

BUILDING BETTER BRAINS

MINDSET MATTERS



ENABLING A POSITIVE GROWTH MINDSET

ABOUT MINDSET MATTERS



Mindset Matters is a course for parents, teachers & yoga teachers, anyone who wishes to help encourage a positive growth mindset and enhance the emotional and mental well-being of the children in their care.

Using the insights, NLP tools and practical mindfulness games and activities you can actively encourage a child to be the best they can possibly be.

Through understanding how they develop and grow, and how to talk so they will listen and how to listen so they will talk, you will open up and deepen that line of communication for years to come.

Please use the Meditation and Mantra process yourself, each time you observe that negative self-hate tape playing or you find you are stuck in a 'will of battles' with your child. Remember, that they are here to shine the light on our shadow parts so that we can get the healing we need so we can be a clear guide for them.

I hope you get as much out of this course as you can and use it with your children and in your lives on a day-to-day basis.

COURSE AIMS

- What is Mindset
- Where does Mindset comes from and how it affects behaviour
- Creating an 'I Can - I AM' attitude
- The developing child's brain
- Epigenetic's - How stress and anxiety changes the way DNA is expressed
- The Fixed Mindset vs The Growth Mindset
- Building Better Brains - Neuroplasticity - Neurogenics and how we can actively grow new neurons
- The three types of neurocircuitry
- How to upgrade your brain
- Mindfulness
- The Power of the Spoken Word
- The Conscious and Subconscious and Universal Consciousness
- 4 NLP Process's that rewires the brain

"There comes a point where we need to stop just pulling people out of the river.

We need to go upstream and find out why they are falling in.

Desmond Tutu



WHAT IS MINDSET?

Your mindset determines your experience of the world and impacts throughout all areas of life. It affects your motivation and productivity and how you lead your life.

It is an essential building block to growing self-esteem and self-worth and will be the difference to succeeding at something or not. It affects our daily self-dialogue, that internal voice and reinforces our most intimate beliefs, attitudes and feelings about ourselves.

Your mindset plays a critical role in how you cope with life's challenges and setbacks and can reinforce your beliefs about yourself.

- Beliefs and Values
- Strengths and Weaknesses
- Judgements
- Opinions
- Ideas
- Inspirations
- Attitudes
- Collection of thought - programs - experiences

I CAN - I AM

When a child is brought up with an I Can - I Am attitude life's challenges are just that, challenges, that they can work through and overcome. Their resilience grows as does their self-esteem and confidence. They believe in themselves and their abilities and they believe that they have a place in this world, that they deserve to be here and that it is o.k to shine. Their mindset shows in what they choose to do and be.

When a child is brought up with an I Can't - I Fail attitude they will find life's challenges too much. Their resilience suffers as does their self-esteem and confidence. The lack of belief in themselves and their abilities shows in what they choose to do or don't do.

Both of these mindsets will be re-enforced over time through experience and will determine how they live their life.



WHERE DOES YOUR MINDSET COME FROM?

Genetics gives you the basic blueprint of the brain, what parts of the brain are formed, the size, the routes of connectivity. All this takes place during gestation when the baby is in mums womb. The brain is gaining neurons and synapses and making connections and costs a lot of energy which is why nutrition is so important throughout pregnancy and early childhood.

When we are born we have twice as many neurons that we will ever use, then over the next few years the neurons that are stimulated will connect with other neurons and create a circuitary, a neural net, a mindset and the cells that are not stimulated will die away.

Depending on the child's environment, who they are around and what they are soaking up day today will determine the quality of the brain. Some synapses and connections will strengthen and others will not.

- Parents
- Teachers
- Friends
- Enemy's
- Religion
- School
- Books
- Films
- Social Media
- Experience

CHILDREN WILL SIMPLY LIVE UP TO OUR EXPECTATIONS OF THEM

The brain adapts to the environment that it has and will respond perfectly to it. Some brains grow in a loving, conscious, happy environment and so it will be shaped to respond to that.

Other's will be living with violence, the constant risk of being attacked either verbally or physically or both and it will adapt to that.

In that case a combination of freeze, fight or fly will be the preferred mode of protection. A child may withdraw and play it small to scared to put themselves out there, some may be in fight mode or on the defence.

Whichever it is, the brain is working in direct response to their upbringing, what they have been told to believe about themselves and the world around and is working perfectly to protect themselves at all times.



EPIGENETICS



Can my Grandparents lives effect my genes and experiences?

Scientists have been learning the effects on the developing brain and have discovered information is transmitted down to the next generations. They've called it 'Epigenetic'. What they have noted is that the characteristics dealing with stress, anxiety, violence changes the proteins that lie on the DNA and genes and therefore changes the way your DNA is expressed.

So, if you are exposed to high levels of stress and violence in your early years your coping strategies that you have used to protect yourself is passed down to your children in the hope that they will have the coping strategies to deal with similar in their own lives.

When a child receives love, respect and is nurtured and treated kindly changes also happen upon the DNA which will pre-determine how that child responds to stress and anxiety in their lives. She will then grow into an adult with a positive mental attitude and emotional intelligence which will then be passed down to her children.

So when a mum is being loving, nurturing and gentle with her baby she is not only contributing to her child but to her grandchildren and future generations to come.

THE NEGATIVE MINDSET...

- THE FIXED MINDSET
- THE FEAR-BASED MINDSET
- THE LAZY MINDSET
- THE ENVIOUS MINDSET
- THE GREEDY MINDSET
- THE SHORT-TERM MINDSET
- THE ANGRY MINDSET
- THE PARANOID MINDSET
- THE BAD MINDSET
- THE NAUGHTY MINDSET
- THE BORING MINDSET
- THE WORTHLESS MINDSET
- THE POOR ME MINDSET

The negative mindset is working to protect in the only way it knows how. If a mind could do something different, at the moment, it would. If it could choose a different way of thinking and behaving it would. Nobody likes to be in these places but the mind can only do and use the resources it has been programmed with. There has to be a willingness to make the changes and when that happens there are numerous ways in which we can alter the connections in the brain which in turn alters life experience.



THE POSITIVE MINDSET...

