

THE MENTAL MOVEMENT

WHERE'S YOUR HEAD AT?

A simple but effective secret to getting out of your head & getting into your life.

An ebook brought to you by
The Mental Movement



WHAT'S GOING ON UP THERE?

You're a really smart person.

That brain of yours is supercharged.

It's often working on overdrive.
I can see the steam coming out of your ears as you try to evaluate every possible scenario and work out how to make sure you never get it wrong or disappoint anyone, including yourself.

Your brilliant mind has gotten you places.

It's got you top notch qualifications, an impressive CV, and it's solved some complex problems.

But how helpful is it when it comes to thinking about yourself?

About your place in the world?
About what comes next?
About what you're capable of?
About what a fantastic human being you are?

Sometimes it gets stuck.
It can't solve the problem.
It stops you from taking action.
It makes you believe that you're not good enough.

And that doesn't feel good.
It makes you feel uncertain.
It undermines your confidence.



**How do I know all this?
Because I've been you.**

And now I want to share something really simple with you that'll help you to break free from being stuck inside your own head.

So that you can get on with living your very own bloody good life.

THE GOOD NEWS

Changing the soundtrack that's running inside your head is entirely within your control. You just have to choose to do it differently.

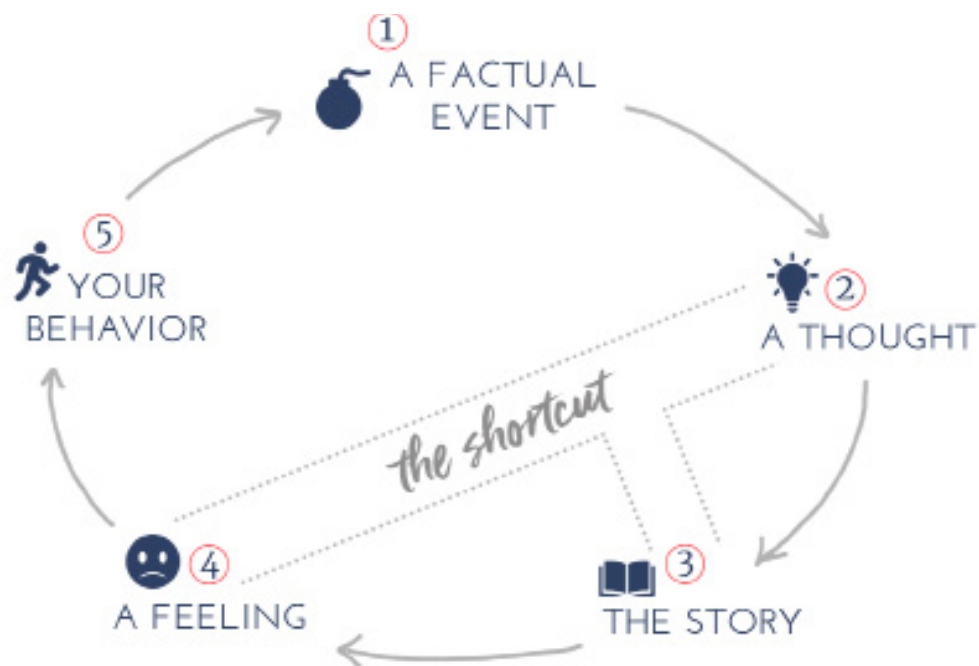
Yes! *How amazing is that?*

THE BAD NEWS

Changing the soundtrack that's running inside your head is entirely within your control. No-one else can do it for you.

Drats. *How scary is that?*

HOW IT'S WORKING RIGHT NOW:



LET ME WALK YOU THROUGH IT:

1. A factual event

Something unexpected happens to you. Someone says something. Something doesn't go according to plan. You get let down. You don't achieve what you wanted.

Let's use an example: your journey is delayed so you end up missing an appointment or meeting.

2. A thought

As a result of the event that's happened, you start evaluating and analysing the situation. Your brain is trying to make sense of what's happened and is looking to prevent both damage to your ego and something like this ever happening again.

In the example: this is so annoying, this always happens to me, it wasn't even my fault, what are they going to think.

3. The story

Your mind then pulls together these thoughts to create a very convincing story that justifies and makes sense of the situation.

In the example: bad things like this happen to me because I'm a useless person; I'm lazy – if only I'd got up earlier and left more time then I wouldn't have been late; they're all going to think I'm stupid and incompetent – I'm probably going to lose my job.

4. A feeling

You believe the story that your mind is telling you – you pretty much take it as fact – and this, not surprisingly, causes negative emotions.

In the example: the I'm not good enough story causes feelings of fear, shame, sadness, anxiety, guilt, hopelessness.

5. Your behavior

The way that you've ended up feeling then has an impact on your mood and will also influence your subsequent behaviour and actions.

In the example: you may be grumpy with your work colleagues or your partner for the rest of the day, the shame may reduce your confidence and the anxiety may affect your mental well-being.

6. The shortcut

The factual events obviously occur on a daily basis so there's a lot of opportunity for you to practice, to repeat and to *'buy into'* the subsequent stories which your mind creates.

Some of the stories will mean a lot to you, they'll really hit a nerve. Perhaps they connect to some of your biggest fears or triggers that you might have carried with you from your childhood.

The stories that you'll 'hear' the loudest will recur most easily, to the point where you don't even need an event to trigger the thought, story and the feeling. *A shortcut is created.*

The story has become easily accessible, it's familiar, like a well worn groove – particularly when you're not feeling like the best version of yourself. It's close to the front of your mind most of the time and it's there going round and round like a broken record.

