

Mindset Mondays - Online, 7-8:30pm Monday Evenings

| Week # | Date | Topic | Description |
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| 1 | 13-Sep | Negative Thoughts | How Negative are you? This week will help you gain an understanding of where you are in your thoughts and how you can start to train your mind to flip those negative thoughts into positive ones. |
| 2 | 20-Sep | Junk in/Junk Out | What is contributing to your thoughts? We take a look at what we are consuming and how that affects the way we think & feel. |
| 3 | 27-Sep | Be Impeccable with your Words | Words are powerful and we look into how the words we say, the words we write or the thoughts we think, play a big role in our well being. |
| 4 | 04-Oct | Teachers | The people who tend to challenge us the most, are likely here to teach us something during this lifetime. Understanding this concept and acknowledging who they are, can help shift your mindset around the 'teachers' in our life. |
| 5 | 18-Oct | Victim vs. Responsibility | This topic can be a tough one for most people, as it may be hard to take responsibility for what is happening in your life. Taking Responsibility is a good way to take back your power and control and helps to create change. |
| 6 | 25-Oct | Triggers | Do you get triggered? Most people do for one reason or another. I want to help you dive a bit deeper, so that you can understand the energy or emotion behind the trigger, so that you can move through that emotion and hopefully dissolve the triggers from happening in the future. |

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| 7 | 01-Nov | Everything Happens for a Reason | This topic can be a game changer. When you understand and fully believe in this concept, your mindset can change drastically and help you move more easily into a state of flow and grace. |
| 8 | 08-Nov | Mirrors & Reflections | This topic is a tough one and hard for some people to face.....especially when someone is mirroring or reflecting energy that is not of the positive light. |
| 9 | 15-Nov | Creating Positive Thoughts | During this week, we discuss the many tools and techniques to add more positive light and energy into your life. |
| 10 | 22-Nov | Don't Should on Yourself | This week focuses on creating healthy boundaries for our well being and the art of saying 'no'. |
| 11 | 29-Nov | Perfectionism | Perfectionism is really at the heart of many decisions we make.....lying underneath perfectionism is shame & guilt. We will take some time unwrapping the concept of trying to be perfect and how this affects us mentally & emotionally. |
| 12 | 06-Dec | Non-Negotiables | As we wrap up our 12 weeks together, we focus on what we need to do daily to keep ourselves in a healthy mindset. |