



GET COACHED

How To Think To Yourself

THE MAGIC OF THE SELF COACHING MODEL

CLASS ONE

Learning to think on purpose is the most important thing we can learn to do.

Here's why.

What you think determines your experience in the world.

Your brain is your translator of everything that's going on in the world.

Your brain is filled with sentences. Those sentences are thoughts about the world. They're thoughts about you and thoughts about your entire life.

Your life is determined by how you think to yourself.

So many of us were never taught to think on purpose.

We aren't taught how to think for ourselves.

When we're young, we're taught what to think—not how to think.

As we get older, we need to start choosing our thoughts on purpose.

We need to learn how to choose the thoughts we want to think in order to create the life that we want to live.

Your thoughts are the most powerful impactors of your life.

Are you living your life choosing what you want to think on purpose? Or are you simply responding on autopilot?

You can change your life dramatically by understanding your thoughts and deciding what to think on purpose.

Our thoughts create our feelings, and our feelings determine the quality of our life.

The way you feel on a day-to-day basis is the quality of your life.

If you have a lot of amazing emotions and a lot of positive energy, the quality of your life will be at a certain level.

If you're feeling defeated, frustrated, negative energy most of the time, the quality of your life will be at a different level.

What you think determines how you feel, and what you feel is the quality of your life.

The most important decision you make is what to think.

Say you wake up and feel moody or lazy or frustrated. If you don't understand that your thoughts create your feelings, you'll be lost in emotion. You'll feel ineffectual, powerless.

Often, we try to act our way out of it. We try to act against the very thoughts that are causing the feelings in the first place.

This does not work.

Deciding what to think on purpose is the most important work you'll do.

Imagine the emotion you're creating in your body if you think, *"I'm not very smart. I'm not going to*

be successful. This isn't going to work. I don't like my body. I don't make enough money. These people are dumb. Life is too hard. My life has no meaning."

You might not even be aware of these thoughts. They're just running in the background of your mind.

How many emotions are you creating unconsciously?

These emotions are determining the quality of your life. And they're preventing your progress without you even knowing.

Now, imagine you shift that unconscious thinking and make it more conscious.

Imagine you thought, "I love you madly. I love myself. I have an amazing life. I'm going to have an amazing life. My life is a gift. I have something amazing to offer. These people are fantastic. The world is great. I'm excited to be alive."

You can teach yourself to believe what you want to think about your own life.

We aren't talking about saying affirmations or thinking, "I love myself," without believing it.

If you're saying thoughts you don't believe, you're not going to create the emotions you want to feel.

So how do we solve it? How do we fix thoughts that are unconscious?

You have to find out what you're thinking.

You have to eavesdrop on your brain.

This is tricky because you have to think about what you're thinking about.

The best way to eavesdrop on your brain is to get coached.

A coach will help you empty out the contents of your brain in a thought download.

Think of your brain like a home. A thought download is like going into your home and looking around. You'll notice how clean or dirty it is, where it's cluttered, and what kind of mess is in there.

A coach will help you notice the thoughts that aren't serving you. They'll show you the optional thoughts you might want to consider changing. And they'll ask, "*how does that thought feel?*"

We can't get anywhere until we become aware of what we're thinking.

Getting coached and doing thought downloads increases awareness in your own life.

When you get coached, you can decide what you'll think on purpose.

You want to think on purpose because that's what determines the quality of your life.

In this course, you'll learn the true power of your mind.

You'll understand how each of your thoughts affects everything else in your life.

And you'll be able to use it with your coach and in your own life to create anything you want.

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