- GROWTH MINDSET
- THE GRATITUDE MINDSET
- THE CONFIDENT MINDSET
- THE CREATIVE MINDSET
- THE FOCUSED MINDSET
- THE COURAGEOUS MINDSET
- THE LOYAL MINDSET
- THE SOCIAL MINDSET
- THE LEADERS MINDSET
- THE BUSINESS MINDSET
- THE PRODUCTIVE MINDSET
- THE PRONOIA MINDSET

The different kinds of mindset is a direct result from the labels and projections we took on, from another, as a child and believed.

Whether through respect and love or criticism, direct insults, implied judgements, or someone 'joking' about us the mind will take it all on and store it away deep in the subconscious mind. They become our beliefs, judgements and opinions. They become who we think we are and what we think we can or can't do. It becomes our inner-voice for years to come. But that isn't who we are. We are way more than the sum of someone else's misjudgements and projections. Once we break free of these limitations we can be and do anything we set our minds and hearts on.

BUILDING BETTER BRAINS



Can we change our mindset?

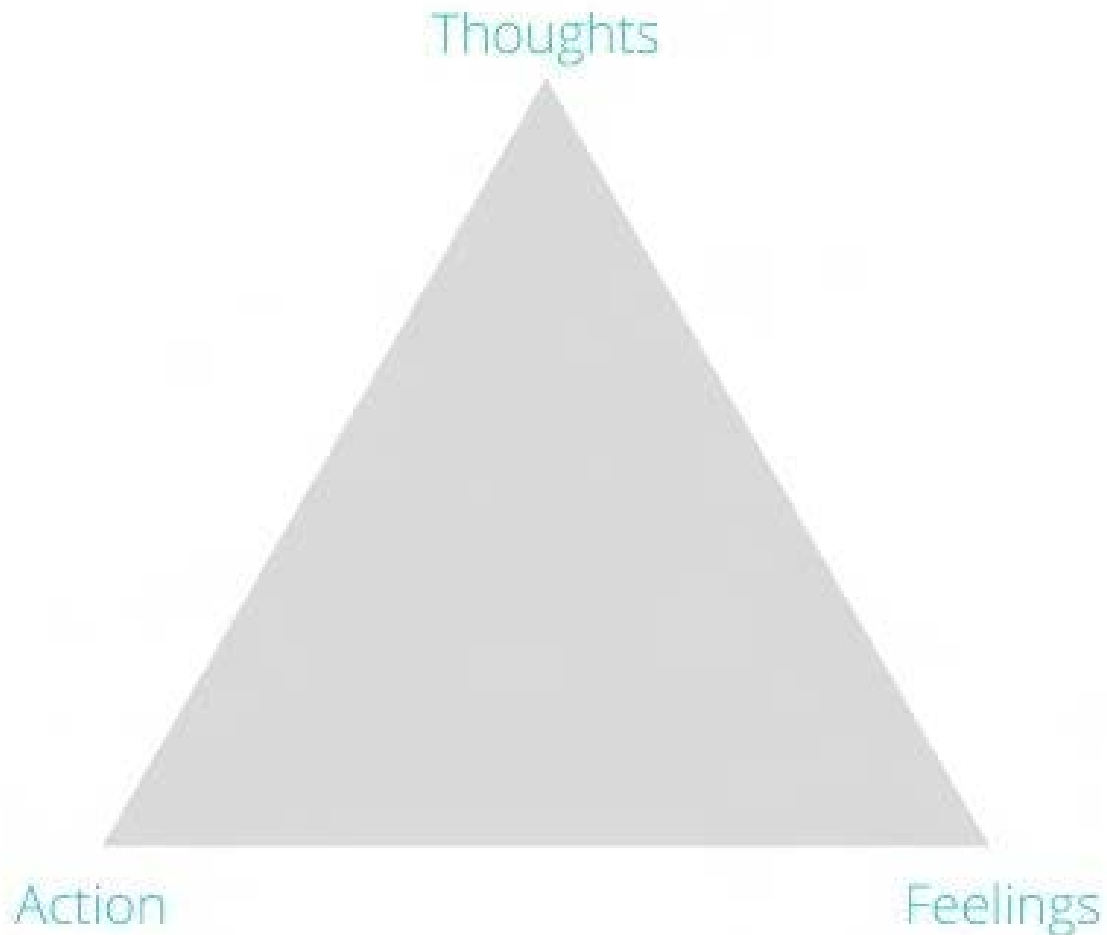
We know more about the human brain than we have ever known before. Our thinking has completely shifted, over the years, about this organ and our relationship with it. We thought that the brain cells we were born with and who we are was hardwired in. That after a certain point there was nothing we could do. ***“Give Me A Child Until He Is 7 And I Will Show You The Man.” - Aristotle***

Now we know our brain is capable of growing new neurones and making new connections, and we can actively influence this process which is called neurogenic. We are particularly good at it in response to trauma as well as strokes and brain injuries. But there are now psychological tools that have been developed that can build brand new pathways, brand new connections that can enhance a positive growth mindset and transform our behaviours.

Neuroplasticity is our brain cells ability to rearrange themselves which means the brain you walked in here with today is not the brain you will walk out of here this afternoon.

Our brain is learning new ways of being and behaving all the time, it's just up to us to focus our attention on the positive, those beneficial experiences and opportunities, consistently focusing in on the good within each child and reinforcing that. Which ultimately teaches them to do the same. and using those psychological tools for change.

