

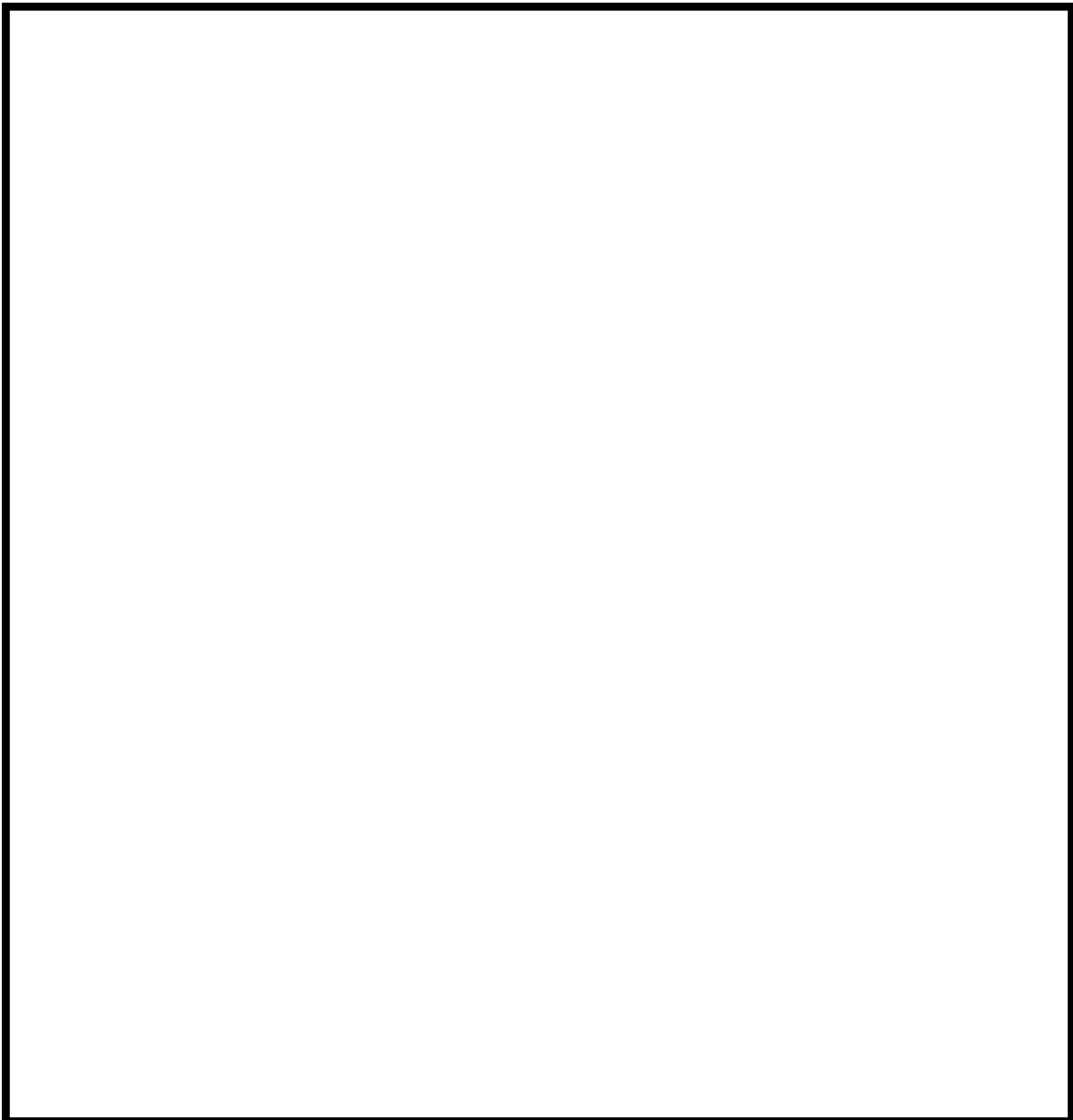
# THE **BOSS** HAT

*Programme*

## LOOKING AFTER YOUR HAT

### Lesson 4 - Building a strong mindset

Identify your own limiting beliefs. e.g. you're not good enough; you're frightened of making a mistake; you feel fraudulent; you wonder what other people might think etc



What is your limiting belief actually telling you?

