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**“Flipping the Switch” to Change Mindsets**

**Step 1** – Define the single most destructive limiting belief (excuse, resentment, fear or self-criticism) you have.

**Step 2** – On a sheet of paper, write down the limiting belief.  For example, “I am bad at math.”

**Step 3** – Write down the new positive mindset you would like to have.  For example, “I am good at math and getting better every day.”

**Step 4** – Identify the circumstances that typically bring the negative thinking to the forefront.  For example, “Before math tests, when participating in math class or when studying with friends.”

**Step 5** – When the negative thought or emotion arises:

* Imagine your left temple is the ‘OFF’ button for the old version of you. Gently press the button to turn off the [negative](http://7mindsets.com/how-to-stop-negative-thinking/) thought.
* Imagine your right temple is the ‘ON’ button for the new and improved version you. Gently press that button and start saying the new [positive mindset](http://7mindsets.com/success-mindset/) in your mind (I am good at math and getting better every day).

**Step 6** – Each day, go back to your sheet of paper and journal your activity for the day.  If in an open classroom setting or with a child, it is a good idea to have a 20 to 30 minute discussion each week.

**Step 7** – Execute this process for 8 weeks (or until the new thinking doesn’t feel like such a conscious effort).  Your mindset training is complete!

The theory behind the success of this approach has driven many successful personal change efforts.  It can be seen in psychology through the process of [Cognitive Behavioral Therapy](https://www.verywell.com/what-is-cognitive-behavior-therapy-2795747), as well as commercial programs such as [Neuro-linguistic Programming](http://www.neurolinguisticprogramming.com/) (NLP) and the [Sedona Method](http://www.sedona.com/Home.asp).

In simple terms, the essential moment in personal change is the moment when the impulse toward negative thinking actually arrives in our minds.

If we can recognize this impulse at that moment and immediately replace it with a new, positive one, we will fundamentally change the course of events.

You see, we can set goals all day long and say our daily affirmations, but until the rubber hits the road and we actually think and act differently in a sustained way, real change hasn’t taken place.

The coolest and most important part of this process is that, if we are able to change our thoughts and actions in these critical moments, we systematically weaken the impulses.  Sometimes, the limiting belief is dissolved the first time this takes place; others can require more time and effort.

However, if we do this consistently, we can make this thought-replacement permanent.

By replacing these negative impulses with impulses containing the language of hope, high expectations and happiness, we’ll create a mindset change that improves the course of our lives forever.

As Einstein said, we cannot solve the issues we face at the same level of thinking that created them.

To change the results we’re getting, we must start to systematically change the way we think, and make our lives the result of our very best thinking!