

Barbara Nixon

**THE SUCCESS
MINDSET
BOOTCAMP –
WEEK 1**

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INTRODUCTION

What's does success look like for you during this programme?

Why is this important to you?

Share your intention in the comments section so I can support you

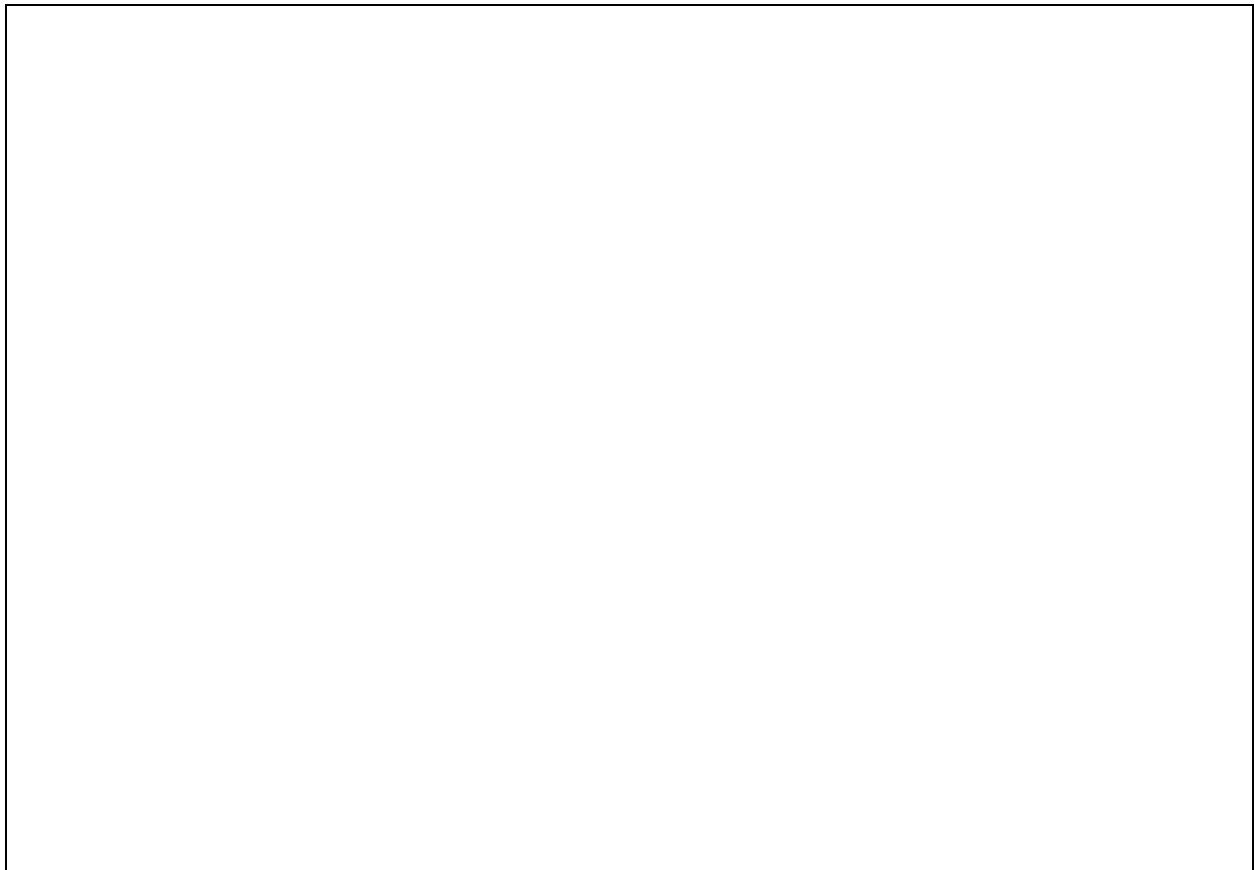
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Lesson 1 – What’s actually going on?

Over the next 7 days observe the blocks that keep popping up for you. These could be self doubt / negative self talk or your inner critic.

Excuses, or ways to sabotage your own success.

Make a note of them here...

A large, empty rectangular box with a thin black border, intended for the user to write down their observations and notes over the next 7 days.

