

# Mindset Mastery IV

## Lesson #1

*An exploration of Self-Coaching*

Mindset Mastery by Dawnmarie Presley, C. Ht.

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# CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

# Thought vs. Belief

## Thought:

- An idea or opinion produced by the mind.
- The product of mental activity.
- The process of using your mind to consider something.

## Belief

- A state or habit of mind in which trust, faith, or confidence is placed in someone or something.

I believe \_\_\_\_\_

How do you know if this is a thought or a belief?

We like to tell ourselves that we believe something when in reality we only think it.

A belief becomes part of our way of life. It shows up in our behavior and influences what we manifest much more quickly than a thought. It is the reality in which we presently live.

If we say, “I believe I am worthy of money.” and yet, there is no money, then we know it is only a thought.



# Qualities

Warm	Affectionate
Friendly	Ambitious
Trustworthy	Compassionate
Dependable	Considerate
Open-minded	Generous
Trusting	Intuitive
Intelligent	Loving
Thoughtful	Innocent
Conscientious	Authentic
Resilient	Childlike
Brave	Curious
Calm	Honest
Optimistic	Loyal
Humorous	Abundant
Flexible	Balanced
Enthusiastic	Wonder
Adventurous	Original innocence

# Sample Trio Order

## Round 1

Sharer	Tammy
Coach	Billy
N.O.	Kim

## Round 2

Sharer	Billy
Coach	Kim
N.O.	Tammy

## Round 3

Sharer	Kim
Coach	Tammy
N.O.	Billy

### Order of next roles:

- **Sharer** *always* becomes an N.O. (Neutral Observer)
- **N.O.** (Neutral Observer) becomes Coach
- **Coach** becomes Sharer

# Trio #2 Quality

7

Timing  
4/1

The following questions are prompts to help the Sharer explore and identify what quality would be most powerful for them.

**N.O.** - Focus ALL of your attention on the sharer. Actively and silently send them compassion and love. Note down the sharer's answers.

**Sharer** - When you are finished answering a question, signal to the coach by nodding your head. There is no need to answer all the questions. Take your time.

**Coach** - Focus All of your attention on the sharer. Silently send them compassion and love. Listen for the deeper communication in what's being shared.

Ask the sharer the following questions.

1. What is/are the Quality/qualities you are considering?
2. What does this quality represent to you?
3. What do you believe this quality will help you experience in your life?
4. Why is this important to you?

If you have more time, repeat the questions. The Sharer can answer with the same quality or choose a new one.

## Skill #1 - Silence

Silence can be an invitation for the Sharer to go deeper, listen to themselves, and process what they, or you just said. Learning to be patient and allow some awkward silence, can encourages deeper processing.

If we as Coaches are uncomfortable with silence, we might speak too soon and bypass an opportunity for healing information to come forward from the Sharer.

Also, when a person is uncomfortable with an extended silence, they tend to fill the silence by speaking. In a therapeutic setting, this can lead to great insight for you and them about the real underlying issues.

The quieter you become, the more you can hear.

~Ram Dass~

## Skill #2 Deep Listening

Feeling heard can heal years of hurt and misunderstanding. It can repair deep wounds in relationships with others, and more importantly, with ourselves. It is highly likely the most important skill we can develop, and yet, the majority will never learn or know that they need to.

Think about a time when you were confiding in a friend. They think they understand what you are saying but their responses let you know they clearly don't. Or perhaps they attempt to problem solve with you before they really understand your dilemma. On top of that, you were not looking for a solution. This can be frustrating, shutting down lines of communication. The more you try to explain, the clearer it becomes that you are NOT BEING HEARD!

When we practice and develop the skill of Deep Listening, *with the intention to understand*, we can transform ourselves and help others do the same.

Deep Listening, combined with Silence and  *Holding Space*, is sometimes all that is needed for healing.

# Trio #3 Silence and Deep Listening

Timing

4/1/1

## Skills used

Silence

Deep Listening

- **N.O.** - Focus ALL of your attention on the sharer. Actively and silently send them compassion and love.
- **Coach** - Focus all of your attention on the sharer. Silently send them compassion and love. Listen for the deeper communication in what is being sharing.
- You will do no speaking after you invite them to share by saying something like this...  
*Please share with me something that has meaning for you.*
- Allow for reflection by holding silence. Don't interrupt.
- **Feedback** is for *all three partners* to share what it was like to allow for silence.

## Me, by Paula cole

I am not the person who is singing  
I am the silent one inside  
I am not the one who laughs at  
people's jokes  
I just pacify their egos

I am not my house, my car, my songs  
They are only just stops along my way  
I am like winter  
I'm a dark cold female  
With a golden ring of wisdom in my  
cave

And it is me who is my enemy  
Me who beats me up  
Me who makes the monsters  
Me who strips my confidence

I am carrying my voice  
I am carrying my heart  
I am carrying my rhythm  
I am carrying my prayers

But you can't kill my spirit  
It's soal and it is strong  
Like a mountain  
It'll go on and on

But when my wings are folded  
Like a brightly colored moth  
It blends into the dirt into the ground

And it's me who is my enemy  
Me who beats me up  
Me who makes the monsters  
Me who strips my confidence

And it's me who's too weak  
And it's me who's too shy  
To ask for the thing I love

And it's me who's too weak  
And it's me who's too shy  
To ask for the thing I love

But I love (6 times)

I am walking on the bridge  
I am over the water  
And I'm scared as hell  
But I know there's something better  
Yes I know there's better  
Yes I know, yes, I know

# Homework-Deep Listening

Ask your higher self what question would be powerful for you to ask.

Take a moment to deeply listen, while holding silence to allow the answer to come forward.

The question that came forward is...

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Now, ask the question and deeply listen for the answer.

The answer to the question is...

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# Homework Checklist

**1. Visit the class page at least three times.** If there is a new post, comment and follow instructions. These are designed to help you succeed

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- **Finish your quality and intention statement.**

\_\_\_\_\_

- Post it on the FB page.

\_\_\_\_\_

You will be committing to this quality and statement for the rest of the course. This is key to your success.

**Do NOT skip these steps.**

- **Deep Listening Homework**

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My takeaway notes

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