

MINDSET

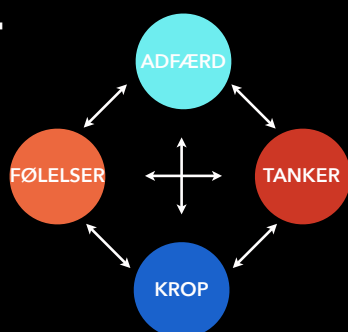
DE FIRE ELEMENTER I MINDSET

100% GODE LIV

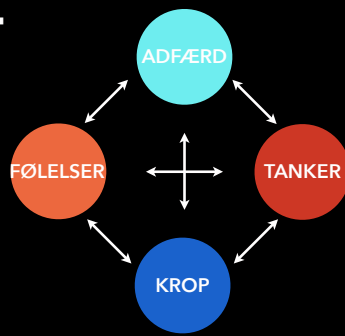


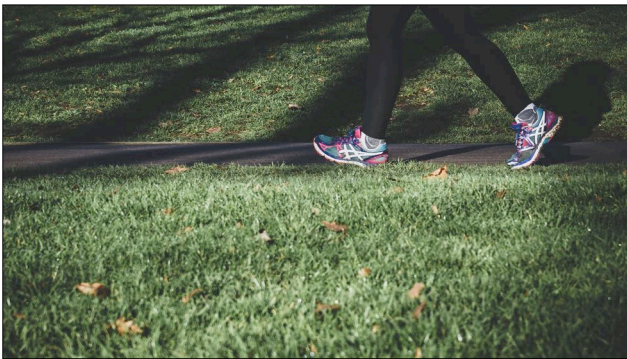
40% MINDSET 10% OMSTÆNDIGHEDER 50% MENING

MINDSET MODEL



MINDSET MODEL



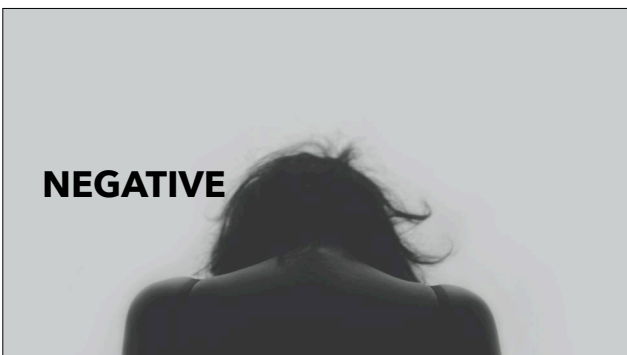


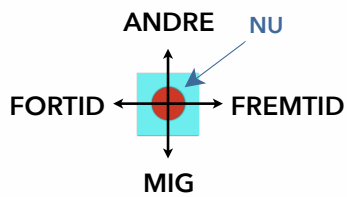
TANKER

POSITIVE



NEGATIVE





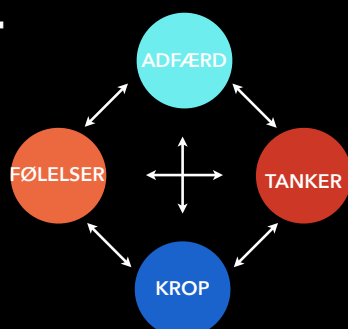
POINTEN!



HVEM KØRE BUSSEN?

