CONTROL YOUR THOUGHTS...
CONTROL YOUR FUTURE!
Part 2

Learn the Relationship between Thoughts, Emotions, Behaviors, & Outcomes

Drill designed by Ryzer Mindset
Recall Part 1

Remember what we learned about the connections below

- **Situation**: Something happens
- **Thought**: The situation is interpreted
- **Emotion**: A feeling occurs as a result of the situation
- **Behavior**: An action in response to the emotion
- **Outcome**: The result of the behavior
Overview

Today's Activity Outcomes:

- Memorialize your positive personal Experiences and Beliefs.
- Learn to use your positive Experiences and Beliefs as Thought Filters to produce positive thinking.

Why is this Drill Important?

- Interpreting situations **positively** is critically important to your overall performance and success.
- This Drill Will Help Increase Your: **GRIT • MENTAL TOUGHNESS**
Remember, if you can control how you interpret situations...
...in other words, take control of your Thoughts.....
...Then **YOU** are in control of **YOUR FUTURE**
Hayden plays great, but coach fails to notice.

“I am not that good at my sport compared to the others.”

“I don’t deserve the Coach’s attention because I am no good.”

“Coach isn’t worried about me because I won’t be playing anyway.”

Recall Thought Filters from Part 1
Negative thought filters produce negative thinking...
...that leads to negative emotions, negative behaviors, and, ultimately, poor outcomes.
What if there was a HACK to fix your Thought Filters?
THERE IS
First, recall what we learned in

Controlling Your Thoughts...Controlling Your Future Part 1
How to Overcome Negative Thoughts

Step 1: Acknowledge It

Whenever a negative thought comes into your head, simply acknowledge its arrival.

Step 2: Flush It Away

After acknowledging it, you need to CHOOSE to let the thought pass right through your head and figuratively flush it away.
Hayden plays great, but coach fails to notice

“I am not that good at my sport compared to the others”

“I don’t deserve the Coach’s attention because I am no good”

“Coach isn’t worried about me because I won’t be playing anyway”
Hayden plays great, but coach fails to notice.

“I am not that good at my sport compared to the others”

Flush it!
Hayden plays great, but coach fails to notice

“I am so much better at my sport than last year”

“Coach probably noticed but didn’t say anything”

“I am real happy with how I practiced today”
See the DIFFERENCE?

Hayden plays great, but coach fails to notice

NEGATIVE = “I am not that good at my sport compared to the others”

VS.

POSITIVE = “I am so much better at my sport than last year”

Situational Event

Experiences

Beliefs

Interpretative Thought

RYZER

MINDSET
Your Turn

Access your worksheet

Click here to retrieve it

What are the top negative filters you face?
Once you identify your top negative filters, whenever you encounter them remember to use the 2-step technique to **FLUSH IT**
Now, Focus on the Positive

Access your worksheet

Click here to retrieve it

What new Positive thought filters can you leverage in your life?
Final Takeaways

If Negative Thought Filters pop into your head:

1. Acknowledge it
2. Flush it Away

THEN, replace the negative thought filter with a POSITIVE thought filter.
When You Control Your Thoughts….

Situation: Something happens
Thought: The situation is interpreted
Emotion: A feeling occurs as a result of the thought
Behavior: An action in response to the emotion
Outcome: The result of the behavior

You Control Your FUTURE!
CONTROL YOUR THOUGHTS...
CONTROL YOUR FUTURE!
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