Thoughts Affect Behaviour

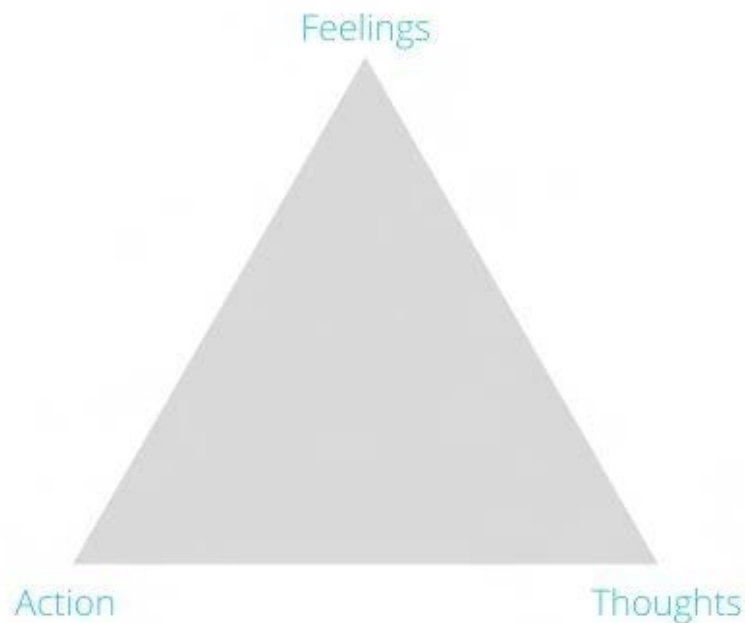


When we have a thought it triggers a feeling which drives action. Thoughts come from what you believe to be true about yourself, others, your abilities and your place in this world. The more positive these are the more positive your life experience will be. The more negative they are the more negative your life experience will be.

What goes in comes out.

Recently we have come to realise that it is our feeling centre that is triggered first, our nervous system which then stimulates a set of thoughts that then drives action.

Biologically we are feeling beings that think not thinking beings that feel.



The stimulus streams in through our senses and passes up through our spinal cord to the outer portions of our brain the cerebral cortex and aims for the Limbic system in the inner layers. This happens so fast most are not aware of the feeling until after the thoughts take place and the emotional cortex has fired out the appropriate peptides that then course around the body, locking and docking and giving us a 'hit' of that particular emotion which will then drive the thoughts and then drive the action.

Empaths and children, however, are really good at picking up on that first feeling. I would actually say we all are empaths, to begin with, it's just conditioned out of us as we grow.

Biologically we are feeling beings that think.

The kind of emotional response we have depends on the answer to the Limbic Systems question which is always "Am I safe?" It only has one question "Am I safe?" When there's enough information coming in and the world feels safe the response will be, "I feel safe" "All is well in my world!" and the amygdala is all calm and the hippocampus can turn on and we are in a receptive space and capable of, listening, doing, learning and retaining information, all is well in our world.

But if we don't feel safe, if we are picking up on an undercurrent or vibe or something is wrong in tonality or in the eyes of another, or it is a blatantly scary situation the amygdala starts to shout "UNSAFE" which shuts down the hippocampus and you don't care what I have to say anymore, everything has shut down and you have gone into a pre-programmed response.

We are walking antennas and our children are soaking up all that isn't being said and trying to make sense of the non-verbal inter-play that happens in our homes and schools every day. And then they are simply responding from a set or pre-programmes that they have learnt or inherited and for the most part, out of their control at that moment.

When we have a feeling that something is wrong it triggers a thought which triggers the emotional cortex which dumps a load of endorphin or adrenaline into the body which drives action.

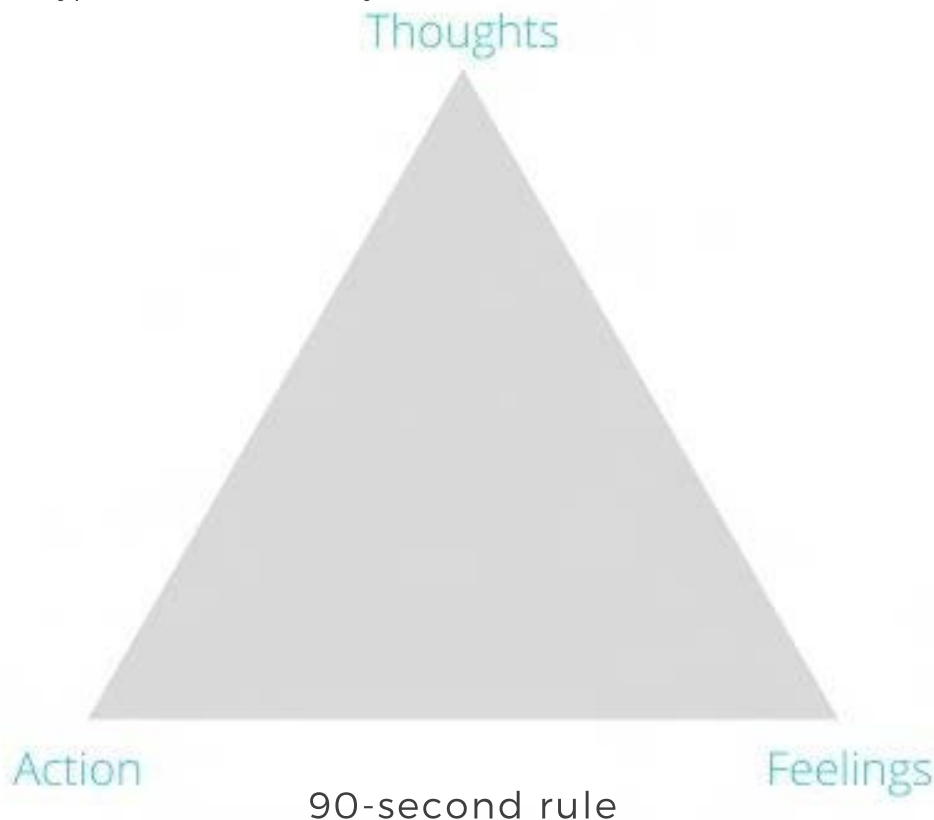
Thoughts come from what you believe to be true about yourself, others, your abilities and you place in this world. The more positive these are the more positive your life experience will be. The more negative they are the more negative your life experience will be. What goes in comes out.

THE BIG NEWS IS we have the ability to choose how to respond in any given situation and by-pass the pre-programmed behaviour.

Remember, anything that is going on is simply down to the relationship between the amygdala and the hippocampus. Once the amygdala is calm enough the hippocampus opens up and all the positive resources, information, wisdom that you already have within you is accessible.

We are capable of pressing the pause button in any given situation and start to observe the neurocircuitry we are running inside our heads. Not only can we observe what's going on but we can actively change our thoughts which in turn changes our behaviour which in turn changes our brain. They call this kind of observation '**Mindfulness**'. Being mindful of the moment. Being aware to what is happening in the now means you can consciously give yourself time, take a little breather, to make a different choice to be the creator of your reality.

