

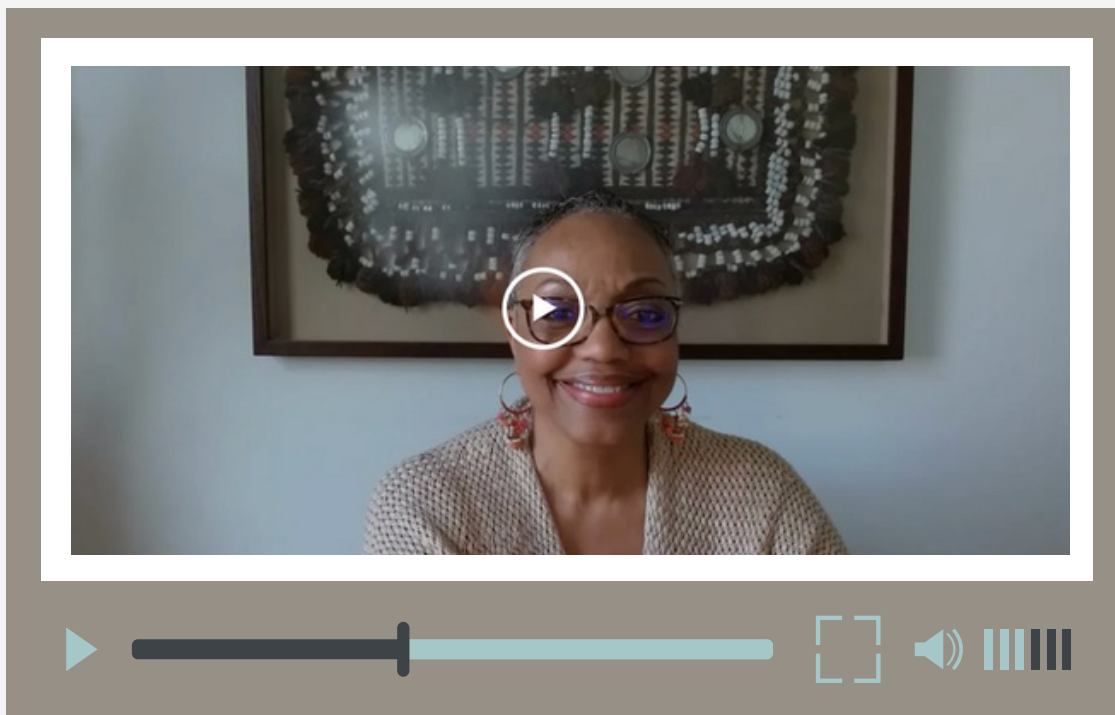


# MindScripts...

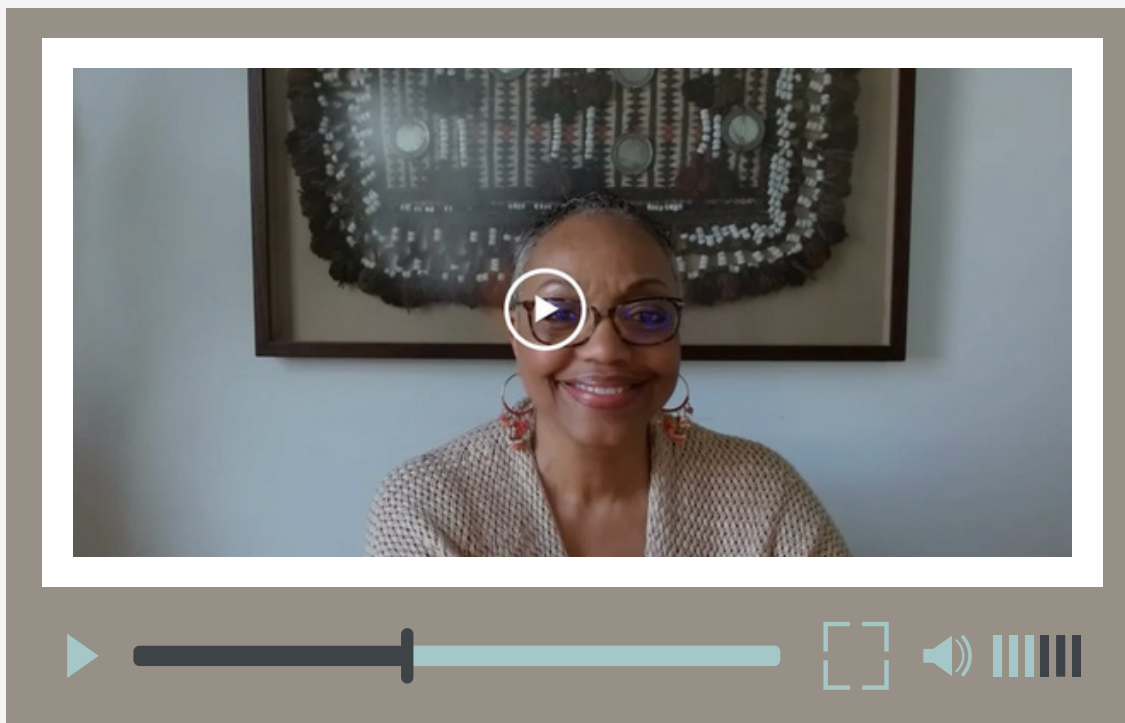
The untapped power of your mind-body connection

