

CHANGE YOUR MINDSET, CHANGE YOUR LIFE CHALLENGE
8 WEEK CHALLENGE – N is for NO more NEGATIVE THINKING

N FOR NO MORE NEGATIVE THINKING



1. Law of attraction impacts
2. Neuro Associative Conditioning
3. 7 toxic mindsets to get rid of
4. Your ego and how it plays a role
5. Setting boundaries
6. Forgiving yourself

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Nothing is worse than the enemy within.

Ash Turner

NO MORE NEGATIVE THINKING

During this 8-week challenge you will become aware of your own negative mindsets that you are living with.

We have all lived with some of these toxic mindsets and may still be living with them.

So be aware of the following and acknowledge if you do have them...

REFLECT if you have these mindsets?

RECOGNISE your own habits, traits, triggers

RESET your mind with these negative mindsets, make a choice not to live like this anymore.

RE-ENGAGE and make a choice to work on overcoming this mindset over the next 8-week challenge.

We will run through some of the most common toxic mindsets that people have, and you need to make changes to these.

We have covered off on heaps of this in C = Change your mindset, so you may need to go back and reflect on this chapter again.

We covered off on key things in E = Escape the story...

- ✓ Negative thoughts only hurt you
- ✓ Manage the self-talk
- ✓ Re-program your thoughts
- ✓ Name the inner critic
- ✓ Offset your thoughts

We need to make conscious choices to get ourselves out of these toxic mindsets.

We need to pull ourselves up when we fall into these.

We need to make immediate changes and take action straight away.

We cannot sit there and go “ok I am in a bad headspace” and then not do anything about it.

The only way you can change, is by making yourself change.

LAW OF ATTRACTION IMPACTS

So many people do not realise that their own negative thinking is affecting what is being attracted to them.

People that are constantly saying harsh and horrible things about themselves don't realise that is energy being pushed out into the universe. That negative energy is around you and your aura. You become that negative thinking.

Thoughts are powerful.

You get to control your thoughts... who would have thought?

A great example was that I thought I was ugly, useless, undeserving of love... I then attracted a horrible narcissist into my life. Why? Because that was the level of frequency, I was on... I was on a low frequency where the narcissist lived on.

Now I am powerful, confident and know what I deserve and want in life, and you will see no one like that surrounded around me.

You are what you attract. If you are a negative person, you will attract negative people and negative situations. You will also see everything around you and that's happening "to you" as a negative.

If you are a positive person, you will attract positive people and positive situations into your life. You will start to see things from a positive perspective, like things are happening "for you".

Ultimately, you are the only person that can change this.

Have a little think about this and ask yourself some questions...

Am I stopping myself from attracting what I want in life
because of my thinking?

Do I think things happen to me or for me?

Did I attract these people and events into my life because of
my thinking?

NEURO ASSOCIATIVE CONDITIONING

Ok my Tony Robbins fans who have read the book “Awaken the Giant Within” religiously will know exactly what this is... NAC...

NAC also known as Neuro Associative Conditioning in my eyes is very similar to Neuro Linguistics Programming.

It's all about reconditioning your brain to change the way you think and behave.

Tony Robbins has a 6-step process to do exactly that...

I want you to go read this book if you haven't already done so, because there is soooooo much in his books to teach you about getting what you want in life.

At a very high level these are the 6 steps:

1. Decide what you really want and what preventing you from having it
2. Get leverage – associate massive pain to not changing now, and massive pleasure for changing now
3. Interrupt the pattern
4. Create a new empowering alternative
5. Condition the new pattern until its consistent
6. Test it on others

Reference: Anthony Robbins “Awaken the Giant Within Book”

I can vouch that these steps have helped me in soooo many ways during my life. In fact, this is one of my go to books when I am feeling like I am in a rut and want to make some serious changes with myself.

I personally find that NAC can be quite similar to NLP also known as Neuro Linguistics Programming, which is all about your mindset, language etc.

I great book for beginners with NLP would be “The ultimate introduction to NLP – how to build a successful life” written by Richard Bandler, Alessio Robteri and Own Fitzpatrick.

