Mindset Hygiene Practices

**Brain dump:** Notice, honor, and allow. A brain dump puts you on your on map, and lets you know where you are.

**Invite your I have to's to become -- I get to...**

**What do you see in the mirror?** Consider the thing or person that is frustrating you. What is about that moment that feels so ____? Then consider, if you were to look into a mirror, how might that feeling apply to you? To your own actions?

**Move up the ladder:** Consider a thought that feels sticky. What would the opposite be? And then...what thoughts might help your brain move in that direction? For instance: I have nothing to offer. >> I am open to the possibility that I have something to offer. >> I have something to offer.

**Unearth the why:**

Resources:
Mindset by Carol Dweck

Mindset Matters: Sunrise in Your Pocket Podcast
https://www.elenasonnino.com/podcast/mindset-matters

A new way to think about overwhelm: Sunrise in Your Pocket Podcast

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