

Mind v Reality Tool

Breaking down illusions and getting some perspective

The purpose of this Mind v Reality tool is to highlight the thoughts and concerns that are holding you back and to identify solutions that will help you to move forwards. More often than not, limiting beliefs and irrational fears create a barrier that prevents you from getting where you want to be.

You can also use this tool to make a note of positive thoughts that give you reassurance, confidence and inspiration. You don't only have to focus on negative thoughts. The purpose of this tool is to identify positive solutions that will help you change the way you think. The alternative story is probably the reality, or at the very least, closer to the Truth than your existing story.

How to use this Mind v Reality Tool

Write down everything that makes you feel stressed, anxious or depressed; ie money, relationships, work etc. Use the spreadsheet you received with this Master Mind Content Program. Follow the example below to get you started.

1. In the first column – Your Mind – write down all the things that make you feel stressed, anxious and depressed. Do this for each section (money, health, relationships etc). I've provided an example at the top of each section to help get you started.
2. For the second column – Reality – have a conversation with yourself and write down a rational explanation. This column should look for a positive perspective, and if possible, suggest an outcome, or course of action. You will normally find there is a rational explanation for everything - and it's usually closer to the truth than the story you tell yourself in your head.

If you struggle with this exercise on your own, speak with a friend you trust. We will also address the points in your 1-2-1 session so if you do need help, we can go through it together. I am here to help, not judge.

Money

My Example

Your Mind	The Reality
I don't earn enough money	Right now I am earning enough to live comfortably and save
I am worried that my bank savings are too low	I am saving enough to improve my bank balance each month. Stay focused and don't worry about how much little money you have now. You will earn more and save more.
I am worried I will not make enough money to survive	You always make enough money to find. Find happiness within rather than spending money on things that only make you happy on a superficial level.
But what if I don't earn enough?	You have a plan and a destiny. You will earn enough for it to manifest. Trust in yourself and let your higher consciousness guide you

Work through your own thoughts and concerns in the box below.

Your Mind	The Reality



Health

My Example

Your Mind	The Reality
I don't earn I am suffering from chronic stress. I am worried it will make me ill money	You can learn to manage stress.
I am worried I will get a serious illness.	Give up smoking, drinking and other bad habits that are not good for your health. Detox for at least one week every month, exercise every day and learn to manage stress.
I am struggling to concentrate and cannot not meditate	Because you are stressed. Practice yoga for at least 20 minutes every day and perform one-pointed focus at every given opportunity.
I am working so hard because I am concerned about money	Create more work-life balance and trust the process in the 'Money Reality'.

Work through your own thoughts and concerns in the box below.

Your Mind	The Reality



Relationships

My Example

Your Mind	The Reality
I am lonely and need companionship	You enjoy your own company
But I need love in my life	Learn to love yourself and you will attract love. Without internal fulfilment, external love is superficial and illusionary.
I want a loving relationship. Why can't I meet a compatible partner?	The right person will come when you are ready. Learn to love yourself, open yourself to receive love and you will find love.
But I never meet a partner I have enough in common with.	Start going to places and doing things you enjoy and you will attract the right people to you.



Work through your own thoughts and concerns in the box below.

Your Mind	The Reality



Job/Career

My Example

Your Mind	The Reality
I'm doing okay, but what if I can't get any work this month?	You have some regular clients and get 2 or 3 new jobs a month. What are you worrying about?
I don't have any experience and there's loads of competition.	You're been writing for three years and you're still getting clients. That's experience. You're good at what you do.
I work too many hours and don't go out enough.	Limit yourself to 9 hours a day, take a walk in between and go out to watch bands once a week. You deserve this!
I don't know enough about the things I'm writing about.	You're a good researcher and creative enough to tell a story