Or a great episode to listen to would be “episode 101 – Brooke's story on being bullied, overcoming self-doubt and how NLP & hypnosis changed her life” – on Empower with Ash – Survivor to Thriver Podcast.

7 TOXIC MINDSETS TO GET RID OF

Self critical mindset

To be self-critical is to evaluate oneself harshly.

You are always scrutinizing yourself and your performance.

You tend to be extremely hard on yourself and have high expectations of yourself.

Common things that self-critical people say and do are:

- You blame yourself for every negative situation
- You are down on yourself as a whole person not just a specific mistake you made
- You tend to avoid expressing yourself and your opinion because you do not want to say something stupid
- You compare yourself to others
- You are not satisfied with your achievement because it is not good enough
- You worry about the “what if” situations
- You have body image issues
- You do not like asking for help because that makes you feel not good enough
- You may have had self-harm thoughts
- You had overly criticizing parents
- You sit there analysing all your mistakes
- You do not forgive yourself and others easily
- You do not give yourself compliments and cannot accept them
- You are sensitive and defensive towards feedback

Are you self-critical?

Procrastination mindset

Procrastination is when you are delaying or postponing something.

People who procrastinate tend to worry about doing tasks or put off tasks because they cannot be bothered.

They get so in their heads; they make the activity or action worse and harder than it is.

Here are some of the signs that you are a procrastinator:

- Having trouble concentrating
- Difficulty following through on commitments
- Set unrealistic goals that you cannot achieve
- Being afraid of failure
- Hold onto negative beliefs on why you cannot do what you want/need to do
- Always have an excuse why you cannot start or complete something
- You get up late
- When anything is too hard you given up
- You do not trust yourself
- You envy hard workers
- You have a messy and unorganised environment
- You tend to always be late
- You are stuck in a rut
- You get stressed easily
- You only do things last minute (if you must)

Are you a procrastinator?

Victim mentality mindset

Victim mentality is when a person tends to recognise or consider themselves as a victim of the negative actions or situations.

Most common things victim mentality people say are “why me”, why did this happen to me”, my life is so hard because of X etc...

Most commons things people with the victim mentality say do are:

- Avoid taking responsibility for their life, they are always making excuses and blaming others
- Stop seeking solutions for their issues, they like being miserable and people feeling sorry for them
- They are unwilling to take power take in their lives
- They have negative thoughts and self-sabotage
- They lack confidence in themselves
- They are frustrated, angry and resentful at the world

Do you have a victim mentality?

Self-sabotaging mindset

Self-sabotage is when we actively or passively take steps to prevent ourselves from reach out goals.

People that self-sabotage tend to do the following:

- Blame others when things go wrong because we want fault to go where not to themselves
- Choose to walk away when things do not go smoothly
- Tend to procrastinate
- Pick fights with friends and family
- Date people who are not right for them
- Have trouble stating their needs
- Put themselves down when things are going well
- Can fear success
- Do not believe in their self-worth
- Fear failure

Are you self-sabotaging?

Perfectionist mindset

Perfectionism is when people have the needs to be or appear to be perfect or even believe that it is possible to be perfect.

These people tend to believe their worth is based on them being “perfect” and they are only valuable to others if they are “perfect”.

Things that perfectionist tend to do are:

- All or nothing mindset
- Highly critical of themselves
- Pushed to achieve their goals due to fear
- Unrealistic standards for themselves and others
- Focused on results
- Depression
- Fear of failure
- Procrastinate
- Highly defensive with feedback and criticism
- Have low self-esteem

Are you a perfectionist?

Quitter mindset

People with the “quitter mindset” tend to give up extremely easy, especially when things get a little bit hard.

Things that quitters tend to do are:

- Unwilling to try a task or stick to a task because they are fearful of making a mistake and failing
- Has the “why bother” mindset
- Easily discouraged, upset or quick to anger when facing setbacks
- Needs encouragement or a reward to complete a task
- Relies on someone else to complete the task
- Defensive or blames others
- Cheats, cuts corner or makes excuses
- Gives up as an easy way out if things are too hard

Are you a quitter?

