

Mindwork Facilitator Script - Mindset Mastery for Business, Career, Life Mission

Each step is a single 30-35 min session | 15-20 min Breathwork | 10-15 min reprogramming |
Remember to pause 10-15 sec after each question you ask | Visualize asking yourself the same
question.

Session 1- Identify The Challenge

STEP 1: ISOLATE THE CHALLENGE / BLOCKAGE

1. Awareness (3-5 Min)

- Bring some awareness to negative feelings or emotions that you have recently experienced around your career, work life, or your mission in life. Maybe it is lacking creativity, passion, or purpose. Or it could be just settling.

2. Root Cause (3-5 Min)

- What is the root cause of this feeling? What are the beliefs that you hold around your career and being successful? Can you identify where this feeling is really coming from?
- When was the first time you remember feeling this way? Maybe not being recognized for the work that you do. Or it might be coming from an inability to communicate? Feeling unfulfilled?

- Are there any patterns that show up in your day to day work life? Patterns that have been created over time? Are there recurring themes? What messaging and beliefs did you acquire? Did you hold onto any of this negative messaging? How does this make you feel? Is there anything that this feeling could be trying to reveal to you? Is there a deeper level of communication going on? Beyond what's at the surface level?

3. Action (3-5 min)

- What insights can you take away from this? What are these feelings showing you about yourself? Around your work. Around your day to day life? What is it showing you about your own pattern? What may need to change in you? What brought you to this point? What caused you to feel this way? What would bring you relief right now? What did you need at the time that you couldn't get? Can you give yourself that now?

SESSION 2: Identify and Feel the Change /Breakthrough

This session includes steps 2 and 3. You can also do a single session for each step. Always start with a review and recap of the last session and anything that came up since

STEP 2: Identify what you need to change (approx 2-3 min each)

- 1. Identify what you need to break through** (makes suggestions specific to topic/ identify limiting beliefs) Is there anything that comes up that you would need to breakthrough in your career, your work life? To experience a change that would male you feel better?

- 2. In order to experience change, what do you need to change in relation to your career or work life?** In order to experience a change right now, what exactly would have to happen? Do you have to open up more? Express yourself? Be more creative or find a passion around your work? Maybe it's learning more?

- 3. What potential changes or action steps come up when you ask yourself these questions?** Now I'm going to invite you to pick one or two things that stood out the most in your mind so far that you know you can do to improve the RELATIONSHIP that you have with your career or work life. What will make you feel more empowered? Is it possible that you need to communicate your needs more? Do you need to make a better plan? Do you need to validate and encourage yourself around work and the work that you do? Are you being recognized for your greatness, for your skills, for your passions, for your gifts? Are you recognizing yourself?

STEP 3: FEEL THE CHANGE/ BREAKTHROUGH (approx 3 min each)

- 1. What would it feel like to be free of this problem or no longer feel this way?**
With any of these negative or stuck emotions you are feeling, I want you to try to embody for a moment what it would feel like to be free of this problem and to no longer feel this way? Instead feel Inspired, passionate, and motivated.

- 2. What can you do?** Is there something you can do different to change the current pattern you find yourself in?

- 3. How do you want to feel?** (refer to notes taken in previous session) What would it feel like to be recognized, to be creative? To be successful around your career?

- 4. Self Empowerment/Gratitude** Give yourself permission. Allow yourself to feel this way. Have gratitude for this feeling. Believe it's possible as you are moving towards this feeling. Allow things to change, to grow, to deepen. To be more aware.

Imagine yourself waking up every morning and feeling recognized, respected, intelligent, creative, passionate, powerful, abundant, fulfilled, resilient, resourceful, motivated.

SESSION 3: TAKE ACTION AND ANCHOR

This session includes steps 4 and 5. You can also do a single session for each one. Always start with a review and recap of last session and anything that came up since

STEP 4: What actions can you take to make this happen? (approx 3 min each)

- 1. What's the first step?** What would bring you relief right now for this whole situation? What is the first thing that comes to mind that you can implement or work on? Can you think of one small change or the first step? In order to experience change, what would need to happen? Maybe better ways that you express yourself? Or share how you are feeling? Is there a plan you can make? Are you recognizing yourself for all the hard work you do and time you have been putting in?
- 2. Why is it important?** Will this change improve the quality of your life and those around you? Will it give you a feeling of stability? Will it provide a feeling of peace? Why is this important to you?
- 3. What's the cost of inaction?** Have you ever asked yourself: What is the cost of not taking action? How much has it cost you so far?

4. **What is your level of commitment?** Are you ready to commit to at least exploring it a little more? Trying one new thing?
5. **Visualize your first step.** What does it look like to do and feel these things? To be seen and heard and recognized. To be powerful. Motivated. Imagine yourself doing the things that can really create change in your life

STEP 5: Anchor in the new you. (repetition plus emotion)

1. As we anchor in the new you, I really want you to **Envision** yourself doing these things. This new you. In your business, career, job. Envision yourself doing these things. Serving people. Creating abundance for yourself and those around you that you care about. Try to feel the opposite feelings of what you are feeling right now. Feel respected and recognized. Creative, powerful, abundant, fulfilled, or resourceful.

AFFIRMATIONS: *I am respected, I am intelligent, I am creative, I am passionate, I am powerful, I am recognized, I am abundant, I am fulfilled, I am resilient, I am resourceful, I am motivated.*

2. **How does it feel?** Try to feel it in your body
3. **Create a mantra.** How can you verbalize this into an "I am" statement about yourself? I am powerful. I am successful. I am abundant. Whatever comes up for you.
 - As you say the statement, also feel the feelings associated.
 - Feel the feeling of gratitude. Think of a moment of gratitude. Feel It in your body. Breath in that feeling through your heart.

ANCHORING VISUALIZATION- Imagine the feeling of relief of removing these blocks. Incrementally, day by day, small improvements add up. They become exponential over time. Believe in yourself. Feel the feeling of relief for solving this problem and also feel the power of transformation as you begin to change and evolve. Visualize and feel that raise, that promotion. New opportunities. New business dealings, new sales. Whatever is impactful. Whatever you are doing. Feel it.

Take some time to journal any ideas or visions that came up. Remember, repetition plus emotion is what creates change. Continue to do this. It rewires and reprograms the subconscious mind.

What mantra sums up the result you are looking to achieve?