We only run 3 types of neurocircuitry:



From the moment my anger circuit is stimulated to the time that I run my psychological response and dump adrenalin into my bloodstream and then it gets rinsed out of my bloodstream takes just 90 seconds. Anything after that is all the rethinking that you are doing that is restimulating that particular circuit which stimulates the pre-programmed response.

You are in reaction rather than in creation.

And sometimes that can go on for hours and even days; if not longer!

Everything we do, say or feel is down to the amygdala and how it is responding to the information pouring in through the senses.

And how the amygdala responds is down to your programming, What you believe to be true about the situation. It's asking that question **"AM I SAFE?"** and then trawls the programs that are stored in the subconscious mind to find the answers. Those programs are made up of your life experiences, the judgements, opinions and beliefs that were consumed as a child and reinforced through experience.

It is responding to your MINDSET!



You have the ability to pick and choose who and how you want to be in this world and so do the children in your care. Those that are willing to create a conscious relationship with their brain have the power to help guide humanity back towards positive mental health and well-being.

A brain is a tool, the most powerful supercomputer on the planet, it is where your power lies. Taking that power back and consciously creating your life experience starts with understanding the kind of mindset you currently have given the various key life areas you live in.

And working out what works for you and what does not. Defragging your system and then reinstalling new software that is more beneficial for you and your family.

This doesn't mean life is then always a piece of cake, but when life throws those curveballs, you are in a more positive place to handle it. Remember, perception is key and being able to see the gift when life is crap is a blessing.

KEY LIFE AREAS

- SELF-AWARENESS
- EMOTIONAL INTELLIGENCE
- HEALTH
- RELATIONSHIP SKILLS
- DECISION-MAKING
- BOUNDARY-MAKING
- RESILIENCE
- EMPATHY
- PURPOSE
- CAPABILITIES
- ENVIRONMENT
- FINANCE
- EDUCATION

The key life areas your mindset affects can shift and change depending on your experience of them. Somebody can have a negative, fixed mindset about money yet have a positive, growth mindset about relationships. It's up to you to go through your key life areas and illicit those beliefs and judgements that no longer serve you and rewrite them using the meditation and mantra process.

HOW TO UPGRADE YOUR BRAIN

There are many ways to upgrade your brain from Mindfulness activities to choosing not to feed yourself on a diet of crap telly and food.

But we all know just how challenging this can be, to make fundamental changes in our lives and then stick to them for long enough for it to drop down and become unconscious competence. A habit that we don't have to think about, that we just do, created in a 'typical' way takes time and effort to embed.

That is why we all start doing so well at the start of a new year, gym membership rises, exercise classes are full and then by mid-Feb we drop back into our old ways of being, the new trainers forgotten and collecting dust.

It's because by doing it through repetition alone it takes will power and time and usually our old habits kick back in before it can be rewritten for good.

- Rewrite outdated beliefs
- Change your language
- Mindfulness
- Change the way you talk to yourself and others
- Surround yourself with people that match your desired mindset
- Nutrition/yoga/exercise/nature/rest sing/paint/write/dance
- T.V and reading habits
- Change behaviour

MINDFULNESS

Mindfulness is simply the art of being awake in the moment, of bringing our attention into the now. Of tuning into the present, stilling our minds and slowing down. Being awake in the moment brings us time to be in creation rather than in reaction. In this place of being, we can choose to move our focus of attention from what we don't want to have happen, to what we do. Then we can consciously create the steps to take us there.

Mindfulness is a practice that builds new pathways and connections in the brain. By being aware in the moment of our neurocircuitry we can make the changes in our feelings, thoughts and behaviour. We can interrupt the pre-programmed response.

We can use a set of tools like;


- Focused breathing to change emotional state and regulate the nervous system,
- Awareness of self
- Observation of surroundings

Which all helps to bring our attention into the present. By listening, looking, tasting, touching, smelling, feeling it will bring us back home to ourselves, grounding us into our bodies and into the now creating a safe place that our amygdala likes which then encourages our hippocampus to open up and be receptive.

8 PILLARS OF MINDFULNESS

Mindfulness is extremely complex and has several key components and can't easily be explained in just a few words, although many try. To get a thorough in-depth understanding we have created The 8 Pillars of Mindfulness course and the teacher training. Here is a short synopsis;

- **Attention & the Now** - In this session, we look at what the essential ingredients to mindfulness. We explore 'The Now' and how it plays an essential role in the practice of mindfulness and how to cultivate attention to the present moment.
- **Automaticity** - We discussed automatic patterns of behaviour and how to become aware of those detrimental automatic patterns that we can do day-to-day. And how mindfulness can disrupt these automatic patterns and give you the space to choose your response. Being in creation rather than in reaction.
- **Judgement** - 'Open awareness' is a key ingredient of mindfulness and is something that is cultivated when practising the art of mindful awareness. Judgement is one of the biggest blocks and limits our ability to connect fully to the present moment.
- **Acceptance** - The ability to allow thoughts, feelings and emotions to be present rather than control or fight them.
- **Goals** - We look at the relationship between mindfulness and the future and the way it relates to goals and how important it is to cultivate mindfulness for a more balanced attitude towards the future whilst having our awareness in the present moment. Creating that bridge between the here and now and the future.
- **Compassion** - Cultivating a friendly relationship with the self. We explore the inner-critic that feeds self-doubt and look at how we tend to have a critical relationship with ourselves and what we can do to temper that self-hate tape that narrates in our minds. We look at why self-compassion is an important element to effectively cultivate a friendly and caring relationship with the self.
- **The Ego** - How mindfulness relates to the self. This is probably the deepest level of mindfulness and how it affects our functioning and how it allows us some space between the 'I' and the stories we have created about ourselves. And how the concept of ourself, fundamentally changes the way we relate to ourselves.
- **Integration** - We focus on how these key elements integrate with each other and how we can use these in our everyday lives.



Keeping one's complete attention
to the experience
on a moment-to-moment basis
in an open and non-judgmental way

5 CORE COMPONENTS OF MINDFULNESS

There are 5 Core Components of Mindfulness that when we start to practice day-to-day we will see a shift in our internal and external worlds.

