

How Your Mind Shapes Your World ...and what you can do to shape your mind



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Adventures in Wisdom™

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How Your Mind Shapes Your World

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How Your Mind Shapes Your World

Wyatt's Coaching Notes

How Your Mind Shapes Your World

Message from Wyatt the Wise Wizard!

Hey Kids!

To start off, we're going to learn the basics about how your mind works. Now pay close attention because most grownups don't even know this. Understanding how your mind works is the secret to helping you build powerful self-confidence, achieve your goals, and create a mega happy life.

Let's get started by reading the story *Who's Flying Your Plane!*

Adventure well my friend!

Wyatt



Story - Who's Flying Your Plane?

Julie was a super soccer player. She scored two or three goals in every game, often winning the game for her team. Saturday was a record day - she scored 10 goals! Everyone was talking about it and Julie was very happy.

Let's check in on Julie Monday morning as she went back to school.

"Hey Julie! Great game," yelled Jeff as he passed in the hallway.

"Yeah, you've got a golden leg," added Sharon.

Even in class her teacher said something about her great game.

Julie caught up with two of her best friends, Melanie and Sara at recess. Of course they started talking about the game too.

"Why don't you both join the team and play with me?" asked Julie. "We'd have so much fun being on the same team together."

"Thanks but I don't really want to be a dumb jock," said Melanie. "That's not for me."

Julie was a bit startled. "A dumb jock?" she asked. "What's that?"



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“Ah you know...jocks are people who play sports. They aren’t known to be very smart. If they were, they’d be in chess club and math club instead of throwing and kicking balls around all day.”

Sara chimed in, “Yeah, my Mom told me the same thing. Plus, sports are more for boys than for girls. I don’t want people to think I want to be a boy.”

Julie wasn’t quite sure what to say. She certainly didn’t want to be a dumb jock and did people think she wanted to be a boy? Julie was a bit confused. She said goodbye to her friends and headed to lunch.

After going through the lunch line, she walked up behind two of her teammates, Susan and Tricia, to join them at the “soccer table” in the cafeteria.

“Yeah...I bet Julie thinks she’s better than us now,” Susan commented to Tricia, not knowing Julie was right behind her.

“I hope she doesn’t become a snob¹,” Tricia answered back.

Julie was stunned. She thought to herself, “I don’t want to be a snob...and, I don’t think I’m better than them.”

Not sure what to do, Julie turned around and sat at a different table, not sure what to think. She had gone from feeling on top of the world to feeling to down-in-the-dumps in ten minutes flat!

¹ A snob is someone who thinks they are better than other people.



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As she was finishing lunch, Tricia and Susan walked by the table where Julie was eating lunch by herself.

“Hey Julie....Too good to sit with us now?” they asked. And off they walked.

Well the next Saturday, something was wrong. Julie took ten shots on goal and only one went in. The following Saturday, she only took five shots on goal and none went in. And the Saturday after that, she only took three shots on goal and none went in.

After the game, all Julie did was hang out in her room. She was very depressed. “What’s wrong with me?” she asked. “I used to be a super star, now I can’t even get a goal.”

“You don’t want to score,” came the answer from a voice in her room.

“Wyatt? What are you doing here?” asked Julie.

“I could sense some major grungy energy coming from your room so I thought I would check it out,” answered Wyatt the Wise Wizard.

“What did you mean when you said that I don’t want to score a goal?” asked Julie.

“Ah...to understand that, I must help you understand how your mind works,” answered Wyatt. “This will take a few minutes. Do you have time?”



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“Yes. Definitely,” said Julie, “I’m listening.”

Wyatt pointed his staff towards the center of the room and an image of a giant brain appeared. Then he began to explain...

“Did you know that your mind has two parts? Your conscious mind and your subconscious mind.

Your conscious mind is where you do all of your thinking. It is the part of the mind that you are aware of. So when you say $2+2=4$ or you tell someone about a book you read, you are using your conscious mind.

Your subconscious mind is the part of your brain that you are not aware of. It is like a giant filing cabinet that stores your memories, life experiences, and belief systems.

“OK,” said Julie. “Go on...”

Wyatt continued, “Let’s look at an analogy. Think about your mind being like an airplane. Just like an airplane takes you where you want to go, your mind takes you where you want to go.

You see, with an airplane, the pilot and the autopilot control the plane. The pilot is the human that controls the plane - by *thinking...* and the autopilot is the computer that controls the plane - based on the *programs it is running.*

“That makes sense,” said Julie.



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“With your brain, both your conscious mind and your subconscious mind control you. Your conscious mind acts like your pilot – you think and make decisions...and your subconscious mind is your autopilot impacting what you think and what you feel based on the “programs” it is running. We’ll talk more about these programs in minute. So just remember conscious mind is your pilot and your subconscious mind is your autopilot.

