

# How To Change Your Mind Map

## The Essential Attitude

"I understand that my perception may not be reality. I choose to soften my heart, become aware of and examine my mental filters, and become changed by the renewing of my mind. I know this won't be easy. The unknown scares me, but I will no longer live in a known hell and miss an unknown heaven. That is why I will use the following three tools as much as possible."

## Three Tools To Change

1. **Childlike Curiosity**—Having a sense of wonder about the world.
2. **Experimentation**—Willingness to try things just to see what will happen.
3. **Best vs. Right**—You will never have all the information. Instead, make the best decision with the information you have at the time.

## Areas Of Change

1. **Cause or Effect**—Do I believe something is being done TO me (effect) or do can I DO something about it (cause)?
2. **Results vs. Excuses**—What are the usual "reasons" I give to explain why I don't have what I want?
3. **Perception is projection**—Is this turning out the way I expected it to turn out?
4. **Mind/Body Connection**—Thoughts affect your emotional and physical body (and vice versa).
5. **Responsibility for Results**—You are able to respond (response-able) however you want.

# How To Change Your Mind Map Worksheet

Event Description	
Cause or Effect	
What is being done TO me?	
This is what I COULD DO about it (even if I choose not do that right now).	
Results vs. Excuses	
What excuses am I using (or normally use)?	
What is the limiting belief I have?	
What result do I actually want?	
Perception is Projection	
Is this how I expected things to turn out?	
If I had a do over, this is how I would have it turn out.	
Physical and Emotional Feelings	
Describe the physical sensations (tight, sore, tingle, hot, cold, etc...)	
The emotions I'm feeling are...	
Response-Able	
I am 100% responsible for my world. Even if I don't know how YET, I will try to respond with...	