- Attention
 - Open Awareness
 - Acceptance
 - No identification
 - Choice
- **Attention** - simply means to take notice of what is occurring at this moment. It does not matter what it is it could be an internal feeling, an emotion. It may be a series of thoughts, it could be tasting something you are eating or smelling or it could be something outside of yourself like a conversation or even listening to the wind in the trees. Whatever it is it's about you being in connection with what's happening for you in the here and now.
 - **Open awareness** - means that rather than being judgmental with ourselves and others we start to create a mindset that becomes aware of that judgement and then through a mindfulness practice begin to let that judgement go.
 - **Acceptance** - In mindfulness, rather than fighting experiences or avoiding experiences, it encourages you to lean into those experiences. Leaning into the thoughts and feelings and not run away from them. And in doing so, without the need to change those experiences, without fighting those experiences, those thoughts or feelings etc, you can just 'be' with them. Accepting them for what they are without your mind getting involved in the judgement of them.
 - **No Identification** - No Identification simply means you are not your behaviour you are not your emotions or thoughts. They are byproducts of a set of judgements and labels you took on board when you were a child and reinforced over time. This is not who you are, you are way more than that. You are way more than the sum of someone else's misjudgements and limited projection of who they thought you were.
 - **Choice** - When we give ourselves permission to experience emotions, accepting them and observing them we give ourselves some distance from them, we buy ourselves some time to respond. We step outside of our automatic responses and give ourselves the gift of choice. the gift of how to respond in any given situation.

Mindfulness is a lot more than a strategy to manage difficult situations. It is a way to cultivate a more balanced relationship with oneself in relation to life.

CHANGING OUR LANGUAGE



The Power of The Spoken Word

Words and how we structure sentences are very powerful and something that is often overlooked. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to encourage and to inspire. When you say something out loud enough times your words become the truth not only in your mind but in the minds of everyone you are saying them too. As a society we are conditioned to talk about our misfortunes and problems but not so much the joys and celebrations. We have this misconception that we may be bragging and be 'too big for our boots'.

As the creator of your universe, what you say goes. And what you say to another can become how they see you and their inner voice for many years to come.

The words you use, the narrative you choose to tune into can be reframed for the positive just by simply changing the words and the structure of a sentence. It can be the difference between someone doing what we ask of them or not.

For the most part, we have been taught to speak from a negative point of view. such as **"You don't want a coffee, do you?"** And then as children we had to 'translate' the meaning. Which is a bit of a challenge at first seeing as they are just learning how to speak.

One of our 10 guidelines that we have adopted in WiggleBums is **'The meaning of your communication is the response you get'**.

There is no such thing as a resistant person, only inflexible communicators. If someone doesn't understand you properly and you are not getting your desired outcome, it's up to you to explain yourself in terms that they understand. If you are not getting the results you want, take responsibility for your communication and change it.

DON'T THINK OF A PURPLE MONKEY

The subconscious tends to ignore the negatives the 'NO's' or 'DON'T's and focuses in on the undesired command. Remember, children will always live up to your expectation of them and will always do as they are told. So if you are focused in on what you don't want them to do it is not surprising that they do it.

'NO' can be so final and can cause an emotional upset that can result in a child losing their crap. But 'NO' can be a very important command, especially in dangerous circumstances so use it wisely.

Finding ways to say 'NO' whilst keeping the boundaries just takes practice. For example, instead of **"No, we are not going to granny's house"** try **"Yes, we can go to grannies, at the moment we're going shopping, tomorrow we can go"**

- No/Not/Don't/Stop/Never = Shut Down
- Must Not/ Can't/Cannot = Shut Down
- Trying/Going to = Not Committed
- Comparing = Not good enough
- Bad/Weak/Poor = Not Enough
- Need/Hope/Wish = Lack/Not in control, disempowered
- Should/Obligation

WORDS CASTS SPELLS

- Don't Run = Run
- Don't Cry = Cry
- Don't hit your brother = Hit your brother
- You are so naughty = I am so naughty
- She's the bully of the family= I am the bully
- He's so lazy = I am so lazy
- He never listens = I never listen

All of this, everything we say to or about another helps create and shape that personal belief system.

Instilling a mindset that can either open the doors to possibility or keep them slammed shut.

Don't
give up

DROP THE QUESTIONS

- WILL YOU
- CAN YOU
- IF YOU COULD
- DO YOU MIND
- COULD YOU
- FOCUS ON THE COMMAND
- FOCUS ON WHAT YOU DO WANT AND STATE THAT CLEARLY

POSITIVE COMMUNICATION

Changing focus from what you don't want to what you do want requires awareness so ask yourself,

- What do I really want
- What would I rather have them do?
- What really needs to happen here?
- What's my outcome for this situation?
- How can that happen?

Remember, stick to the command and when you do your focus of attention moves to what you DO want and so life responds accordingly.



IT STARTS WITH US...

- HOW WE SPEAK TO OUR CHILDREN
- HOW WE SPEAK ABOUT THEM
- WHAT WE THINK OF THEM
- WHAT WE EXPECT FROM THEM
- OUR JUDGMENTS AND OPINIONS OF THEM

All of that determines they're behaviour and instils a set of beliefs and values and will eventually become their inner voice for years to come.

Having said all of that, please do not let guilt raise its head. Such a useless emotion. Once the signal has been sent that a behaviour needs to change there is no need for it.

Remember, we are only ever working from the blueprint we had at the moment. Once that blueprint has been upgraded with new information we get to draw a line under past behaviour and we get to create something new.



YOU HAVE THREE MINDS



How to change your Mind

We all could do with clearing up the various mindsets that we have playing out. Some our beneficial for us and some are not. So there are a few things you need to know.

You have THREE minds!

- **Conscious**
- **Subconscious**
- **Universal Consciousness**

Conscious Mind is analytical & rational it holds short term memory, will power & is time bound! It frets about the past and gets all anxious about the future and so TIME-BASED Language is great if you want to talk to it. But we don't! We want to talk directly to the Subconscious so we can re-write the programs of behaviour & beliefs that no longer serve.

The Subconscious is on the go 24-7 It NEVER sleeps. It runs EVERYTHING without the Conscious Mind having to do anything at all.

