

Barbara Nixon

**THE 5 DAY
MINDSET
CHALLENGE**

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“Success is really about your mindset” F. Gary Gray

HOW TO GET STARTED

Welcome to the 5 Day Mindset Challenge.

Here's what you need to do:

Before the challenge starts:

- 1) Join the Facebook group
- 2) Watch the 'Introduction' video (You'll find this in the units tab)
- 3) Watch the 'Getting started' video
- 4) Watch the 'Pre-work' video

During the challenge

- 1) Every morning a new video will be posted in the group. Watch the video, and focus on the 'task' for that day.
- 2) Post your thoughts, wins, and questions in the Facebook Group
- 3) Each day I'll pop into the Facebook Group and do a live where I'll answer any questions you might have. If you can't make the Q & A live, please post your questions in the group, or email them to info@barbaranixon.co.uk with QUESTION in the subject heading and using the hashtag in Facebook.

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Introduction (watch the Introduction video)

What's your intention for the week?

Why is this important to you?

Share your intention in the Facebook group so I can support you

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Getting Started (watch the Getting Started video)

What excuses do you regularly tell yourself?

What are your most common 'triggers'?

Share your most common trigger in the Facebook group

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Pre-work (watch the pre-work video)

What are you going to be focusing on?

Why did you choose this area?

Post the area you're going to be focusing on in the Facebook group.

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DAY 1 - Silencing your inner critic (watch the video in Unit 1)

What is your inner critic called?

What things does your inner critic say to you?

Post your answers in the Facebook Group #innercritic

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DAY 2 - Re-recording your negative self talk (watch the video in Unit 2)

Negative Self Talk	Your new positive statement

Post your answers in the Facebook Group #positiveselftalk

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DAY 3 - What do you bring to the party? (watch the video in Unit 3)

Write down what you bring to the 'party'

This can include:

- Your experiences; Your qualifications; Your beliefs and values; Your personality; Your sense of humour; Your attention to detail; Your amazing cooking / baking skills; Anything...nothing is too small here

Post your answers in the Facebook Group #party

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DAY 4 - Catching the wins (watch the video in Unit 4)

(Practice this for the next 5 days and see how you get on)

Day 1

1.
2.
3.

Day 2

1.
2.
3.

Day 3

1.
2.
3.

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Day 4

1.
2.
3.

Day 5

1.
2.
3.

Keep this going for 5 days – share today’s wins in the Facebook Group
[#catchingthewins](#)

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DAY 5 – The power of 15 minutes (watch the video in Unit 5)

Step 1:

Pick something that you can do for 15 minutes a day to give your brain a break.

Examples: read a book; walking; go for a run, yoga, gardening, painting, meditation, drinking a cup of tea in silence, writing etc etc)

Set the alarm on your phone (**Top Tip** use a gentle alarm like bells or chimes)

Start your 15 minutes

Keep it going for the next 30 days and see how you feel.

What activity did you choose? Post this on Facebook so we can support you

On the next page you'll find a simple tool that will help keep you going for the next 30 days

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DAY 5 – The power of 15 minutes (stick this on your wall)

Put a cross through the box when you've had your 15 minutes that day...aim for 30 days to create a habit

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

How do you feel?

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Next Steps

As with anything the value comes from consistency so you can embed these new habits and make them work for you – so wash, rinse and repeat.

“It’s all about your mindset, being focused, staying positive, being optimistic, and knowing that these are all aspects of my life that I love and enjoy” Kyla Pratt