

Mindset, week 2

Notes - 9/12/22

- Our thoughts create our emotions, which lead to our behaviors. We have the ability to control our thoughts, and therefore our emotions and behaviors.
- It is our perception of the situation, rather than the situation itself, that determines how we feel about it and how we react to it.
- Our perspective of a situation can change if we change the way we look at it, just like putting on a pair of glasses with a different colored lens or looking at an object from a different angle.
- When we have a negative interpretation of a situation, it causes a negative emotional reaction.
- Finding a positive viewpoint of a situation leads to improved emotional wellbeing.
- The actions we take are chosen based on what we think, and especially how we feel about a situation. Therefore, if we change the way we think, it changes our emotional state, which influences our decision making and leads to better decisions.
- When we change our negative thought process, improve our mood, and stop sabotaging behaviors, we are better able to meet our goals.
- You can't change the past, but you can change your beliefs about and because of the past.

- We all think irrationally, in predictable ways that are easily corrected.
- The meaning we assign a situation is both the biggest reason for our emotional reaction to it and our biggest opportunity for changing our thinking.
- Negative emotions can be both healthy and unhealthy.
- Self-acceptance is the antithesis of approval-seeking and the key to confidence.
- Releasing expectations and judgments of others is required to stop being angry and miserable.
- Accepting what is (including the parts you don't like) is the only way to take back your power.