

# Session Six:

## *FIVE WAYS TO CHANGE YOUR MINDSET*

You Need to \_\_\_\_\_ You Can Succeed

You Need to \_\_\_\_\_ Self-defeating Thoughts

You Need to \_\_\_\_\_ On Changing Your Mindset

1. Learn to condition your thoughts toward a \_\_\_\_\_ and a \_\_\_\_\_
2. Learn to see problems as \_\_\_\_\_ setbacks and direct your thoughts toward solving them.
3. Learn to take \_\_\_\_\_ and \_\_\_\_\_ them.
4. Do not blame \_\_\_\_\_ people for \_\_\_\_\_ mistakes.
5. Recognize your \_\_\_\_\_.