

Internal Mindsets

What is Internal Mindsets?

An internal mindset is a temporary view of the world. Each of us creates attitudes and beliefs about who we are and how the world works. These mindsets become the stories we tell ourselves about how we are showing up in relation to our beliefs. Each of us has a champion and critic internal narrator who can judge our behaviour. If we want to build greater self-esteem we need to turn up the volume of our champion voice

Who is it for?

This module is for anyone learning about the power of their thoughts and who wants to develop strategies for counteracting paralysing negative thoughts and unhelpful critical thoughts. The module assists people in staying true to themselves whilst increase awareness about how alternative beliefs and ideas could assist them in life.

What does it offer?

The module takes learners through an explanation of mindsets and how they are formed within our belief system. It also explores the power of cognitive dissonance (the discomfort we feel when we try to hold onto two or more contradictory beliefs or ideas). And explores how limiting beliefs prevent people from fulfilling their potential.

How do we sign up?

Contact us at madebetterhuman.com.au

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