# Welcome and Overview

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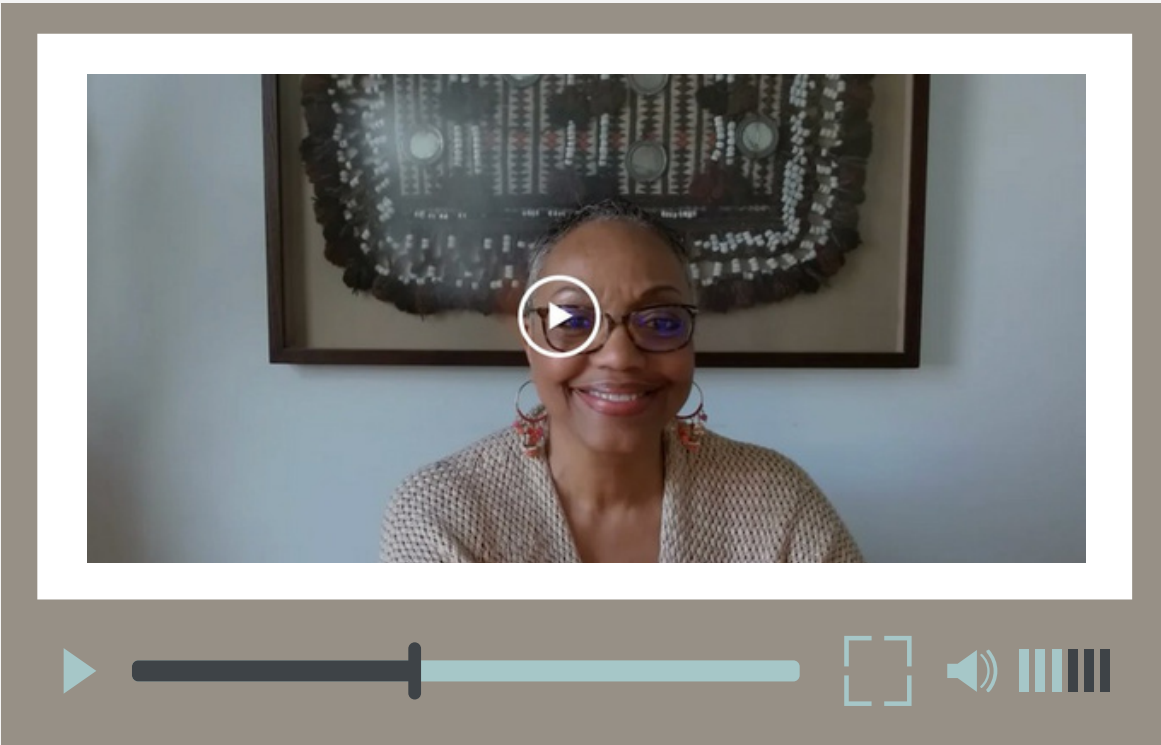


# The Situation....

To begin this experience, recall a situation, either professional or personal, where you noticed a change in your emotions. A situation that you might describe as being emotionally triggered or activated. Record the answers to the questions with as much detail as you can recall. Once completed, you can move on to the next section.