But, here’s a key difference. If you were a pilot of a real plane, you could turn off the autopilot and be in complete control of the airplane. However, that is not true for your brain. You cannot turn off your autopilot or your subconscious mind because it is always on - even when you are sleeping!

Now, listen closely. If both your “pilot thinking” and your “autopilot programs” are working together – you can fly your plane and go wherever you want to go.

The problem comes when your “pilot thinking” and your “autopilot programs” are *different*. If your “pilot thinking” is telling you to fly and your “autopilot program” is telling you to crash then you’re in big trouble because *your autopilot is stronger than your pilot!*

So it is critical that you understand what your pilot, or your conscious mind, is thinking and what type of programs your autopilot, or subconscious mind, is running.”

“Well that’s really cool,” said Julie. “But what does that have to do with me scoring goals?”

“Can I ask you a couple of questions?” asked Wyatt.



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“Sure,” answered Julie.

“What are the good things about being a super star soccer player?” asked Wyatt.

“Well, it’s fun scoring goals and I like to be the hero,” answered Julie.

“Great. So what are the bad things about being a super star soccer player?” asked Wyatt.

“Well...I don’t want other people to think that I think I’m better than they are - I don’t want to be a snob. And I don’t want to be called a dumb jock,” answered Julie.

“Does that bother you?” asked Wyatt.

“Yes, I’ve been thinking about it a lot. I can’t seem to get it out of my mind after the comments my friends made a few weeks ago.

“And how have your games been going?” asked Wyatt.

“Terrible - I’ve never played so bad,” answered Julie.

“Well the problem is that your autopilot is telling you to crash,” explained Wyatt.

“What do you mean? Why would it do that?” asked Julie.



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“Let’s talk about those programs I mentioned a minute ago that control your autopilot,” answered Wyatt. “Another word for those programs is your ‘belief systems’.

Belief systems are what you *believe* about yourself, your world, and how everything works – it’s what you think is right or wrong and true or false about life. You have thousands of beliefs about every area of your life such as school, sports, family, friends, money, health, etc. Some examples of beliefs are:

- *‘I’m great!’*
- *‘People like me!’*
- *‘I don’t think I can.’*
- *‘I’m not very smart.’*
- *‘I’m too short to play basketball.’*

You see, your beliefs directly impact how you feel about yourself and what you can accomplish in your life,” explained Wyatt.

“Hmm. Why were some of the beliefs positive and some of them negative?” asked Julie.

“That’s a great question,” answered Wyatt. “The answer is because you have both types of beliefs in your head.

You have beliefs called ‘supportive beliefs’ which help you achieve what you want and you have beliefs called ‘limiting beliefs’ which are beliefs that can ‘hold you back’. Can you think of some examples of supporting beliefs?”



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“I guess supporting beliefs might be things like, ‘I’m smart’, ‘I’m a great soccer player’, ‘I can do it’, and ‘kids like me’,” answered Julie.

“That’s great,” said Wyatt, “You see, supporting beliefs help you feel good about yourself and help you achieve your goals. Now can you come up with some examples of limiting beliefs?”

“What about, ‘I’m not very smart’, ‘I’m not very athletic’, ‘I don’t think I can do it’?” asked Julie.

“Those are some good examples too,” said Wyatt. “The thing with limiting beliefs is that they can make you feel bad about yourself and can keep you from ever achieving your goals...I have a few more examples of limiting beliefs for you as well.”

“What’s that?” asked Julie.

Wyatt answered, “‘I don’t want to be a dumb jock’ and ‘I don’t want to be a snob.’”

“Wow! That sounds familiar,” said Julie in shock.

“These are the programs that have been running in your autopilot. Each time you go to play soccer, your autopilot is making sure you don’t do well so that you don’t become a snob and you don’t get called a ‘dumb jock’,” explained Wyatt.



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“I didn’t even know I was doing that,” said Julie. “How can I tell if my autopilot is telling me to crash?”

“There are a couple of things you can do,” said Wyatt. “The first is to look for the grungies.”

“What are the grungies?” asked Julie.

Wyatt explained, “Grungies are yucky feelings like sadness, anger, depression, and nervousness. Grungies mean you are having negative thoughts or “negative programs” running in your mind.

Grungies let you know that something is wrong – your conscious thoughts or your subconscious programs are going wacky and you need to fix them!”

“Wow. I’ve definitely been feeling grungy lately,” explained Julie.

“You can also tell there are limiting beliefs at work if you are not achieving your goals. It means you have programs running in your autopilot telling you to crash,” explained Wyatt.

“So what do I do?” asked Julie.

“Well the first thing to do is to challenge the beliefs and then you get to write new programs for your autopilot,” said Wyatt. “We call this power shifting.”

“Power shifting?” asked Julie.