Fearful of change mindset

People that fear change is called “Metathesiophobia”. People who have this often feel they have no control of their lives owing to constant change. They tend to live in the past and are unwilling to move forward, progress and change.

People that are fearful of change have the following signs:

- Thought of change or adapting to a new environment may lead to panic or anxiety attack
- They tend to reject everything to ensure nothing changes
- They go to great lengths to break ties, tell lies or make excuses to avoid change
- Fear failure
- Fear pain, discomfort, and effort
- Fear success
- Fear criticism
- Fear new things they do not understand

Are you fearful of change?

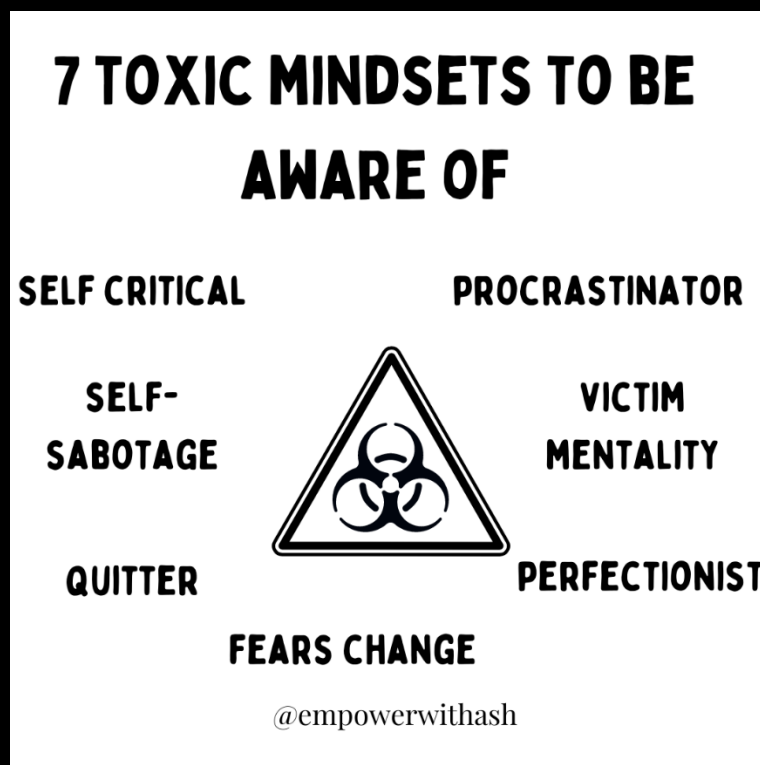
SUMMARY OF TOXIC MINDSETS

Below is a summary of the toxic mindsets to be aware of during this 8-week challenge.

If you are anything like me, you may have experienced all or many of these toxic and negative mindsets throughout your life.

I still struggle with being highly self-critical of myself, I used to have a victim mentality when I was in my domestic violent relationship, I procrastinate more than I would like to admit, I have sabotaged myself because I didn't think I was worthy, I have strived to be perfect to only realise I would never be, I have quit on myself so many times because I didn't believe in myself and I have feared change because success is something I have strived for and feared for so long because I didn't think I deserved it.

Now be honest with yourself...



YOUR EGO – HOW IT PLAYS A ROLE

I am sure you would have heard about “ego”.

But do you really know what it is all about and how it plays a major role in our lives?

The definition of ego is...

“a person sense of self-esteem or self-importance”

“the idea or opinion that you have of yourself”

*Referenced from google dictionary

Quite simply, your ego protects your identify. Therefore, anything you identify yourself with and use the words “I” is essentially your ego’s identity.

It is trying to protect you emotionally, mentally, and physically.

The ego is present when it feels afraid.

DEFENCE MECHANISMS THE EGO USES

We all use defence mechanisms in life, but are we aware of what these mechanisms are?

Here are 8 defence mechanisms that I have researched that the ego can use without you even knowing it is being used...

Repression: Unknowing placing an unpleasant memory or though in the unconscious mind aka, not remember details of a tragic event that you witnessed.