The Subconscious is TIMELESS! It has no sense of TIME, it just IS. It's like a MASSIVE library or hard drive, which stores absolutely EVERYTHING that you have EVER experienced without judgment and without fail! It will throw up any thought, feeling or memory at the drop of a hat when triggered!

Every moan, groan, criticism & fear, every compliment, praise, optimistic opinion that you think, feel and say, are the very fabric, the structure, that holds your life experience in place. They are your programs, your beliefs, your mindset so start to take notice of them because these are the KEYS to your FREEDOM!

By rewriting the negatives for the Opposite, the Positive, the Present Tense you will create a neural net (yes imagine a net), making new connections, new circuitry that creates a positive, growth mindset.

Meaning the new, empowered, positive mindset, when triggered by the amygdala, will effortlessly start to run. Triggering the emotional cortex which will fire out the good, positive, joyful, happy peptides into your system.

If you want to reprogram the hard drive of your mind you have to speak to it in a way it understands. The subconscious will give you EXACTLY what you program it with. So if you upload, **"I'm going to be rich and abundant"** you will forever experience the **'going to'** part and never the **'HAVING'**. Frame everything you say as if you have it **NOW!** Even if it's so very, very, very far away from the truth! **PRESENT TENSE ONLY GUYS!**

Remember, there is no judgment from the Subconscious which is why we can think, feel, say & attract dysfunctional, victim consciousness/behaviour into our lives over & over again.

So by using the **Meditation and Mantra** process and the list of **Positive Beliefs** that comes with this course on yourself, your children and in your Yoga Nidra or Savasana, you will help create positive growth mindsets. Those new empowering beliefs and habits of behaviour will be stored in the library of the mind & when triggered will be what they see, hear, feel & experience; day in and day out.



Meditation & Mantra



I AM

“Two of the most powerful words known to man
for what comes after shapes your reality.”

Positive Present Tense Beliefs

- I am patient
- I am kind
- I am a good listener
- I am trustworthy
- I am loveable
- I am focused
- I am respectful
- I am confident
- I am clever
- I am calm
- I am happy
- I am strong
- I am a good listener
- I am understanding
- I am forgiving
- I am compassionate
- I am healthy
- I am gentle
- I am fair
- I am deserving
- I am assertive
- I am joyful
- I am inspiring
- I am wealthy
- I am thankful
- I am worthy
- I am loveable
- I am consistent
- I am trustworthy
- I am energised
- I am creative
- I am peaceful
- I am courageous
- I am honest
- I am enthusiastic
- I am playful
- I am healthy
- I am adventurous
- I am dedicated
- I am loyal
- I am calm
- I am connected
- I am helpful
- I am optimistic
- I am motivated
- I am self assured
- I am practical
- I am observant
- I am caring
- I am curious
- I am a leader
- I am resilient
- I am abundant
- I am a good friend
- I am a good person
- I love my life
- I love being here
- I am persistent
- I am tenacious
- I am humble
- I am loveable exactly as I am
- I am competent, smart and able
- I am flexible
- I am positive
- I am worthy of friendship
- I am enough
- I am beautiful
- I am loved
- I am supported
- I am heard
- I am respected
- I am inspired
- I am inspiring
- I am full of positive energy
- I am believed
- I believe in myself
- I am more than good enough
- I deserve to be here
- I am a priority
- I am proud of myself
- I achieve good grades
- I have high standards
- I am brave
- I am awake



Remember,
you are what you think!



Meditation and Mantra Process

- Pick a new belief from the Meditationa and Mantra list of positive beliefs
- Sit in easy pose, lie down, or in a chair with hands resting in your lap/interlaced fingers/modified eagle arms
- Shut your eyes or soften your gaze
- Deep breath in through the nose and a nice sigh out through the mouth
- Settling into your body, relax your jaw, soften the whole of your face
- Start repeating in your mind your new belief
- Relax the whole of your body
- Keep repeating “I am happy” and notice where you feel happy in your body
- What colour is it?
- Feel that starting to grow
- Feel that spread throughout the whole of your body
- Keep repeating “I am happy”
- Bring hands together, pressing the fingertips firmly saving it.
- Repeat “I am happy”

The longer the repetition the better
 But you will know when the new
 belief has dropped down and
 becomes hardwired in. Takes
 between 2 to 7 minutes.
 Remember to **SAVE IT!**



Reinforcing Confidence

- When you feel confident where do you feel that in your body?
- What colour is it?
- Sit in easy pose, hands resting in your lap
- Shut your eyes or soften your gaze
- Deep breath in through the nose and a nice sigh out through the mouth
- Settling into your body, relax your jaw, soften the whole of your face
- Start repeating in your mind "I am confident"
- Relax the whole of your body
- Keep repeating "I am confident" and notice where you feel confident in your body
- What colour is it?
- Feel that starting to grow
- Feel that spread throughout the whole of your body
- Bring hands together, pressing the fingertips firmly saving it
- Repeat "I am confident"

Remember to pause...

Give enough time for your students to sense-feel the answers.

Remember to **SAVE IT!**



7 Steps to work through difficult feelings

- Believe that the negative thought or emotion has a positive intention and is part of you
- Locate where in your head or body you are feeling those thoughts or feelings
- Ask what kind of feeling it is
- Say “Hello,” and thank it for signalling to you
- And ask, “Do you have a message, what are you trying to tell me?”
- Then ask, “And is there anything else?”
- Finally, thank it for that.

Create the mind-body connection

With this simple process, you can help yourself or your child work through those tricky feelings like tummy ache's, headaches, anxiety or stress.

You may need to start a dialogue with the emotion/feeling/ache or pain and negotiate till you find a solution that fits and magically the difficulty fades away.



BUILDING BETTER FUTURES

**USING THESE SIMPLE TOOLS,
BY FOCUSING ON WHAT WE DO WANT TO HAVE HAPPEN,
CHANGING THE STRUCTURE OF OUR SENTENCES
AND ACTIVELY REWRITING THOSE NEGATIVE BELIEFS WE HOLD
ABOUT OURSELVES, OUR ABILITIES AND OUR PLACE IN THIS
WORLD WILL HAVE A HUGE IMPACT IN OUR LIVES, OUR CHILDREN'S
LIVES AND FOR FUTURE GENERATIONS TO COME.**



MEDITATION AND MANTRA



Patricia Maddalena
Co-Founder of WiggleBums and Living Free

Hey lovelies,

Here is a list of positive beliefs that you can use, using the Meditation and Mantra process (MP3). Simply go through and pick the beliefs you are most drawn to, the ones you get a strong reaction to, or laugh out loud to, or feel resistance to, even the ones you relate to and either upload them individually or fuse a few together.