1. What happened? Who else was involved? How did you react?

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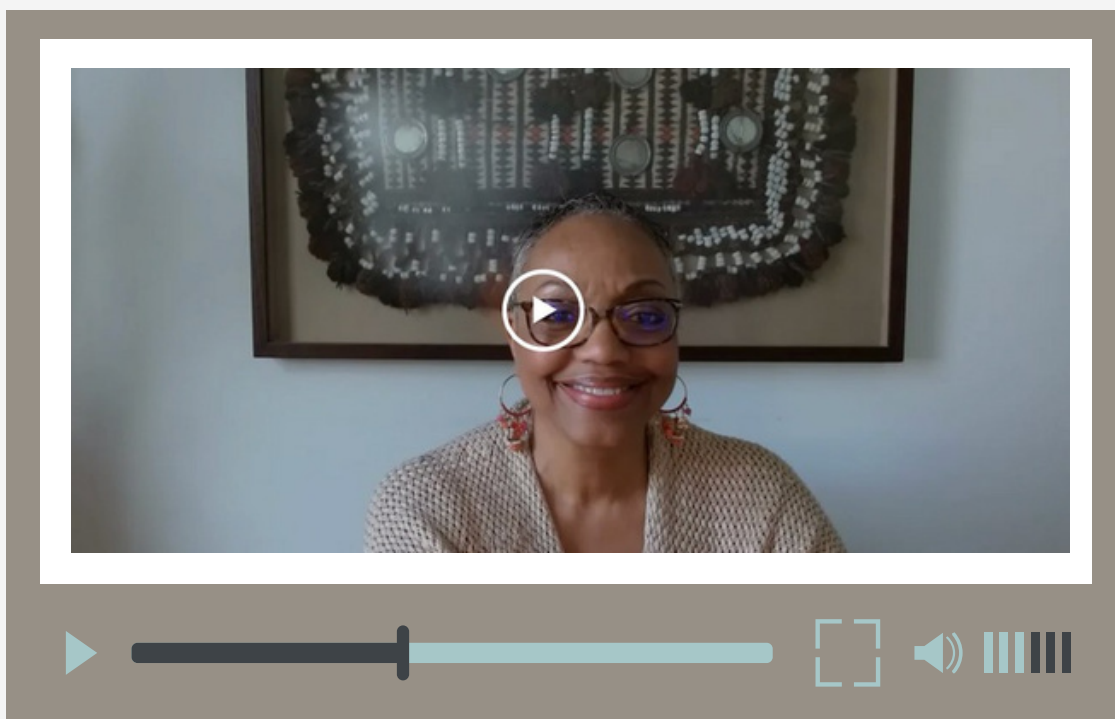
# Feelings....

The next step is to describe your emotions and body sensations. Emotions can generally be described using one word (e.g., Angry, Sad, Excited). Please also rate the strength of the emotion on a scale of 0-100% (if you recorded more than one emotion, give a separate rating for each.) You will also record what and where you felt in your body (e.g., "I felt butterflies in my stomach" or tightness in my chest.). This a very important step since this is what feeds your thought and subsequent mental state.

1. What emotion(s) did you feel when the situation occurred? *(Try to describe them in one word and rate the degree to which you felt them between 0-100%.)*

2. What sensations did you feel, and where in your body did you feel them?

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# Thoughts....

**We are WHAT we think, not what we THINK we are!**

Answer the following questions with as much detail as you can recall.

1. What were your initial thoughts or the mental images you saw when this situation occurred?

2. What did the thoughts/mental image say about you?



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# Reflections....

One way of checking whether a thought is accurate would be to examine the evidence for and against the thought. As you reflect on the situation, answer the following questions to challenge and determine the validity of your thoughts.

1. Were there any facts that would support the initial thoughts you had **were** true? If so, list them.

2. In hindsight, what facts do you have that the thoughts were **not** true? List them.

# Reflections....

3. Was your initial reaction proportionate to what occurred? Why or Why not?

4. Have you reacted with similar thoughts, feelings, and behaviors in other situations in your life? If so, which situation(s)?