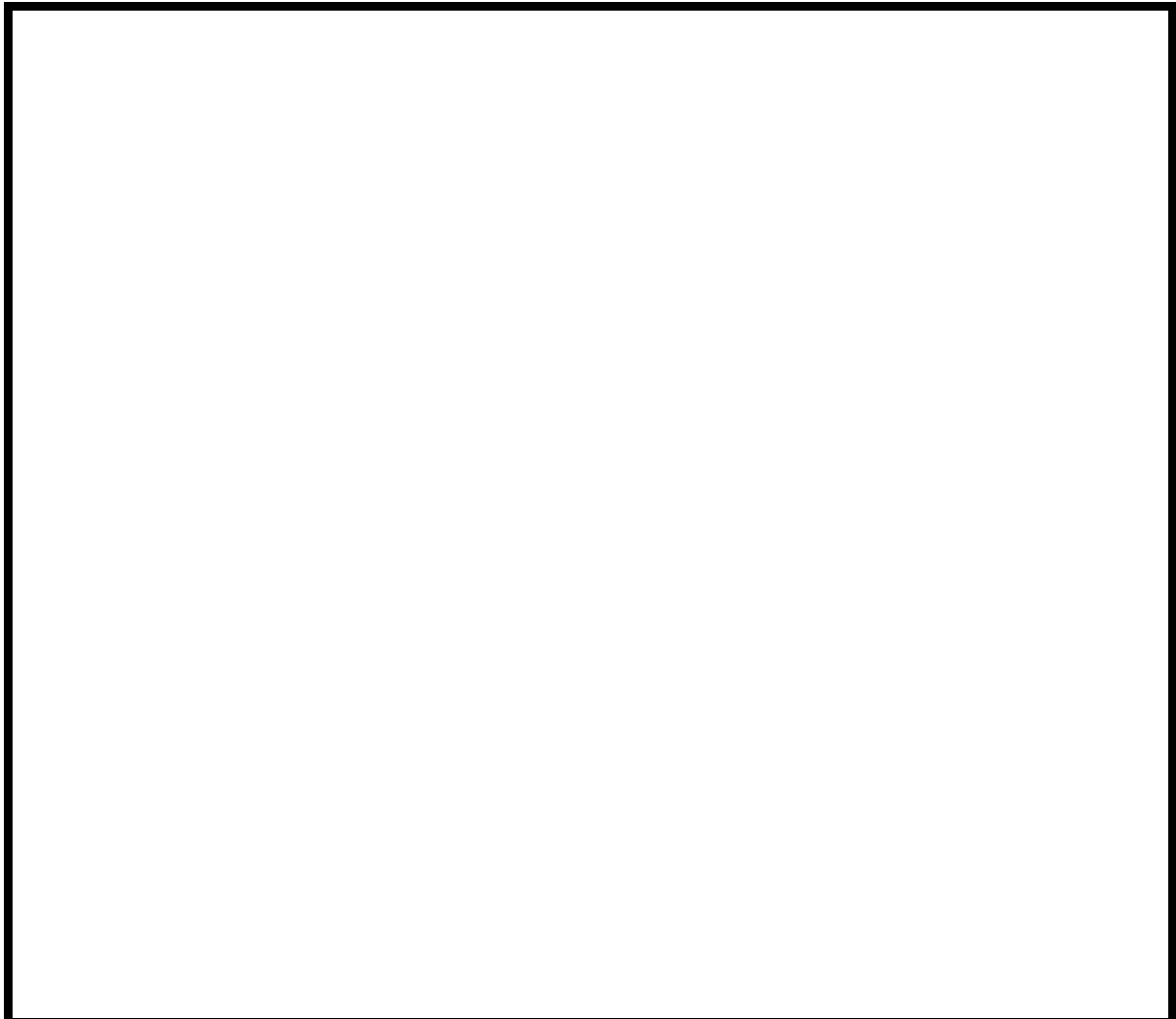
A large, empty rectangular box with a black border, intended for the user to write their answer to the question above.

Create new phrases to add to the list you created in the first section.