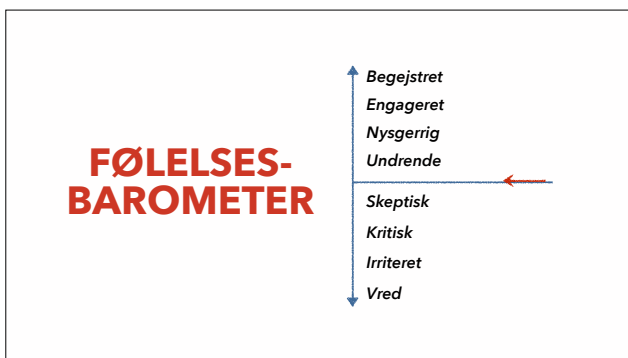
FØLELSER

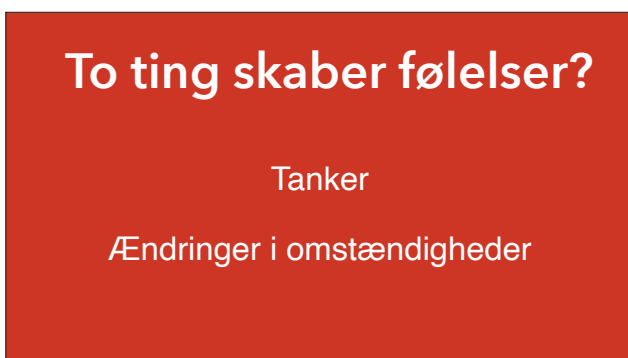
**MINDSET
MODEL**

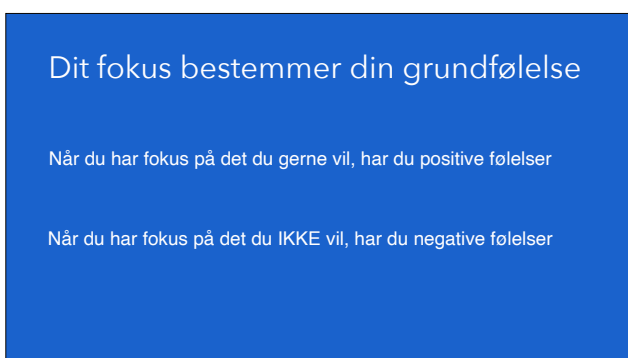












90 sekunders reglen



Hvor er dit fokus?

Hvad vil jeg undgå? => Negative følelser

Hvad ønsker jeg? => Positive følelser

Hvad er dine forventninger?

Når ting går som jeg forventer – er jeg følelsesneutral

Når ting går bedre end forventet – bliver jeg glad

Når ting går dårligere end jeg forventer – bliver jeg vred/irriteret

"Ting" = omstændigheder

Hvad er forholdet mellem Positive og Negative tanker?