# Reflections...

5.. In retrospect, how else might you have **thought** about the situation?

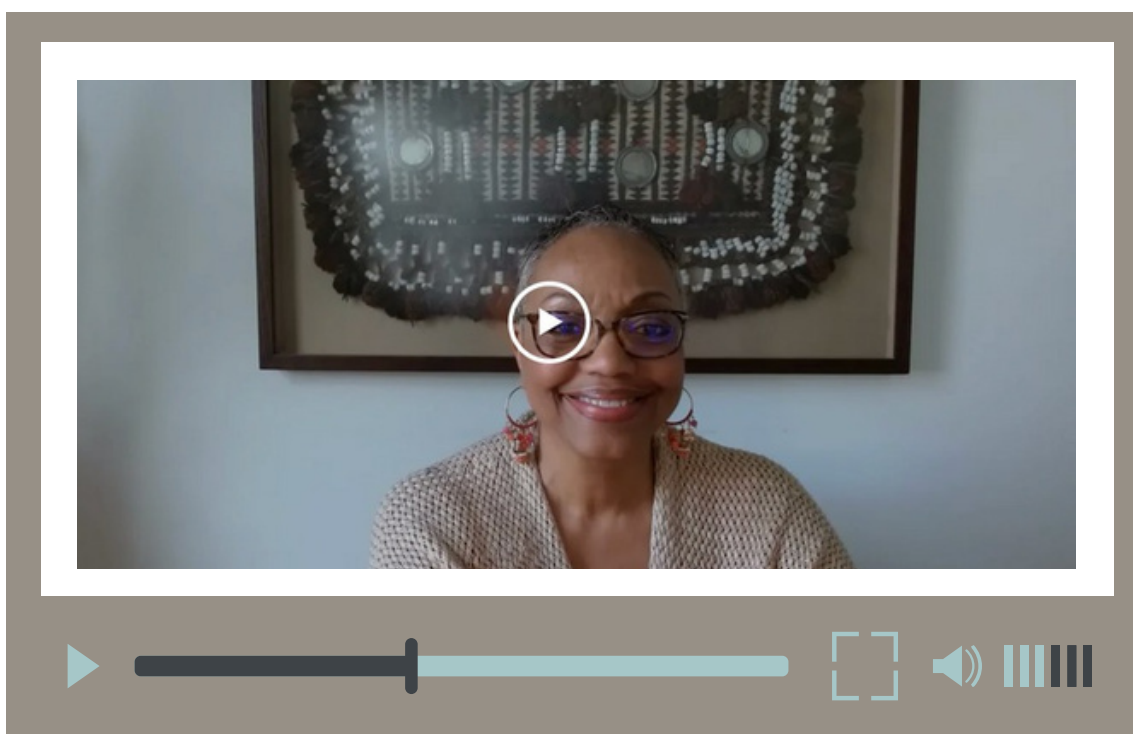
6.. Would you have **felt** and/or **reacted** differently if that was your **initial thought**? Why or why not?

# Reflections...

6. Create a new empowering MindScript, creating new beliefs and eliciting a more desirable reaction if you were to have a similar situation occur in the future.

7. Are there other areas in your professional or personal life where creating new empowering MindScripts can be helpful?

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**Don't forget to keep an eye out for emails about the next journey!**





With a career spanning over three decades, Sonja Pemberton is a dynamic catalyst for transformation within the corporate landscape. As an International Speaker and NeuroConscious™ Strategist, Sonja brings a wealth of expertise, holding certifications in cutting-edge, brain-based methodologies and a master's degree in organizational development and management. Throughout her distinguished career, Sonja has been a guiding force for leaders at every level, spanning diverse industries and generations.



From entrepreneurial startups to Fortune 100 companies, Sonja's unique ability to navigate the intricate paths of today's workplace dynamics has garnered trust and recognition from C-suite leaders. Her passion continues to be assisting organizations to not only adapt but thrive in the face of inevitable change.



# LET'S KEEP IN TOUCH...



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*All the best,*

A stylized, handwritten signature in black ink, consisting of a large, flowing 'S' followed by a smaller 'P'.