Regression: reverting back to immature behaviours from an earlier stage of development aka throwing a temper tantrum”.

Displacement: redirecting unacceptable feelings from the actual source to another object aka projecting your pain and anger onto your spouse.

Sublimation: Replacing socially unacceptable impulses with socially acceptable behaviour aka inappropriate sexual harassment or acts towards another person.

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Reaction formation: acting in exactly the opposite what to one's unacceptable impulses aka, being overprotective or and lavishing attention on an unwanted child.

Projection: attributing one's own unacceptable feelings and thoughts to others and not yourself aka, accusing your partner of cheating when you have felt like cheating, or have been cheating.

Rationalisation: creating false excuses for one's unacceptable feelings, thoughts, and feelings aka, justifying cheating on your partner and says everyone cheats.

*referenced from www.simplypsychology.org



HOW TO SPOT YOUR EGO

Here are a few signs that your ego is at work:

- Fear – your inner voice is telling you be afraid
- Judgment – your inner voice starts judging others or comparison itself to others
- Justification – your inner voice justifies your poor actions
- Boosting – your inner voice comes out and always needs to talk about itself to others, share all your accomplishments and how great you are
- Blaming – when your inner voice starts blaming everyone else and everything else for not getting what you want
- Jealousy – your inner voice gets jealous or envious of someone else and wants them to fail
- Winning – your inner voice always has to get the last say or “win” in disagreements etc
- Gossiping – your inner voices feeds of others misery and wants to gossip about others to make yourself feel better
- Superiority – your inner voice telling you that you are more superior to others



HOW TO MANAGE YOUR EGO

The first step is to be aware of your ego.

Journaling can really be an effective tool to keep track of your thoughts, feelings and when you feel the “ego” is creeping in.

Be aware of what you say after “I”.

Are you attaching your identify to something after “I”.

Your ego will be linked to the 7 toxic mindsets we have gone through in this module.

Ask yourself some questions about your ego...

When does my ego appear?

Do I relate to any of the signs that I have an ego?

Does my ego drive any of the 7 toxic mindsets?

How do I know it is me or ego making decisions?

When is it most present?

How is my ego impacting me negatively?

How is my ego helping me in a positive way?

How will I manage my ego?

Meditation is an effective tool to be present in the moment and really deep dive into your thoughts.

Through your meditation you may want to practice running through all of the signs that your ego is at work and release that from your body through breath work.

The key is being aware of it.

Being present, acknowledging it and then letting it go is key.

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For example, if you start feeling jealous of another person success. You acknowledging it and counter acting it by saying “one day I will have my own success and I will admire that person for achieving their goals too”. It squashes the ego is wanting to “terminate the threat”.

Remember, we must be mindful of our thoughts as we attract that into our lives. If your ego is always in play, you will attract egoic people into yourself that have self-absorbed perceptions of themselves and the world. You don’t want that.

How will attract abundance if you are living in jealousy and envy. You won’t.

**BE AWARE OF WHAT YOU SAY
AFTER “I”, YOU ARE
ATTACHING YOURSELF TO
SOMETHING**

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SETTING BOUNDARIES FOR YOURSELF

You say I have to set boundaries....

Whaaaat!

I know right. You have learned so far that we are responsible for ourselves, therefore, we are also responsible for setting boundaries which will help us with our negative thinking.

Boundaries are important as they allow you to express what you're comfortable with, they protect you, and they are healthy.

Personally, I believe there are 4 categories to boundaries:

1. Physical boundaries
2. Mental boundaries
3. Emotional boundaries
4. Spiritual boundaries

Setting boundaries will also support you with your negative thinking and toxic mindsets that you may have that are affecting you.

Examples of these boundaries are:

Physical boundaries could be you not wanting unwanted physical touch from anyone, people being too close to you, physical abuse, people wanting to be in your space all the time etc.

Emotional boundaries could be you not wanting your emotions to not be dismissed, people playing with your emotions, manipulating your emotions, dumping their emotions on you etc

Mental boundaries could be people telling you what you should believe, what your values should be, telling you that your opinion is wrong, trying to change the way you see the world etc

Spiritual boundaries could be people not using god/spirituality to get your cooperation, or people forcing beliefs onto you, people telling you not to believe in full moon rituals, tarot cards, psychics etc.

