

## Mastering M.E. - Mind & Emotions

Week 10 Mind Mastery - accurate thinking, applied faith

Center - Close your eyes for a moment, bring your awareness to your breath

Intentions - personal and group

Recap of week 9

Integrating - Doing the Work

Connecting with the WHY - Healing the unresolved beliefs that hold us hostage

## Share Gratitude and Win

### Mind Mastery - Accurate Thinking

Today's lesson is applying and connecting all that we have learned, modeled and embraced over the last 9 weeks. This week's focus is on Mastering the Mind. The Mind does not control you unless you let it. Mastering the Mind helps you notice CCJ and to Self-Regulate. Mastering Mind is a process of observing oneself, (noticing your

1. Responsibility
2. Self-Efficacy
3. Inner Power
4. Now
5. Self-Regulation

thoughts, beliefs, and behaviors) to Find it, OWN it, Change it.

Your LIFE WORK for the week.

1. MIND Mastery - Put into words your process of Mastering your thinking, thoughts and actions.
2. Applied Faith - Put into words your process of living in Faith - Applying Faith to your vision, goals, and daily life.
3. Answer question in week 10 Lifework Questions
4. Review Vision and send copy in for Recalibration
5. Set Goals -TAKE NEW ACTION STEPS - Utilize your PLANNER