



# Five Days to Focus

## Day 2 - Your Mindset

Sometimes it's the self-talk that creates a mental block, and it can be hard to go beyond the block to make progress.

Some of the most successful and positive people use a combination of positive images and mantras, and surround themselves with like-minded people.

But often it's difficult to avoid the negative chatter, whether it's in your head or in the staffroom. If you're the kind of person who is affected by that, you can learn to switch.

The best way to do this is to plan for an alternative thought pattern. Visualise yourself in a positive place with a confidence you haven't had before. Try the following exercises.

**Discipline your mind to make alternative thoughts. Switch the statements here and then add a few of your own:**

Negative Statement	Positive Statement
I tried it once and it did not work	
I will never be able to do that	



Start each day by thinking of at least three things that you're grateful for. Remind yourself of circumstances and scenarios which have gone well, and prepare yourself mentally to repeat those successes.

I am grateful for:

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Read more about mindset here: <http://mindsetonline.com/whatisit/about/>

It's up to you to fix it and you CAN do it.

### Teacher Fixed Mindset?