When we use this process in our WiggleBums/Kids class I find something that the children are struggling with, maybe listening or being focused and we incorporate it into the theme of the class and use it in the meditation at the end.

In our pregnancy classes, we pick from an extensive list that relates to the current situations the women in the class are facing, using it in the Savasana at the end. Giving them that added layer of internal support.

Make sure you are comfortable, I like to hack in bed. Get a blanket around you, throw your headphones on, and upload using the Meditation and Mantra MP3 if you need to.. Remembering to save it to the hard drive of your mind by pressing the tips of your fingers and thumbs together and repeating it for a few more times. This fires the synapses deep within your memory banks hardwiring your new beliefs deep within every cell of your being. Then you can draw a line through it and pick another until you've uploaded as many as you like creating new pathways and connections your amygdala will love.

It's as important to work on your self and upgrade your mind so you can be clear when you relate with the children in your care. Because what you were told as a child, whether it was a string of positivity or criticism about who you are and what you can do, becomes your inner voice as a grown-up and has a direct impact on how you live your life day today. From the choices you make or don't make, to the people you attract and the situations and dramas you find yourself in.

All of your moans, groans, criticisms and fears, every compliment, praise, optimistic opinion that you think, feel and say, are the very fabric that holds your life experience in place. They are your beliefs, your programs and will dictate your experience of the world.

Using Meditation and Mantra in an active way, by creating perfect, present tense sentences that align with who you truly are will hardwire in a new set of beliefs and behaviours that will automatically be heard deep within every cell of you being. And when triggered will bring you a more joyous and beneficial life experience.

We have an amazing opportunity to be the change and help create and shape the next generation without handing down our crap down to them! By sifting through our own internal world, clearing up what benefits us and what does not, shifting our language and drawing the good out from each child you will have a massive positive impact in how you are with your children and how they will be with themselves, and they will grow into confident, loving, caring, adventurous, strong, adults of the future.

I salute you for doing this work because it is HUGE and one of the best ways to make the changes we all wish to see in the world. That's gotta be a good thing eh!

Big Love, Trish x

Positive Present Tense Beliefs

- I am patient
- I am kind
- I am a good listener
- I am trustworthy
- I am loveable
- I am focused
- I am respectful
- I am confident
- I am clever
- I am calm
- I am happy
- I am strong
- I am a good listener
- I am understanding
- I am forgiving
- I am compassionate
- I am healthy
- I am gentle
- I am fair
- I am deserving
- I am assertive
- I am joyful
- I am inspiring
- I am wealthy
- I am thankful
- I am worthy
- I am loveable
- I am consistent
- I am trustworthy
- I am energised
- I am creative
- I am peaceful
- I am courageous
- I am honest
- I am enthusiastic
- I am playful
- I am healthy
- I am adventurous
- I am dedicated
- I am loyal
- I am calm
- I am connected
- I am helpful
- I am optimistic
- I am motivated
- I am self assured
- I am practical
- I am observant
- I am caring
- I am curious
- I am a leader
- I am resilient
- I am abundant
- I am a good friend
- I am a good person
- I love my life
- I love being here
- I am persistent
- I am tenacious
- I am humble
- I am loveable exactly as I am
- I am competent, smart and able
- I am flexible
- I am positive
- I am worthy of friendship
- I am enough
- I am beautiful
- I am loved
- I am supported
- I am heard
- I am respected
- I am inspired
- I am inspiring
- I am full of positive energy
- I am believed
- I believe in myself
- I am more than good enough
- I deserve to be here
- I am a priority
- I am proud of myself
- I achieve good grades
- I have high standards
- I am brave
- I am awake



Remember,
you are what you think!

Positive Present Tense Beliefs

- I am relaxed, calm and confident
- I trust myself
- I feel good about my body
- I feel healthy and fit
- I feel strong and healthy
- My body is perfect exactly as it is
- I listen to myself and act on what I need
- I ask for what I want when I want it
- I set clear and firm boundaries
- I put myself and my needs first
- I feel content
- I am enjoying life
- I love eating healthy and nutritious foods
- I look after my body
- I am gentle with myself
- I only choose nutritious and delicious foods to eat
- I am fit and active
- I like to rest and take it slow
- I listen to my needs and act on them
- I give myself permission to rest
- I feel joy and contentment in this moment right now
- I give myself permission to be happy
- I choose to see the beauty in this whole process
- I have an amazing support team.
- I ask for help and I receive help gratefully
- I am strong and healthy and sailing through life
- I am in perfect health
- I feel very connected and grounded
- My body is beautiful exactly how it is
- I am connected to my intuition
- I know exactly what is right for me and act from it
- I am fully supported and loved, all is well in my world
- I am present and here
- I confidently make my choices known
- How I live my life is my choice
- I make good decisions based on the facts not fear
- I am safe, all is well in my world
- All of my needs are met
- I am a great person, I get better each day
- Everything keeps getting better and better
- I love myself and I am happy to be here"
- I am loved
- I take good care of me
- I am safe all of my needs are met
- This is the best time of my life
- Every cell of my body is full of contentment and bliss
- I exercise regularly and eat good nutritious food
- I am more than capable of being someones mum
- I am happy and healthy
- It is safe for me to be happy
- I am worthy
- I deserve this life and all the good that it brings
- I have complete confidence in myself
- I am relaxed, calm and confident.
- I am safe
- I am a strong and capable woman, I trust my instincts
- I trust my body
- I am enough
- I do enough
- I make good decisions
- I am excellent at making good clear strong boundaries
- I ask for what I need when I need it
- I listen to myself and my needs and act on them
- I let go of things readily and easily when they no longer serve



Beliefs Create Your Reality!

