Train your Brain - 20 Mindware Experiments

Mindware Experiment Number 1 – Thoughts Control Feelings
(Imagine yourself in a peaceful place and notice how it makes you feel.)

Mindware Experiment Number 2 – Pay Attention to your Feelings
(Notice how you feel throughout the day and ask yourself, "what thoughts am I thinking right now?")

Mindware Experiment Number 3 – Pay Attention to your Thoughts
(Listen that the chatter in your mind. What kind of thoughts are you thinking and how to they much up in the outside picture of the world?)

Mindware Experiment Number 4 – Turn it Around
(Catch yourself when you think a negative thought and see if you can "turn it around" in the moment.)

Mindware Experiment Number 5 – Create your Own Mantra
(Create a short, positive phrase that makes you feel good and say it over and over and over during the day.)

Mindware Experiment Number 6 – Bombard Yourself with Post It Notes
(Put your short, positive phrase on post-it notes around your house, car, and office.)

Mindware Experiment Number 7 – Practice Transitory Statements
(If you can't use perfect language to create a perfect mantra, create a transitory statement instead.)

Mindware Experiment Number 8 – Asking A Better Question
(Let your Unconscious Mind answer the question . . . Ask a "How" question and then "forget about it."

Mindware Experiment Number 9 – Eliminating Nagging/Automatic Negative Messages
(Make the volume softer, use a goofy voice, see it spinning into space, put the positive phrase to music.)

Mindware Experiment Number 10 – Using the Word . . . Because
(State your mantra and then give the "because" reason afterwards.)
Mindware Experiment Number 11 - Asking a Better Question – The Sequel (What do you want? Why do you want it?)

Mindware Experiment Number 12 – Tell a New Story
(Catch yourself telling self-defeating stories and rewrite them in the way you’d like to see them instead.)

Mindware Experiment Number 13 – Travelling the Emotional Scale
(Identify where you are on the scale and move yourself along the scale one step at a time.)

Mindware Experiment Number 14 - What is Knowing?
(Ask Yourself ... Can I trust in the process or system? Have others done it?)

Mindware Experiment Number 15 - Beyond Belief: Gathering Our Own Evidence
(What have you accomplished in the past? Where have you been successful before?)

Mindware Experiment Number 16 - The Hope Exercise: Getting Our Emotions In Motion
(Anytime you feel frustrated ... make statements that start with "I hope ...." Say them over and over until you feel better.)

Mindware Experiment Number 17 - Changing Our Breathing
(Anytime you want to feel better, focus on your breathe. Inhale slowly. Exhale slowly.)

Mindware Experiment Number 18 - Letting the Physical Affect our Emotions
(Heads up, eyes up, shoulders back, goofy grin, move your feet back and forth ... do that dance.)

Mindware Experiment Number 19 - Asking Better Questions – The Remix
(What would I be doing right now if I was fill in the blank ... i.e. a senior director, a million dollar club member, etc?)

Mindware Experiment Number 20 - Beyond Reason: Generating Positive Expectation
(Write on a piece of paper what you want and then list all the reason you expect it to happen.)
The Emotional Scale: Mindware Experiment #13

This is an easy way for you to improve your mood, anywhere, anytime, fast! The first step is to figure out where you are on the scale. Are you at fear? Anger? You can only move effectively 1 step at a time, and it is easy once you make the decision to do it!

Here is the emotional scale in action:

Just as you were about to head out the door to a party, your hostess tells you that she had a lot of last minute cancellations, so instead of 8 people, there will be 4. You were really counting on this being a big show, and now you are afraid it won’t even qualify! As you pack the car, you are focusing on that fear and wondering why you are even bothering. As you start driving though, you catch on to how you are thinking and decide to change it so that you will have the best party possible! So first, you get mad! You are mad that people cancelled last minute! How rude! GRR!!!! Once you really feel that anger, move on to frustration. You are sure people had good reasons, but it is just so FRUSTRATING to get all of your supplies ready for a big party and end up with a smaller one: your hostess worked so hard for a big shopping spree, etc. Next, you start saying ‘hope statements’ to yourself. “I hope everyone likes the products. I hope everyone orders a set so the hostess will still get a nice shopping spree. I hope the hostess is really impressed with my upbeat attitude.” Then, you start working on believing that you really can have a great party, regardless of the cancellations! Now, you KNOW you are going to have a great party. You know people are going to love the products, you know they will want to buy a set and book their own parties, and you know the hostess is definitely going to be so impressed by you and the show that she decides to join your team! You begin to feel joy about this party. You are so happy that you get to do this job and hang out with these awesome people today. Yay!
You don’t even have to move all the way across the emotional scale with each issue. Decide where it is important for you to end up. If you are angry, maybe you just need to get to belief. You aren’t going to be at joy with everything in life, and that is fine. The more you hang out on the positive side of the emotional scale, though, the easier it is to get back there next time.
10 Minutes Before Bedtime (10MBB) Journal

Example contract, to be written on the right side page:

I, Terri Smith, on this 20th day of September 2013, will rewrite my unconscious mind to arrive at a monthly income of $350. I will arrive at this amount quickly and easily because I am doing my 10 minutes before bedtime journal consistently, consciously, and successfully.

Teresa M Smith

Daily Journal Entry:

9/23/13
My monthly income is $350.
Teresa M Smith

PE: customer care calls
hostess coaching
team training

VE: Date night!
Yoga
Choose healthier snacks

Money flows to us in ABUNDANCE now!!
My monthly income is $350.
Teresa M Smith

Bike ride
Pumpkin shake
Peapod delivery
Happy family time
Letting the kids pick out cute hats at the store
Hazel’s laugh
Talking to Eric about rockets
Boardgame with Jesse

The best thing to do, especially at first, is to choose a monetary goal. You can choose annual or monthly income (or sales!). With our line of work, monthly makes more sense to me personally.

In choosing your goals, stick with up to 20% increases. For instance, my very first goal was $350. That was about 20% over what I was currently making. 9 days later, I hit my goals and wrote a new contract stating, “My monthly income is $420.” You can increase your goal as soon as you hit it, or if it feels better to you, you can wait until you are consistently hitting it before increasing.
The most important things to make sure this works in your brain: using $, numbers, and signing your name! These things feel official and important and they are triggers for your brain to pay more attention. Also, try to do this every night! Don’t beat yourself up if you miss a night (or a month!) -- just get back to it.

The “Money Flows to us in Abundance now!” part is a good place to put a mantra. It is optional, but feels good to me. It doesn’t have to be what I wrote, but that sure is a great one!

PE stands for Prosperity Events! Examples include: customer calls, hostess coaching, sampling, booking parties, holding parties, inputting orders, closing parties, vendor events, team meetings, one-on-one calls, conference calls (team training or listening to pre-recorded training calls), 10MBB journal! Things that do not count: paperwork, cleaning desk, running errands, etc.

VE stands for Value Events! Examples include: date night, quality family time, painting/crafting, yoga/pilates/exercise, healthier snacks, drinking more water, getting a massage, home exercise, home organization. Anything that feels good and makes you happy!

The right hand side is a list of things I’m grateful about each day. Big or little. Chocolate chip cookies or kisses from my husband or the kids being cute or pretty fall leaves. Everything. It makes you feel great to go back over your day and feel grateful about things!