MMM Psychology Practice

POSITIVE CONSTRUCTIVE PROSPECTING

MMM Start-UP

**Click here to enter a date.**

Instructions: Delete items and/or categories you do not specifically want to focus on today.

Step 1. Today I want to be

Connected to: What I am thinking, what I am feeling, what I am doing, God, children, my partner, nature, physical exercise, work, a hobby, study, art, music, a challenge, an opportunity, beauty, friends, other (describe)

And I want to be

Inspired by: Love, joy, wonder, sensuality, fun, humour, calm, wisdom, the challenge, benevolence, serenity, awe, gratitude, acceptance, trust, faith, other (describe).

The other potentials I want to develop today:

Doer:  Thorough, reliable, responsible, conscientious, hard-working, efficient, capable, competent, diligent, energetic, enterprising, focussed, industrious, determined, active.

Lover:  Friendly, charming, extroverted, sociable, affectionate, likeable, considerate, charming, devoted, emotional, generous, gentle, passionate, patient.

Carer:  Kind, tolerant, empathetic, generous, considerate, patient, helpful, obliging, warm-hearted, thoughtful, loyal, empowering, compassionate.

Explorer:  Curious, enthusiastic, adventurous, energetic, daring, open-minded, brave, deliberate.

Thinker:  Sceptical, analytical, intellectual, objective, innovative, serious, bright, logical, curious, open-minded.

Athlete: Energetic, disciplined, efficient, diligent, focussed, motivated, determined, powerful, active.

Leader:  Decisive, motivator, direct, focussed, persuasive, inspiring, assertive, brave, confident, powerful, direct, deliberate, empowering, motivated.

Monkey:  Playful, fun, cheeky, impulsive, light hearted, risk-taker, amusing, cheerful, likeable, naughty.

Artist:  Creative, imaginative, decorative, visual, colourful, inventive, innovative.

Guru (teacher):  joyful, peaceful, positive, compassionate, serene, thoughtful, devoted, sincere, accepting, powerful, soulful, empowering, open-minded, patient, disinterested, honest, wise, centred, humble, calm.

Step 2. The ARO’s I want to remove today:

Running fantasies

Unrealistic expectations

Pressure to perform

Worrying

Needing

Resenting

Over-eating,

Using drugs,

Drinking alcohol,

Gambling

Hoping

Sacrificing

Explaining

Justifying

Speeding

Ruminating

Pleasing

Controlling people, places and/or things

Obsessions – counting, fixing, checking, cleaning

Chasing goals

Being nice

Computer games

Being right

Moving

Bad habits - chewing pens, biting nails, picking, fidgeting

Re-arranging

Fixing – self, others and/or things

Gunnado’s

Other:

Step 3. The problems I anticipate today and how I want to manage them:

Step 4. My Power Activities:

Exercise

Inspirational reading

Study

Yoga

Muscle relaxation

Breathing exercises

Martial Arts

Pray

Journal

Do something special for yourself

Organise your day

Meditate

Connect with at least one other in a meaningful way

Be assertive

Do something fun

Slow down

Engage in something funny

Engage with someone fun

Engage in something inspiring

Engage in someone inspiring

Engage in some form of intimacy

Connect with a child

Smile a lot

Dance

Write a gratitude list

Take the pressure down

Give yourself a break

Listen to music

Practice mindfulness

Do something creative

Make something

Bake something

Enjoy a sensual pleasure – touch, feel, smell, listen, see, taste.

Generate wonder

Generate joy

Engage in a team activity

Organise something

Rearrange something

Take yourself a lot less seriously

Take others a lot less seriously.

Chant

Join an empowering group of some sort.

Sing

Whistle

Other (describe):

Step 5. My plan for when and how I will implement my power activities into my day:

Step 5. My calming statements:

Let go, Let God

Let it go, take it slow

It’s okay, I can do this

Just because I think it, doesn’t make it true.

What will be will be, it’s not all up to me

Om

Breathe in calm, breathe out fear

I am that I am

I change my thoughts, I change my world

Be the change I want to see

Talk the talk, walk the walk

Just for today I can be calm/happy/forgiving/kind/loving

Choose your own mantra:

Come back tonight and do your stock-take.

Be positive, be constructive and focus on prospecting today. Do the PCP.