

LESSON 1: METACOGNITION & THE PARADIGM SHIFT

METACOGNITION IS....

Why is Metacognition important?

A PARADIGM IS...

"A paradigm is formed through _____ ."

A paradigm shift occurs when...

NOTES

LESSON 2: BE. DO. HAVE.

BE. DO. HAVE. IS A...

THE IDEA BEHIND THE BE. DO. HAVE. MODEL IS...

If you

and you

you will

HOWEVER MOST OF US VIEW THIS MODEL...

"But _____ something does not produce _____ something"

HOW DOES THIS WORK THEN?

1

2

3

NOTES

LESSON 3: LIMITING BELIEFS

A LIMITING BELIEF IS...

HOW TO CREATE A PARADIGM SHIFT & GET RID OF LIMITING BELIEFS...

1

2

3

NOTES

LESSON 3: ASSIGNMENT

ONE AREA OF MY LIFE I AM STRUGGLING TO FIND SUCCESS IS...

WHEN I THINK ABOUT THIS ONE AREA IN MY LIFE, MY THOUGHTS TELL ME...

1

THESE ARE ALL LIES!!!

MIRROR EXERCISE: HOW DOES IT FEEL TO TELL THEM YOUR LIES?



MY 5 TRUTHS ARE:

- 1.
- 2.
- 3.
- 4.
- 5.



THESE ARE YOUR TRUTHS!!!

REPEAT YOUR TRUTHS EVERY TIME A NEGATIVE THOUGHT COMES UP.

USE THIS SPACE TO REFLECT & SELF-EVALUATE...

- ON A SCALE FROM 1 TO 10 HOW WELL HAVE YOU FOLLOWED THE PROCESS
- WHAT THOUGHT CHANGES HAVE YOU NOTICED (IF ANY)?
- HOW ARE YOU FEELING?
- HAVE YOU NOTICED ANYTHING ELSE?

WEEK 1: 1 2 3 4 5 6 7 8 9 10

WEEK 2: 1 2 3 4 5 6 7 8 9 10

WEEK 3: 1 2 3 4 5 6 7 8 9 10

WEEK 4: 1 2 3 4 5 6 7 8 9 10

CONTINUE MONITORING YOUR PROGRESS

ARE YOU FINDING THIS CLASS HELPFUL?

DON'T FORGET TO TELL YOUR FELLOW MONTREPRENEURS!



LESSON 4:

GRATITUDE, THE ABUNDANCE MINDSET & AFFIRMATIONS

HOW DO WE BE THE PERSON WE WANT TO BE FIRST BEFORE WE HAVE ALL THE THINGS WE THINK WE NEED?

"The Universe is a " _____ " so we need to focus on the _____."

HOW DO WE FIND THE TRUTHS IN OUR LIES WHEN WE'VE ALREADY BELIEVED THEM AS OUR TRUTHS OUR WHOLE LIVES?

"Focus on the _____ and _____ in our lives."

HOW DO WE SHIFT OUR PARADIGMS (OUR BELIEFS OR THOUGHT PATTERNS) TO MAKE WAY FOR FURTHER SUCCESS?

ONE WAY TO DO THIS IS THROUGH....

"Our subconscious mind has no ability to _____ , it only _____."

NOTES

LESSON 4: ASSIGNMENT

LIST 5 AFFIRMATIONS THAT ALIGN WITH YOUR BEST SELF & SPEAK THROUGH AN ABUNDANT MINDSET...

1

2

3

4

5

- SET DAILY REMINDERS/NOTIFICATIONS FOR GRATITUDE & AFFIRMATIONS
- RELATE EACH OF THESE TO A TASK YOU ALREADY DO THROUGHOUT YOUR DAY

"When motivation fails, you gotta have _____."

LESSON 5: THE 4 AGREEMENTS

"The 4 agreements are an extremely powerful _____ that, when followed, can very quickly _____ into a new experience of _____ and _____."

THE 1ST AGREEMENT:

"Great mind discuss _____. Average minds discuss _____. Small minds discuss _____." -Eleanor Roosevelt

THE 2ND AGREEMENT:

THE 3RD AGREEMENT:

LESSON 5: THE 4 AGREEMENTS

THE 4TH AGREEMENT:

THE 5TH AGREEMENT:

NOTES

LESSON 5: ASSIGNMENT

THINK OF SITUATIONS IN YOUR PAST THAT YOU COULD HAVE APPLIED EACH AGREEMENT TO AND EXPLAIN HOW IT MIGHT HAVE CHANGED THE OUTCOME...

1

2

3

4

5

LESSON 5: ASSIGNMENT

NOW, LOOK AT EACH AGREEMENT AND SHARE WAYS YOU MIGHT BE ABLE TO IMPLEMENT IT IN THE FUTURE....

1

2

3

4

5

LESSON 6: RELEASE WHAT DOESN'T SERVE YOU

THREE TYPES OF THINGS YOU CAN RELEASE ARE...

"If any of these things brings you _____, _____, or unwarranted
_____ in your life, it is time to _____ it."

HOW DO YOU RELEASE THESE THINGS?

1

2

3

"Sometimes it's too hard to release the _____,
but you can always release their _____."

NOTES

LESSON 6: ASSIGNMENT

NAME A PERSON, PLACE, OR THING THAT HAS RECENTLY BROUGHT
NEGATIVITY INTO YOUR LIFE...

HOW DID THEY OR IT EFFECT YOU?

STATE YOUR RELEASE...

NAME 2-3 WAYS YOU CAN REMOVE THE TIES IN YOUR LIFE...

1.

2.

3.

LESSON 7: VISION PLANNING

"Creating a vision board is an extremely helpful _____,
and the best first step in building your _____."

WITHOUT A CLEAR VISION WE ARE....

1.

2.

3.

KEYS TO CREATING A SUCCESSFUL VISION BOARD...

1

2

3

4

5

"It is often not _____ that we lack, it is _____."

NOTES

LESSON 7: ASSIGNMENT



A large grid of small dots for creating a vision board.

LESSON 7: ASSIGNMENT



A large grid of small dots for creating a vision board.

LESSON 8: PRIORITY DECLARATION

IN ORDER TO CLEARLY DEFINE OUR PRIORITIES, WHAT 3 THINGS SHOULD WE LOOK AT?

1.

2.

3.

IN ORDER TO MOVE FORWARD SUCCESSFULLY,
WE NEED TO GET CRYSTAL CLEAR ON OUR PRIORITIES.

"Our priorities are our _____, ensuring that we stay _____
_____ when making _____ about our future."

GETTING REALLY CLEAR ABOUT YOUR
PRIORITIES WILL HELP YOU...

1

2

3

4

Declare your priorities!

NOTES

ARE YOU FINDING THIS CLASS HELPFUL?
DON'T FORGET TO TELL YOUR FELLOW MONTREPRENEURS!



LESSON 8: ASSIGNMENT

DEFINE YOUR TOP 3 TO 5 PRIORITIES...

1

2

3

4

5

REMINDER:

If everything is a priority, then nothing is!



Now declare to yourself that from here forward, all decisions you make will be in alignment with these priorities, and that you will work intentionally every day to follow through with this.