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“Yes,” answered Wyatt. “Power shifting just means changing your thinking to something that works for you and will help you get to where you want to go.”

“Can you give me an example?” asked Julie.

“Sure,” answered Wyatt. “Is it possible that you can be a great soccer player and still be smart?”

“Well, I guess so,” answered Julie. “I get good grades...and my older sister plays softball and she’s really smart - she gets all A’s.”

“Great. Is it possible that you can be a superstar and not be a snob?” asked Wyatt.

“I guess so,” said Julie. “I’ve always been friendly and had lots of good friends. And I know other people who are great at different things and they aren’t snobs.”

“Great. And can you be a girl and still love sports?” asked Wyatt.

“Definitely!” said Julie.

“Great, then I think you are already writing new programs for your autopilot,” said Wyatt.

“Wow!” said Julie. “I feel great! Thank you Wyatt”



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“Aye Aye captain! Enjoy your trip!” answered Wyatt and POOF he was gone.

The next week Julie scored 4 goals and won the game for her team!

*** The end ***



Activity “Let’s Talk”

Directions

Kids, write your answers to the questions below or discuss with a grownup! See Appendix A for answers.

Discussion questions about the story

1. Why did Julie go from super happy to down in the dumps in 10 minutes flat?
2. What happened to Julie when she started believing what her friends said was true?
3. What are the two parts of the mind? Explain what each does.
4. What was the analogy that Wyatt used to describe both parts of the mind?²
Please explain it?

² An “analogy” is a comparison of one thing to another thing to help you understand the definition. You often see the words “is like” used in an analogy. For example, our “heart is like a pump” is an analogy. Just like a pump is used to pump water, our body uses our heart to pump blood.



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5. What are the two types of beliefs?

6. Why was Julie no longer playing well in her soccer games?

7. How could Julie reprogram those thoughts?

8. What are the grungies and how can they help you?

Wyatt's Wrap Up

Message from Wyatt the Wise Wizard!

Hey Kids!

So Julie really learned some valuable lessons about how her mind works!

Understanding how your conscious mind works, how your subconscious mind works, and how your belief systems work are critical for having a happy life and making your dreams come true. The good news is that you get to choose what you believe – most people just don't know how!

In Adventures in Wisdom™, you are going to learn how to do two key things:

1. First, you will learn how to recognize and power shift limiting beliefs.
2. Second, you will learn how to create supportive beliefs or “positive programs” for your mind.

It's going to be a lot of fun! Before parting, here are a couple of key things to remember from our time today:



How Your Mind Shapes Your World

Key points

1. Just like a plane takes you where you want to go, your mind takes you where you want to go.
2. You have two parts of your mind – your conscious mind and your subconscious mind.
3. Your conscious mind is your “thinking mind” and your subconscious mind is the part of your mind that you are not aware of – it holds your experiences, memories, and beliefs.
4. If your mind is like an airplane, your conscious mind is like a pilot – controlling what you do based on your *thinking* and your subconscious mind is like an autopilot – controlling what you do based on the *programs (or belief systems) that are running*.
5. You have both supportive beliefs and limiting beliefs. Supportive beliefs help you get what you want. Limiting beliefs can hold you back.
6. If you aren’t achieving your goals, you may have limiting beliefs that are getting in your way.

Remember to do your Wise in Fives!

Next up you’re going to learn the secret behind why you achieve what you believe!

Adventure well my friend!
Wyatt

Appendix A

Answers to discussion questions

1. Why did Julie go from super happy to down in the dumps in 10 minutes flat?
Because her friends said they thought sports were for boys, that jocks were dumb and that she might become a snob because she was a superstar.
2. What happened to Julie when she started believing what her friends said was true?
She didn't play well in her games.
3. What are the two parts of the brain? Explain what each does
Conscious mind – our “thinking” mind
Subconscious mind – our “memories, beliefs, and experiences
4. What was the analogy that Wyatt used to describe both parts of the mind?
Please explain it?
If our mind was like a plane, our conscious mind is like a pilot – controlling what we do based on thinking and our subconscious mind is like an autopilot – controlling what we do based on the programs (or belief systems) that are running.
5. What are the two types of beliefs?
Supporting beliefs which help us get to where we want to go.
Limiting beliefs which can hold us back.



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6. Why was Julie no longer playing well in her soccer games?

She was running programs based on her friends' comments that were keeping her from doing well. If she didn't do well, she wouldn't think she was better than others. If she no longer played sports, she wouldn't be a dumb jock.

7. How could Julie reprogram those thoughts?

By challenging the old beliefs and replacing them with new beliefs.

8. What are the grungies and how can they help you?

Grungies are negative feelings like sadness, anger, frustration, nervousness, and anxiety. Grungies let us know that there is something wrong – our conscious thoughts or our subconscious programs are going wacky and we need to fix them.