



Grow Your Potential, Thrive Through Uncertainty: Transforming your Limiting Beliefs into Empowering Beliefs

Breakthrough Laser Mind Shifting Model - Rewire your Brain

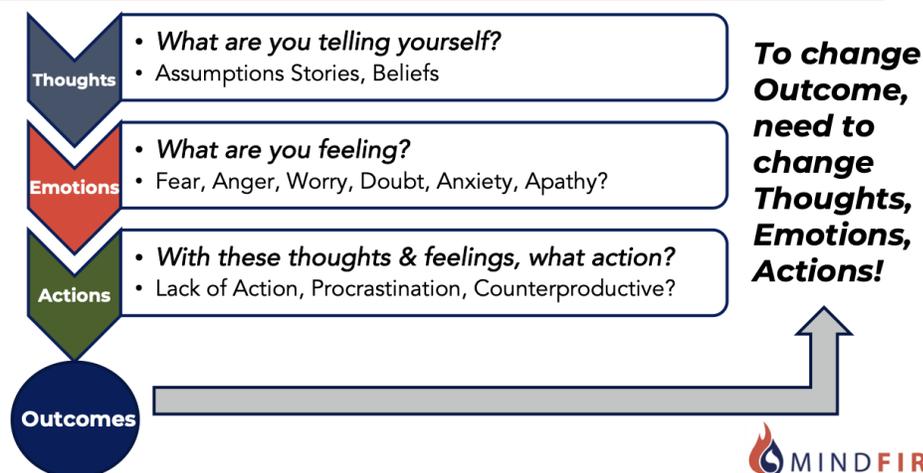
I named my firm Mindfire Mastery because I passionately believe that high performance is about learning to harness the power of our mind, aligned with the fire of our purpose, so we can move beyond our default state to optimize our potential. This Breakthrough Laser Model is one of my favorite, disruptive coaching tools, which I use with my clients and Executives in my Mindful Leadership course at the University of Chicago Booth School of Business. You can use it to transform what's holding you back into your powerful way forward.

Our Current Challenge: Default “Autopilot” State

Our brains are usually on autopilot, so we're working with suboptimal limiting beliefs, which lead to negative feelings and sabotaging actions (or inactions) that don't get us desired outcomes. Your brain processes about 70,000 thoughts each day; however, 90% are the same thoughts as yesterday! So our minds are running a program with only 10% new thoughts, so we only have a 10% chance of creating something new.

How the Breakthrough Laser Model Works

Breakthrough Laser Mind Shifts





Power of Neuroplasticity

When we increase self-awareness and apply this model, we harness the power of neuroplasticity to change what we think, do and pay attention, rewiring our brain with different results. We can reframe our limiting beliefs, stories and interpretations into empowering ones. When you align your left brain “rational mind” with your right brain “emotional fire”, you integrate what you really want across your thoughts, feelings and actions. You move forward with the motivation you need to achieve the outcomes you desire. We become truly unstoppable.

Taking a Step Forward

Thoughts, Emotions and Actions are linked and lead to our reality, so changing one will have a domino effect on the others, and shift our energy forward in positive ways. Start with paying attention to what you are thinking and feeling. When we are mired in loud, untrustworthy “inner critic” thoughts, we are likely feeling negative emotions such as disappointment, blame, guilt, shame, doubt, regret. These are all valid feelings, and give us valuable information. Yet, we don’t need to get stuck in them. Feeling negativity is like putting your hand on a HOT STOVE. You only need a moment for you to realize the stove is HOT, so you know to remove your hand from being burned.

Choicelessly shifting our thoughts and emotions moves us more confidently into action.

Here’s an Example:

Current Thoughts - Emotions - Actions: *If you’re reaching for a higher level position, you may think, “I’m not ready yet.” With that thought, you may feel “scared, worried, anxious, lack of confidence”, which prevents you from even applying for the position. It’s natural to be nervous as you level up your leadership; however, if you stick with your default response driven by fear, you may be holding yourself back.*

New, Empowering Thoughts - Emotions - Actions: *If the position is aligned with your values, vision and goals, you could use the laser breakthrough model to shift your thinking, feelings or actions. You may say, “I know I’ll do whatever it takes to succeed, just as I’ve done to rise to this level.” With that more empowering thought, you feel more confident and excited. You take actions to interview for the position. When you get the role, and you start doing it, you gain more confidence which grows with each step you take forward!*



Exercise: Transforming your Limiting Beliefs into Empowering Beliefs

Think of a situation in your professional life where you are experiencing a current challenge.

1. Current:

- a. What is your Current Thought (i.e. What is the Inner Critic's Judgment, Assumption, Interpretation or Limiting Belief?)
- b. What is your Current Feeling/Emotion (i.e. Fear/Anger/Worry/Doubt/Apathy)
- c. What Current Action have you taken or not taken?

Remember, it is normal to carry around these negative thoughts and feelings. You are taking bold steps to look more deeply at what's going on under the surface so you can operate more optimally.

2. Next, journal on these prompts: (2 minutes each):

- a. How is that current situation serving you?
- b. What do you think would happen if you thought and felt differently about it?
- c. How important would that be for you?

3. Now, focus on New Empowering Beliefs:

- a. New, Empowering thought? (It's ok if it's aspirational and you don't believe it yet!)
- b. New feelings/emotions?
- c. New action?

4. Reflecting on your New Empowering Beliefs, journal on these prompts (2 minutes each).

- a. With this new thought, new feeling/emotion and new action, what new outcome can occur?
- b. Next time a situation arises where your sabotaging thoughts would be triggered, what is a positive response to replace them? What mantra or empowering words or symbols can you plant now?
- c. What specific actions are you willing to commit to?
- d. What have you learned about yourself? What is the gift you've learned from this situation?

I look forward to hearing how this powerful tool works for you! If it's challenging, please don't be discouraged. We often benefit from disrupting ourselves with external perspectives from a colleague, friend or an Executive coach. If you'd like to explore whether coaching can support you to rise faster, please feel free to contact me at stephanieklein@mindfiremastery.com.