Positive Present Tense Beliefs

- I am a great mum/person/teacher
- I accept the unexpected with ease and calm
- I love myself
- I forgive myself
- I accept and surrender gracefully
- I listen to my body
- I love my body
- I am powerful and loveable
- I am my own best friend
- I sleep deep and well
- I radiate confidence, beauty and grace
- Every cell in my body vibrates good health
- I love and respect my body
- I eat only when I am actually hungry
- I choose health and wellness
- I feel great I love taking care of myself
- I openly give and receive love
- Every day I am become stronger and healthier
- All that I need is within me
- Every day is a new day filled with joy and health
- I am free from old patterns and habits that no longer serve me
- I feel more energised every day
- I make powerful choices
- I am grateful for who I am I am patient with myself
- I am worthy of all things wonderful
- I am in perfect health
- I release self doubt, self defeat and self sabotage
- I love and accept myself exactly as I am
- I choose to be blissfully happy and healthy in my mind, body and spirit
- I am strong, empowered and capable of anything
- I am adventurous, fearless and fierce
- I am free from expectations and criticism
- I am worthy of abundance and prosperity
- I am a beautiful and unique individual
- I am enough just as I am, right now and always
- "I recognise where I've been and celebrate the person I'm becoming"
- I choose to let go of negative self chatter
- I am smart, courageous and self confident, I am loved
- I choose not to take things personally
- I believe in myself and offer value to others
- I choose to forgive myself and others and to let go of the past
- I nurture my passions and creativity by doing things I love
- I am gentle with myself and treat myself with kindness
- Every day, in every way I get to know my authentic self
- My self care is worth making time for
- I am grateful for who I am
- I take great care of and love my body, for it is a temple and I treat it with respect
- I take time to nourish my whole self
- I am a priority in my own life
- I have compassion for myself and my mistakes, and have the same for others
- I dream big and create my life with intention
- I honour my intuition and use it as a guide
- I have the courage to say no and set healthy boundaries
- I allow myself to heal
- I choose to live in the moment and take things one day at a time I am the hero in my own life story



Perception creates experience!

MINDSET MATTERS



Patricia Maddalena
Co-Founder of WiggleBums and Living Free



7 Steps to work through difficult feelings

Create the mind-body connection

With this simple process, you can help your child work through those tricky feelings like tummy ache's, headaches, anxiety or stress.



Meditation and Mantra Process

- Over 300 Positive Beliefs that can be found in the Meditation and Mantra PDF
- Use with your children and in your children's yoga class
- Enable a Positive Growth Mindset
- Aid Emotional Intelligence
- Grow Self-Esteem and Confidence
- Dissolves Stress and Anxiety

**Building Better Brains
Enhances
Self-Awareness!**



Reinforcing Confidence

- Connecting the Heart and Mind
- Exploring their internal world
- Saving what it means to be Confident into every cell of the body
- Supplying them with fundamental tools for life

NLP Processes for Children
will give them tools for life!

CHANGING OUR LANGUAGE



The Power of The Spoken Word

Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to encourage and to inspire.

As the creator of your experience, what you say goes. And what you say to another can become how they see you and their inner voice for many years to come.

'The meaning of your communication is the response you get'



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APPLICATION

MINDSET MATTERS



ENABLING A POSITIVE GROWTH MINDSET

What can I do?



Using the 'Mindset Matters' play sheets, tools and techniques we take the children on a journey of self-discovery. Each week the children will learn what a positive growth mindset is and how they can be in control of their emotional, mental and physical well-being.

Using meditation and mantra and lots of various mindfulness techniques the children will learn a set of tools and life skills that can be used day to day and throughout their lives and into adulthood.

The Mindset Matters program can be run as a breakfast, lunch or after school club or weekly independent classes and will enhance confidence and self-esteem in who the children believe they are and in what the children believe they can do.

A series of practical yet fun NLP processes, mindfulness techniques and weekly activities designed to work steadily with the children helping them navigate the trickier times of life.

Suitable for children age 6 to 16 Mindset Matters aims to equip children with the skills and benefits of mindfulness and meditation.

Through weekly activities designed to help children

- name and recognise different emotions and associated physical sensations in the body.
- empower children to self-regulate their emotions and develop confidence in communicating their feelings to others
- helping children build resilience
- facilitate children's understanding and acceptance of themselves
- enable children to love themselves for who they are
- help children recognise the importance and value of positive self-care
- equip children with tools and skills to aid their growth and well-being
- foster an ethos of kindness and gratitude

Mindset Matters not only helps children manage their emotions it's been carefully crafted to support children work through difficult situations and feelings and find resolution and positive outcomes for themselves



EXAMPLE CLASSES...



- 1:1 session - £20 to £45 Depending where you live (45 minutes)

Managing Emotions Through Mindfulness (Example course) Course:

- 5 to 7 years 6 week course including initial 1:1 session - £120
- 8 to 10 years 8 week course including initial 1:1 session - £150
- 11+ years 8 week course including initial 1:1 session - £150

- Next course dates are as follows

- 5-7 years - Tues 22nd Jan - 4.30pm - 5.30pm
- 8-10 years - Fri 25th Jan - 4.30pm - 5.30pm
- 11+ years - Wed 23rd Jan - 4.30pm - 5.30pm
- Family Support For Challenging Behaviour

Includes 2 x 1:1 sessions and 2 x phone calls - £100

Mindset Matters offers discounted support to families on low income and benefits. Please do contact us if you wish to discuss this further.

PARENTS WORKSHOP...



Mindfulness is one strategy that can reduce the stress of being a parent. Mix this with the knowledge and understanding of what is happening to our children on a psychological and emotional level it can help develop a whole new way of being with our kids.

Practising mindfulness means paying attention to what's happening at the moment and accepting those experiences and feelings without judgment. Taking on the WiggleBums pre-suppositions and we can suddenly start seeing our children and their behaviour for what it truly is and stop taking it all so personally.

Once a parent or teacher find a new language and a new way of behaving our children follow suit.

Use the PowerPoint Presentation and Mindset Matters manual and deliver this to your parents, careers or teachers. Teach them the Meditation and Mantra method and give them some mindfulness and breathing activities they can do with their children or their class.

A deeper connection and understanding will start to form and will give them tools to support them through the childhood years and help them navigate the teens with ease.