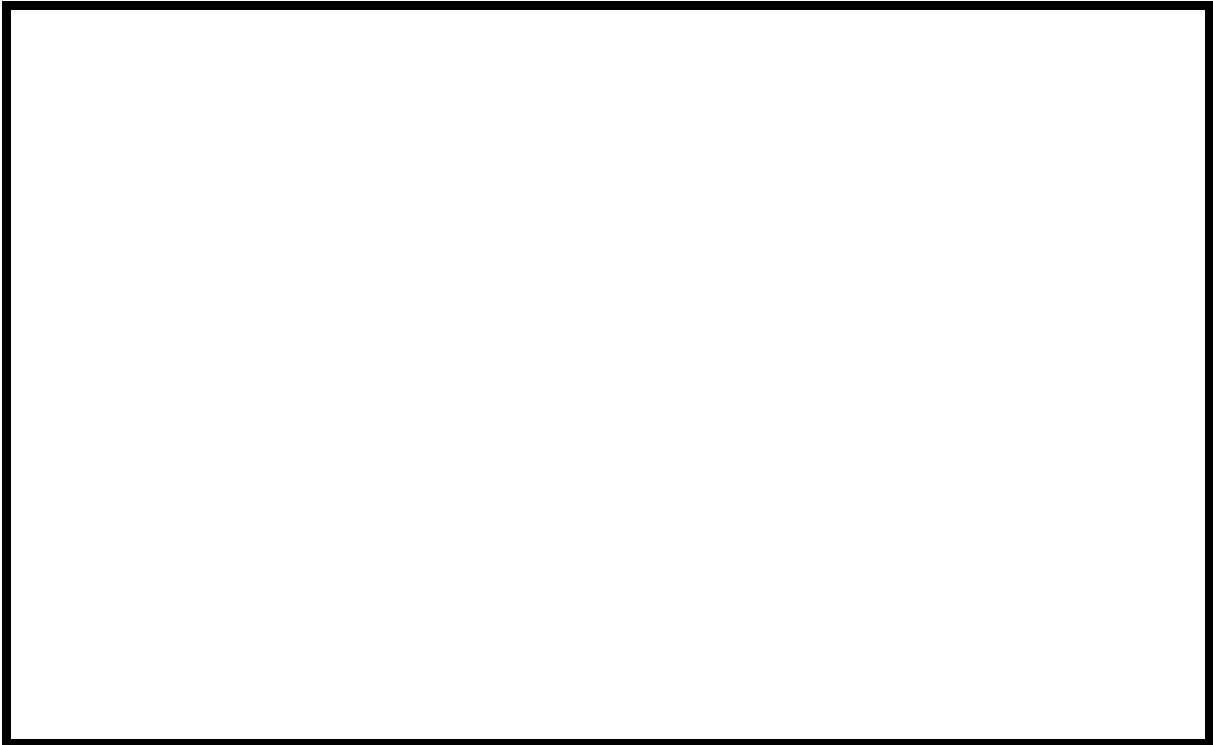
For example –

- 'I'm really confident today.'
- 'I'm really strong'
- 'I can do anything I put my mind to'


Note - it has to sound like something you'd say, so put it in your words, and it has to be powerful...and then just keep saying it to yourself as you go about your day.

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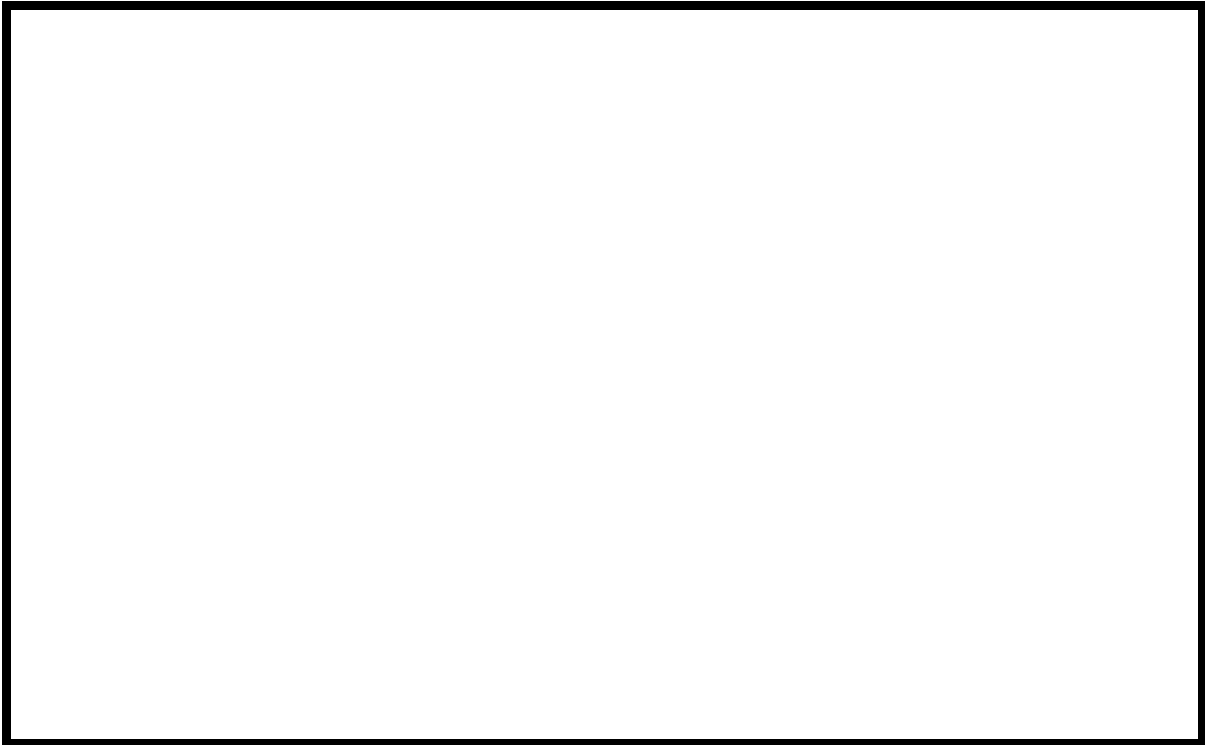
Describe an area of your life where you're really confident.

A large, empty rectangular box with a thick black border, intended for the user to describe an area of their life where they are confident.

How does that feel?

A large, empty rectangular box with a thick black border, intended for the user to describe how they feel about the area they mentioned in the previous section.

How do you behave?

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What do you say to yourself?

A large, empty rectangular box with a thick black border, intended for a person to write their response to the question 'What do you say to yourself?'. The box is completely blank and occupies the lower half of the page.

NOTES:

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