


SLOW DOWN & TUNE IN



MODULE THREE
MINDFULNESS & MASTERING
YOUR THOUGHTS



“I DISCOVERED THAT WHEN
I BELIEVED MY THOUGHTS,
I SUFFERED BUT WHEN I DIDN'T
BELIEVE THEM, I DIDN'T SUFFER.
FREEDOM IS AS SIMPLE AS THAT.
SUFFERING IS OPTIONAL.”

Byron Katie

MODULE THREE

MINDFULNESS & MASTERING YOUR THOUGHTS

Welcome to your next module in Slow Down & Tune In.

In this module we will be exploring how to master your mindset and get back in charge of your thinking, tools for shifting your self-talk and changing your beliefs, plus my 3 step process for reprogramming your mind.

In this class, we will cover:

- + How to get back in charge of your mind and your thoughts, rather than having them run on autopilot.
- + What it means to practise mindfulness and simple ways for you to begin.
- + The power of awareness for helping you witness old patterns of thinking and consciously change them.
- + A powerful 3 step process for reprogramming old subconscious programs and limiting beliefs.
- + Witnessing your self-talk and releasing the inner dialogue of criticism, judgment and negativity.
- + Why your mind is always making meanings and how to get back in charge of the stories you tell yourself.
- + Tools for shifting your self-talk so it is filled with love, empowerment, self-support and positivity.
- + How to build new belief systems that will support you to have what you want (rather than hold you back).

Tips for working through this workbook:

- + I suggest watching the video classes before you dive into the workbook.
- + The questions in this workbook are designed to take you deeper into the course content and help you apply it to your life and personal situation.
- + You can complete this workbook by 1) Typing directly into the PDF document or 2) Printing out your workbook and completing by hand or 3) Writing the questions in your journal and answering them in there.
- + Do not feel obligated to answer all of the questions or complete the workbooks in full. It is more than fine to leave questions that do not resonate.



MODULE THREE



How do you talk to yourself and what do you think or believe about yourself when it comes to your physical appearance and your body?

How do you talk to yourself and what do you think or believe about yourself when it comes to your career and work?

 **MODULE THREE** 

How do you talk to yourself and what do you think or believe about yourself when it comes to your goals, dreams and desires?

How do you talk to yourself and what do you think or believe about yourself when it comes to your relationships and interactions with others?



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Which of these thoughts or stories do you most identify with? Choose some of the thoughts or self-talk which begin as “I am” statements where you identify with these as being true about you. List out the “I am” statements which you identify with which limit you, hold you back or leave you feeling awful about yourself.



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What impact does it have on you, and how does it leave you feeling when you give power to these thoughts and believe them?

What arises in you when you realise that you don't have to believe these thoughts, and you can just as easily choose new ones?

 **MODULE THREE** 

If you were to choose some new “I am” statements about you which are driven by love, come from your heart and which empower, uplift and support you, what would you choose? Write them below.



MODULE THREE



Identify an area of your life where you seem to experience the same recurring themes, patterns or challenges over and over. Describe what keeps manifesting below.

What are your key thoughts, beliefs or inner stories in this area?

What would you love to experience or manifest in this area instead?

In order to create this, what would you need to be thinking, believing and telling yourself?

Which practices from today's module would you like to integrate or focus on this week?

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**WELL DONE! YOU HAVE
COMPLETED MODULE THREE.**

SHARE YOUR EXPERIENCES:

Come on over to our
[Facebook community](#) and
share about your insights,
realisations, learning or
practices from this week.



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