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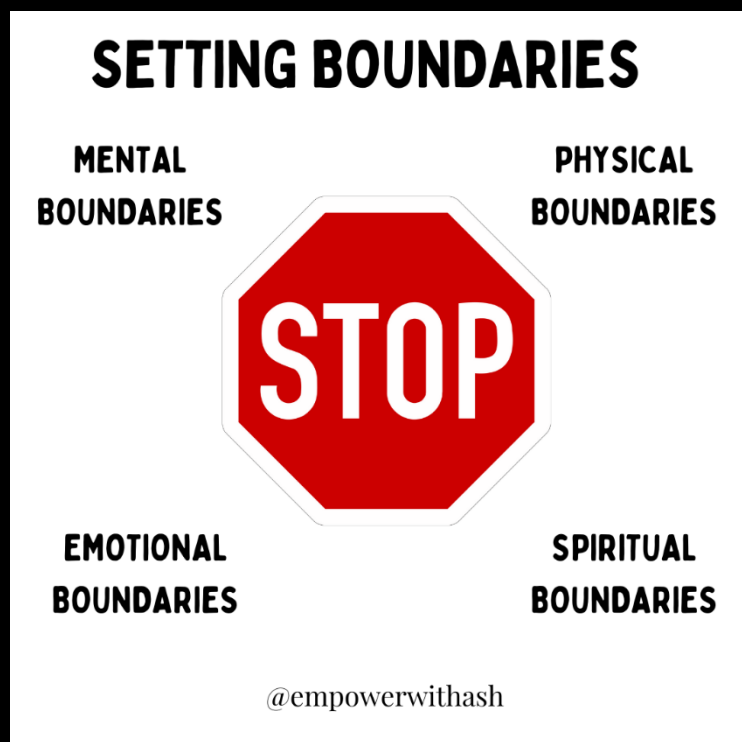
Reflect on the toxic mindsets that you may be dealing with right now and I want you to figure out what type of boundaries do you need to set for yourself to help manage your negative thinking?

Where do you need to set boundaries?

Do you know your boundaries?

Does your negative thinking stem from not having boundaries?

How do you think these boundaries will help your personal growth and what you think about yourself?



TIPS FOR FORGIVING YOURSELF

Why is forgiveness in the No more negative thinking chapter?

Well, because this is a tool that can support you overcome your negative thinking about yourself.

If you have any of the 7 toxic mindsets we have covered in this module, forgiving yourself will be key to overcoming these mindsets.

For example, forgiving yourself that you don't need to be perfect all the time.

Forgiving yourself for self-sabotaging yourself.

Forgiving yourself for being so self-critical of yourself...

Something I have learned over the years is to be kinder to myself, which means knowing when to say "sorry" to myself when I am being so harsh and critical.

We can also apply forgiveness to other things in life like major events or people that have hurt us.

Now, I understand the thought of forgiving a particular person or situation may make you sick or make you feel angry.

I get it.

This may not be for everyone right now.

You may never want to forgive and that is the choice you must make for yourself.

Personally, my forgiveness was for me.

Forgiving myself.

Forgiving myself for being with a person like that, staying in a relationship like.

Forgiveness is not weakness, it is strength that you can move forward, close that chapter and have no weight in your heart over that situation.

Here are my tips for you on how I forgave myself...

1. Release the negativity

You need to get all that negativity out of your system.

Find a way to get that stress out of you.

That pain out of you.

For me, I wrote.

I started journaling which then turned into a book.

It was a great way to express myself, capture my thoughts and feelings.

It helped me deal with the pain.

It helped me realise things I had been blocking in my mind.

It helped me empower myself to show myself how far I have come and demonstrate my personal growth from this experience.

You may not be a writer, you may want to kick the shit out of a boxing bag, party all day and night, sing, write music, start a new business etc.

You do what is right for you.

2. Accept what has happened and take responsibility for what you can control now

Something that is hard when healing and forgiving yourself, is that you need to be brutally honest with yourself.