Please note that just because you’ve noticed one block in the past, doesn’t mean others don’t appear...keep your eye out for others you might not have noticed before. You might also find that new blocks appear as you keep stretching.

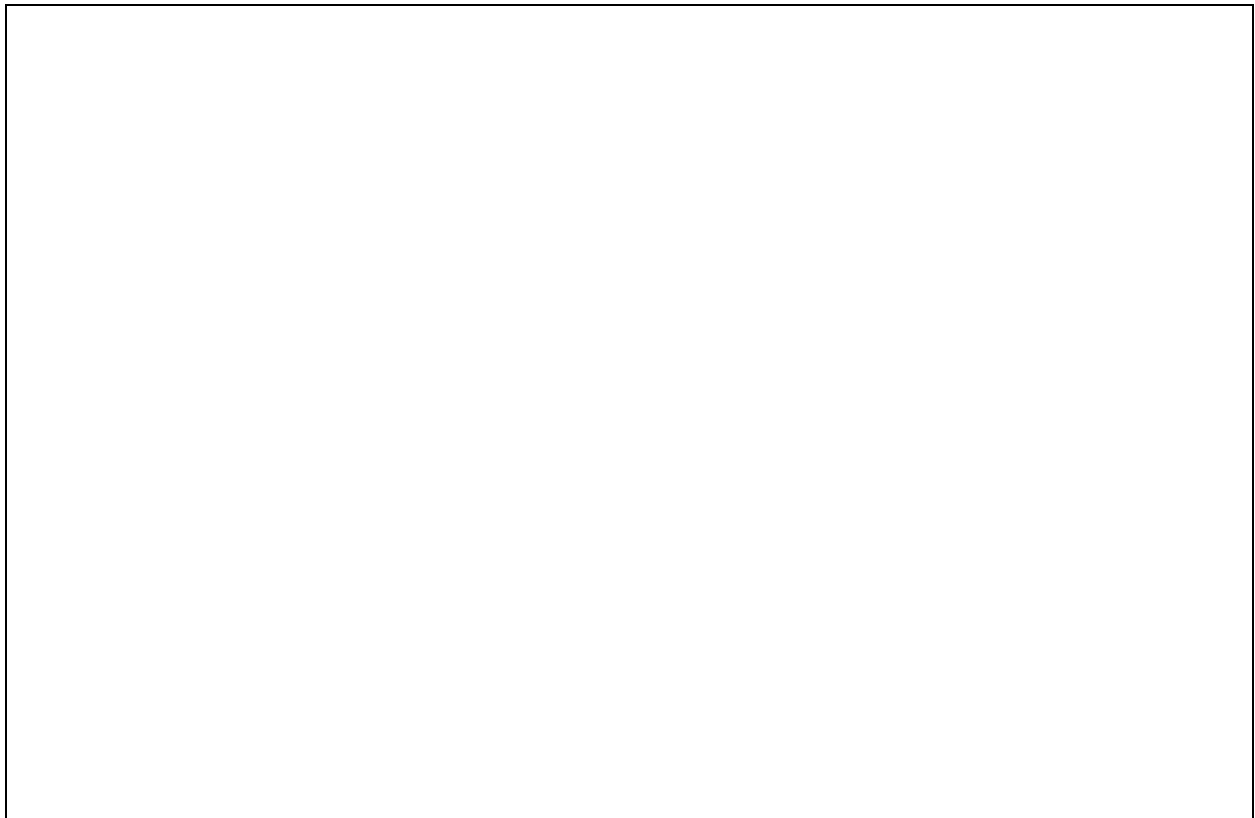
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Lesson 2 – The power of clearing the decks

This exercise is a great place to start if ever you feel like your mindset needs a refresh.

Make a note of what you've chosen to de-clutter and why.

How did it feel once you'd finished?

A large, empty rectangular box with a thin black border, intended for the user to write their notes and reflections on the exercise.

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Lesson 3 – Looking for the evidence

What have you done in the past 6 months – 1 year to grow your comfort zone and stretch yourself?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

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How did it feel before-hand?

How did you overcome any negative feelings?

Did you ever feel like stopping or quitting?

What stopped you from doing that?

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How did you persevere?

How did it feel afterwards?

Would you be able to do it again?