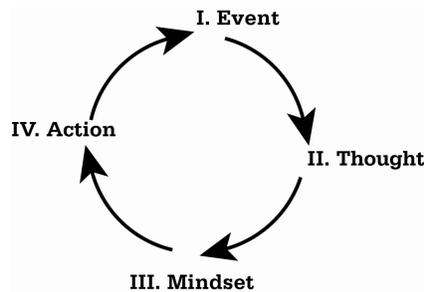




Mindset Musing #3: Rewrite History Exercise

Once you conduct a cost/benefit analysis of your Inner Critic (refer to the Mindset Musing, “Inner Critic Cost/Benefit Worksheet”) you are directly faced with both the short and long-term consequences of your current thinking and mindset. If these consequences are weighing heavily and impeding your ability to advance toward your goals, then you need to change the thoughts that are contributing to your current mindset. Often, this means rewriting history since your thoughts may have their roots in a message you received years ago by someone or something with influence.

If you read, *So Long Inner Critic, Hello Inner Champion: 25 Tips to Master Your Mindset*, then you have been introduced to the Inner Critic Cycle. Reference this cycle and incorporate the following three steps and questions below to rewrite history and “Master Your Mindset”.



Step #1: Identify the Inner Critic Cycle

Event or Situation (What happened?)	Key Thought/Belief (How was the situation interpreted? Where did this thought originate / from whom did I learn to believe in this way?)	Mindset (What attitude resulted from this thought or belief?)	Action (What behavior or action resulted from that mindset?)
<i>Example</i> My boss canceled a one-on-one meeting one day after she looked disappointed in a presentation I gave.	<i>Example</i> My presentation did not meet expectations. I'm not good enough. Origin of thought could be from parents never praising me for my successes.	<i>Example</i> I felt frustrated, disengaged and worried.	<i>Example</i> I retreated from colleagues and boss and second-guessed my abilities.



Step #2: Create an Inner Champion Cycle

Event or Situation (What happened?)	Key Thought/Belief (How do I <u>choose</u> to interpret this situation?)	Mindset (What attitude will result from this intentional thought/belief?)	Action (What behavior or action will result from that mindset?)
<u>Example</u> My boss canceled a one-on-one meeting one day after she looked disappointed in a presentation I gave.	<u>Example</u> My boss has so much on her plate and could be upset or stressed about something else. It has nothing to do with me.	<u>Example</u> Relaxed and even compassionate towards the pressures my boss faces.	<u>Example</u> Let my boss know it appeared she looked stressed and ask if there's anything I can do to help.

Step #3: Rewrite History

Take insights from Steps #1 and #2 and literally rewrite history by writing a new story. Go through the four stages of the cycle and craft a story – one that will inspire you to take on a new perspective and mindset and will result in the advancement of your goals and desired legacy. When you are complete, read the story out loud. You may even choose to share the story with your stakeholders – those most impacted by your ability to adopt the new thought and mindset and behave in a way that honors your inner champion voice, not the inner critic voice.

Alternative Rewrite History Exercise

Write a letter to yourself at the age you were of the initial event or situation. Write it from the present day sharing the wisdom and perspective you have gained at your current age and stage of life. Read the letter out loud frequently – until you can fully adopt this new wisdom and perspective.

“You are a composite of all the things you believe, and all the places you believe you can go. Your past does not define you. You can step out of your history and create a new day for yourself. Even if the entire culture is saying, ‘You can’t’” – Oprah Winfrey

Contact Marcie at 708.373.9613 for assistance with this exercise.

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