You need to acknowledge the situation that has happened.

I had to acknowledge what I went through was domestic violence.

I did not want to admit it to myself because I was ashamed of myself for being in a situation like that.

But I had to.

I had to also take responsibility that I chose to be with that person.

I chose to be in that relationship.

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I chose to give my control to him.

I chose to lower my standards and expectations.

I chose to let go of my values.

I chose to let go of my self-worth.

But recognising that I choose to take it all back.

I choose to be worthy, see the lessons learned from this situation and give myself the life I have always wanted.

Taking responsibility for the part you played is hard.

But it is what is required to forgive yourself.

You need to forgive yourself for these acts.

You need to acknowledge them **because if you do not your heart will not heal and cannot move forward.**

3. Ask yourself what are the lessons you have learned from the experience?

As part of your reflection on the situation you were in, you need to see what the lessons learned from this were.

As much as it was a shitty and traumatic situation, you learned a lot from it.

For example, I now know my worth.

I know my strength.

I discovered that I am strategic in how think and plan.

I know that I can survive on my own throughout a situation like that.

I know that I can survive anything now because nothing is as tough as that was.

I now know what type of partner I do want and what I do not want.

I now know the signs to watch out for.

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I now know that I am in control of who I am and what I stand for.

I now know that I do love who I am.

I now know I have a voice.

I now know that “he” hurt so many other women before me.

I now know that I am not alone, and so many other people face domestic violence every day.

Now it is your turn.

What are things you have learned about yourself during this situation and after it?

What are things you have learned that you never would have learned if you did not go through it.

4. Do it for you, no one else

So many people get stuck with your pain, living in turmoil, riddled with fear, anxiety and undealt emotions.

Forgive yourself and do it for you.

The moment I forgave myself I felt the world give of my shoulders and from my heart.

I did it so “he” did not have control of me. He did not hold any weight on my heart. So that situation did not stop me from living my life and becoming who I want to be.

I did it for me.

Do not see it as weakness.

See it as strength that you are willing to forgive and let go of that situation and that person, so they do not have anything on you again.

You owe it to yourself to live your life with inner peace, and to get inner peace you need to start with forgiveness.

5. Take action and choose to move forward

Forgiveness means taking action.

Where to start?

Something I did during my meditation was focusing on my breathing and every time I exhaled, I would said forgive myself for X.

When I inhaled, I would say I accept X into my life.

For example:

I forgive myself for lying...

I accept love into my life...

I forgive myself for hating myself

I accept success into my life

This keeps going until you have listed everything that you forgive yourself for...

I did this daily for months and months.

Until there was no angst in my heart, and I started believing it.

I would write down powerful quotes on forgiveness to remind myself that it was ok to forgive and move forward.

You do not have to cause pain to yourself, you could let go.

You need to also start living your life. Taking action to change, to embrace life and transform yourself.

Something I did was go skydiving.

I went skydiving to show myself that I could do anything and that I did not need to live in fear. I was facing fear and that nothing could hurt me more than I had hurt myself on the inside.

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Build a plan to do things you have never done before.

It is worth noting you will not forgive yourself straight away. It is a constant commitment to yourself to forgive yourself.

You may be fine for months or years and then one day this guilt will pop back up again and you need to remind yourself you are not that person anymore, you have forgiven those acts and you have proven that by changing and growing from it.

5 FORGIVENESS TIPS

**TAKE ACTION TO
MOVE FORWARD**

**DO IT FOR YOU,
NO ONE ELSE**



**UNDERSTAND
THE LESSONS
LEARNED**

**RELEASE THE
NEGATIVITY**

**ACCEPT WHAT
HAS HAPPENED**

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NEXT STEPS FROM HERE?

Moving on to G is for Gain Self Awareness
with who you are



HOW TO CONTACT ME?

Please don't hesitate to contact me on Instagram to share photos and stories if you are applying these tools into your life. I would love to hear your feedback and success stories!

You can follow me on:

@empowerwithash on all social media platforms

@change_8week_challenge for the private challenge page

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