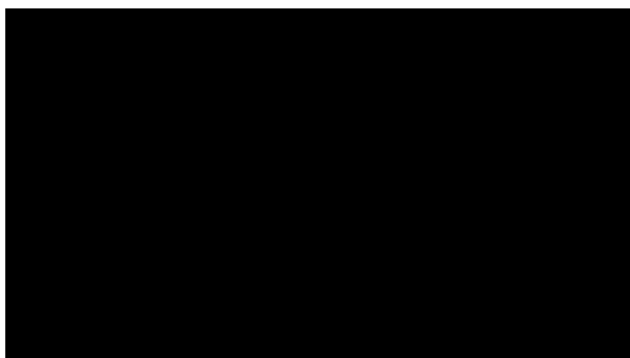
5:1 Stortrives

2:1 OK – sådan lige

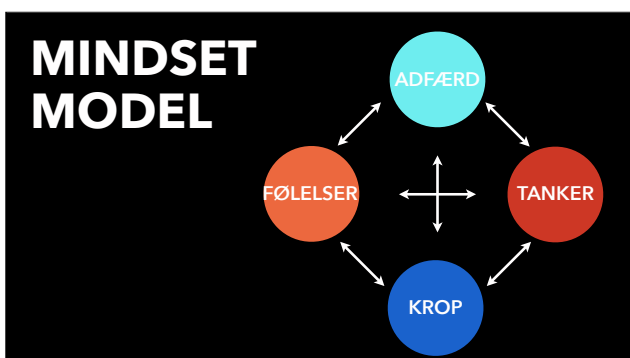
1:1 Trist / deprimeret

OBS! Din hjerne har sandsynligvis negativ slagside





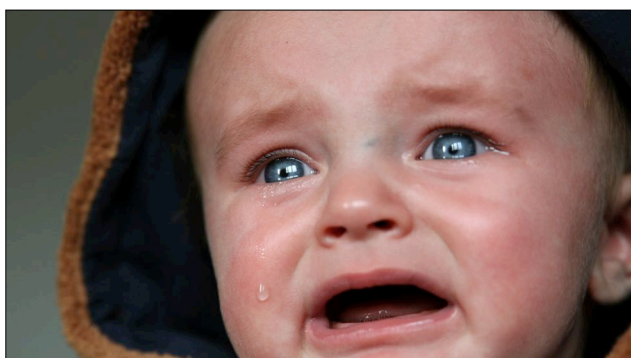








ÅNDEDRÆT
HVILE
MOTION
MAD



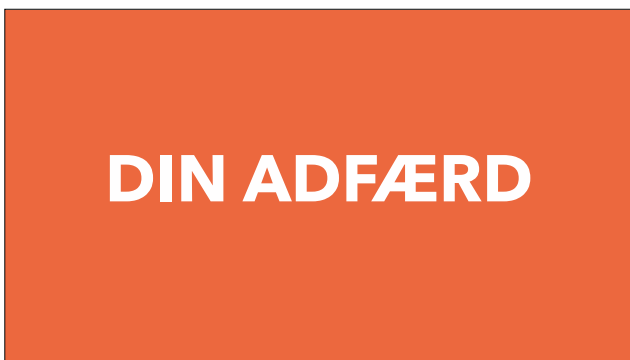


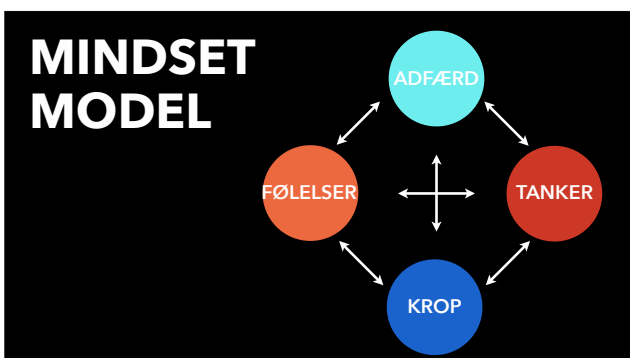


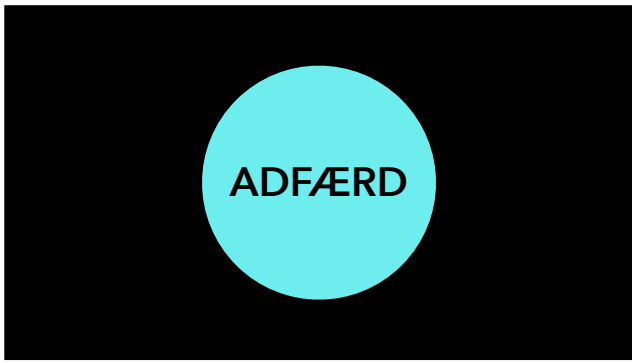








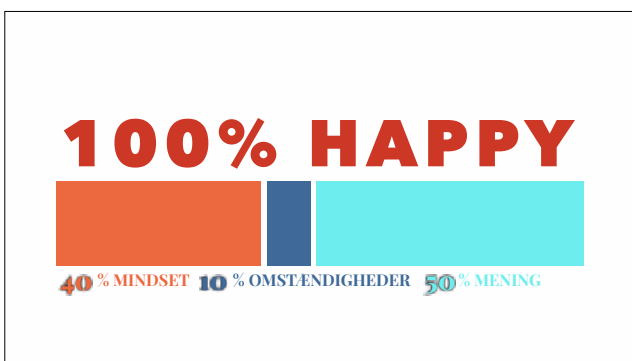




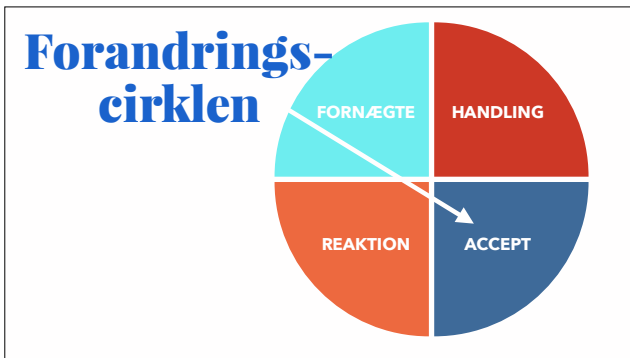


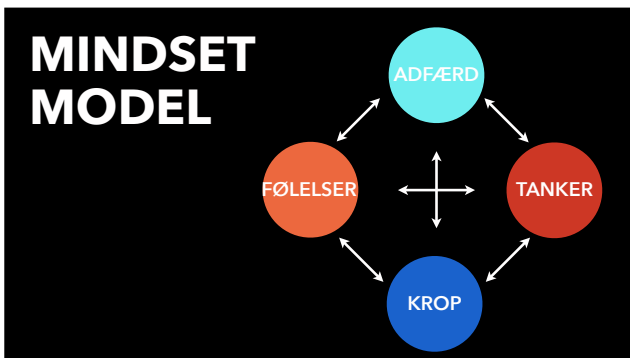


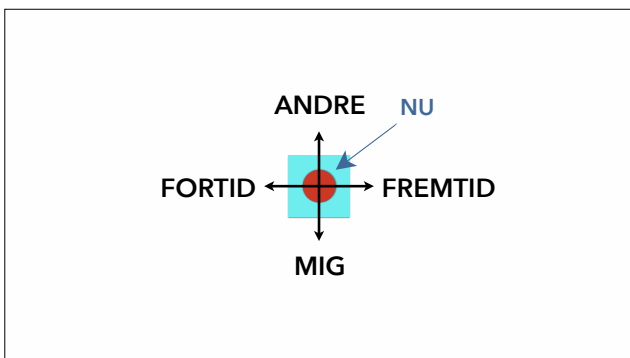


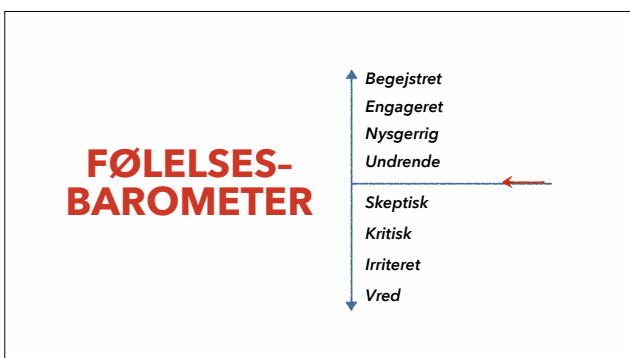












HUSK!

Du er chauffør i din egen bus
