and thoughts not the other way around. You are no longer a victim, you are in control.



# THIS WEEK'S ACTIVITIES

We've picked a few of our favorite Mindset/Growth activities to focus on starting Day 1 of the Challenge. We feel these 2 activities, done consistently, can change your outlook, your attitude, your approach, even your LIFE!

***Lets get started!***

## 1 | START YOUR DAY WITH GRITITUDE

For this activity we are asking that you begin your day with filling out a Gratitude-Affirmation-Action list. There are no 'rules' here, just grab some paper and write! (or use the Journal sheet in the Took Kit) You don't have to do all 3 of these, but at least start with a gratitude list or statement every morning. Take a minute to reflect on what you're grateful for and feel those happy emotions. With consistency, this frame of mind will spill over into your whole day.

Did you know? *Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.* - [health.harvard.edu](http://health.harvard.edu)

Don't forget to share with us in Facebook!

## 2 | READ FOR 10 MINS

For this activity we are asking that you either read (or listen) to a book, podcast or other mindset/growth broadcast. We've created a book list to help you get started or grab your own. Just 10 minutes a day is it! Listen while driving to work or the gym. Read before you go to bed. This one should be easy...but make sure you share what your learning with the group!

Did you know. *85% of successful people read two or more self-improvement or educational books per month.* - [leaderonomics.com](http://leaderonomics.com)



# NEXT STEPS

## 1 | PRINT YOUR TOOLS

In the Toolkit you'll find the materials you need for this part of the Challenge:

- 'Train Your Brain' Cheat Sheet
- Reading List
- Gratitude/Action/Affirmation Journal Sheet

## 2 | PICK YOUR TITLE

Review the reading list and decide on a book to commit to reading. Or find your own, or even a podcast. Just have something identified for this assignment. \*\*share it with us in the Facebook Group!

## 3 | SCHEDULE TIME

The biggest reason why many don't keep up behaviors like this is that they don't schedule it. Take a moment to actually schedule this time. 10 minutes each activity should be enough.

## 4 | TAKES NOTES AND ASSESS

Take notes of things learned from your readings and journalling. Share to the group! Look back over your action list and see how you do each day.

**HAVE FUN!**