



KILL THE UNICORNS

JANINE DURSO COACHING PROGRAM

HOW TO CREATE A LIFE YOU LOVE



MIND CONFETTI DOWNLOAD
(AKA THOUGHT DOWNLOAD)



KILL THE UNICORNS

8-WEEK GROUP COACHING PROGRAM

MIND CONFETTI / THOUGHT DOWNLOADS

Your thoughts create your life whether you realize it or not. This is great news because we can direct our thoughts to create exactly what we want. But first we have to check in and see what thoughts we are actually having. With over 60,000 thoughts in a day, it can feel like “mind confetti”; thoughts swirling all over the place, it’s hard to see what’s what.

That’s why it’s important to check in with yourself and become really aware of what your brain is up to on autopilot, in an exercise I call the Mind Confetti Download.

HOW TO DO A MIND CONFETTI DOWNLOAD

Pay attention to the thoughts you’re having at the moment or about a particular situation and write them down in this workbook for 5 minutes without stopping or editing. It doesn’t need to be a story or full sentences. It doesn’t even need to be proper grammar. Just get those thoughts down. You might be tempted to stop negative thinking as it appears, but don’t. **The purpose of writing down your Mind Confetti is not to stop your negative thoughts, but to get all your thoughts out on paper.** Most of our thoughts are “automatic” or unconscious, so of course you will uncover dozens of negative thoughts. This doesn’t mean that you aren’t doing a good job in your life. It just means you are a human with a brain.

Our brains don’t need fixing, they aren’t broken. We just need to know how to manage our minds so we can become aware of its default mode (negative thinking) in order to retrain it to create more of what we want in life. Before we can create, it’s helpful to know what is happening currently. This is not one-and-done. It takes practice.



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As you review your thoughts when you're done writing, be careful not to judge or create more negative thoughts about what you have written down. You are just becoming the "watcher" of what your brain is doing on default. Get curious about what is on that paper, without judgment. I like to say, "That's so interesting that I have been thinking that."

There's no shame, no regret, no comparison, no judgment, no beating yourself up for the thoughts you're having on autopilot. Just compassion, patience and curiosity.

Then ask yourself a few questions about the thoughts that you want to focus on:

1. Is it true?
2. What am I making it mean?
3. Do I like that thought?
4. Do I want to keep thinking that?
5. What is another thing I can think?

This awareness is such an important step to beginning to notice our thoughts so we can create a life we love.

If you have any questions as you go through this exercise daily, please don't hesitate to reach out to me at janine@janinedurso.com

The next step in the process is to work these thoughts through the Pot of Gold coaching construct to really understand where they are coming from and how to change them. When you're ready for that step, let me know. I'd love to help you.



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Spend 5-10 minutes writing down all the thoughts in your head. Do not judge, edit, or censor them. Keep writing until you fill the entire page.



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