



SESSION #7: TENETS OF PSYCHOLOGICAL MASTERY

How can you use the power of your mind to support and strengthen who you really are? These three actions aim your mind and provide the fertile ground for developing a more engaged and consciously-directed mind.

Use the Power of Questions to Direct Your Mind.

Questions aim our focus. Most people know this but still ask themselves disempowering questions when chasing their dreams or interacting with others. Let's direct the power of your mind by choosing five questions you could ask yourself every day to elevate your mood and life experience.

- *The five questions I could ask myself every single day that would put me in a positive mood and direct my focus for the day positively are...*

1.

2.

3.

4.

5.

- *The way I'm going to remind myself of these 5 questions every day is to...*