“I’m useless. I’m lazy. I’m not good enough. Other people think I’m stupid and incompetent.”

And, not surprisingly, repeatedly hearing and engaging in negative stories like this has the power to undermine your sense of self-worth, how much you trust yourself and generally makes you feel like a big pile of poop.

Such a big impact on how you feel when *the only real truth* was that your journey was delayed and you missed an appointment!

*Now remember the good news & the bad news?
There is another way. If you choose it.*



HOW TO TAKE BACK CONTROL:

1. Awareness

The majority of people are walking around every day creating new stories and holding on scarily tight to the most powerful old ones (because, bizarrely, we feel safe when we believe something about ourselves, no matter how negative). Unknowingly allowing them to determine their mood and have influence on their behaviour.

They feel like things are being 'done' to them or that other people are 'making' them feel a certain way. When really, it's the stories they've created which are determining how they feel – they've 'done it' and 'made it' for themselves by themselves.

The great news is that, by having read this far, you've already started to raise your awareness – you can no longer 'unknowingly' allow the stories to be the master of the way you feel.

2. Become a curious observer

Your next challenge is to practice taking a step back from your thoughts, to start noticing them a bit more often. To witness the stories as they're arising.

To become a curious observer.

And I use the word 'curious' on purpose. This is about enquiring without judgment.

Now that you have awareness this is not an opportunity to start noticing your thoughts, labeling them as bad or wrong and using this as another stick to beat yourself over the head with.

This is about practicing a bit of separation, more space, less connection and attachment to your thoughts.

Of just seeing what's there and letting it be.

One way to begin is by identifying a trigger – something which happens often, at least once a day, that acts as a reminder for you to step back and observe your thoughts. While you're in the shower, waiting at the bus stop, eating your lunch.

3. Challenge the story

You now have some awareness and you're taking the time to notice and step back from your thoughts and stories on occasion.

Now time to call their bluff.

See if you can identify a familiar story – one that you know comes up regularly for you. Keep a particular eye/ear out for it.

When it occurs, take your step back and then, as a true observer, ask “Is this 100% true?”. Would it, without doubt, stand up in a court of law? Could I say this to someone else and they would whole-heartedly agree?

You'll find that in the majority of cases the answer is no – it's not 100%, it's not certain and it may even become apparent that it's actually complete bullshit. (In the latter scenario, I very much encourage you to have a quiet chuckle at yourself – it really helps, I promise.)

Once you begin to realize that, very often, the stories just aren't true they lose their power and you lose your interest in buying into them.

4. Consciously make a choice

You're aware, you're noticing, you're starting to realize the stories aren't true.

Now you get to make a choice about what to do with these thoughts and stories which are taking up (too much of) your headspace.

Two key questions to ask:

Is there anything of value or anything I need to learn from this thought or story?

Is there any action that I want or need to take as a result of this thought or story?

Once you've taken what you need and decided what to do then everything else is surplus to requirements, has no value to you so you can just let it be.

(One bonus additional question which I find super useful for niggling thoughts is “Would my 85 year old self care about this?” – if the answer is ‘no’ then move on, you’ve got better things to be doing.)

5. Practice with playfulness and compassion

You've spent the best part of 20+/30+/40+ years developing and grooving the way that you think. I'd love to say that I have the magic bullet to change things overnight. But I definitely don't.

You absolutely can change your relationship with the stories that your mind creates but it's going to happen gradually and only with practice.

Two truths and a lie:

- You're never going to be able to catch every thought. (truth)
- You're not going to be successful at stopping every negative story in it's tracks. (truth)
- This is something you can do right or well or be good at. (lie)

See if you can 'try easy' at this. Look for opportunities to practice and then be kind to yourself when it's isn't easy or when you realize you've ballsed it up completely.

PHEW. LET'S SUM IT UP.

What's going on up there:

You spend a lot of time stuck inside your own head
A negative or unconstructive voice is running the show
You feel frustrated, unclear and lacking in confidence

How it's working right now:

Thoughts get linked together to create stories
These stories get your full attention
They influence the beliefs you have about yourself
They undermine your self-worth and self-trust
They impact your mood and behaviour

What to do differently:

Raise your awareness
Become a curious observer
Challenge the truth of the story
Consciously make a choice about what next
Practice with playfulness and compassion

What you'll begin to experience:

The ability to step back and observe without judgment
More space between yourself and your mind
Lower levels of stress, more moments of calm
Improved focus and concentration
Better and less variability in mood
A change in tone, being kinder to yourself
More clarity and confidence to make decisions and get into action

*Now, go forth, go practice & get playful.
Get out of your head & get into your bloody great life.*



AND IF YOU WANT MORE...

I get you & I got you.

Hey there. I'm Hana. And I can be your Personal Mindset Coach.

My coaching work is all about creating a safe space where you'll learn to shift your thinking, get into action and unlock access to your very own bloody great life.

If this workbook has struck a chord but you're not quite sure where to go next then I'm totally here and ready to support you.

I offer a free 30 minute chemistry conversation where we can get to know each other a bit better. Drop me an email - hana@thementalmovement.com - and we'll find a good time for a cuppa and a chat.

If you're not quite ready to talk to a real person just yet, then here's some more stuff that you might enjoy and find useful.

[Working with Me](#) [About me](#) [Blog](#)

Thanks for your precious time and attention.

Good luck on your journey and take care of yourself,

Hana