

MCD TIPS

MCD's Tips for Overcoming Non-Productive Thoughts and Achieving Your Goals

1. Keep track of and celebrate your wins!

- o Set realistic goals
- o Set realistic timeframe
- o Use a Task Tracker
- o Check tasks / goals off as you go on

2. Recognize and understand what's keeping you at a standstill.

- o What is causing you to be stuck?
- o Stop, clear your mind and identify

3. Silence those non-productive limiting beliefs, self-doubt and CHALLENGE that inner critic!

- o Immediately respond or replace those silenced thoughts with positive ones
- o Tell yourself not only you will do, but how you'll do it

4. Don't compare your goals or progress to others' goals or progress.

- o Why?
- o Complete this phrase: "Comparison is the _____."

5. Recognize the difference between confidence and competence.

6. Nurture your growth and resilience mindset.

- o Think forward
- o Think big
- o Think DONE

7. Remember the priority is to learn and grow, not be PERFECT.

- o Normalize and embrace your setbacks or non-wins
- o Accept them as learning experiences instead

8. Find and discuss with a trusted support system or community. It is OK to seek out help.

- o Licensed Therapist
- o Faith Advisor
- o Connect with peers
- o Accountability sessions with others
- o Experts or Mentors

Luke 1:45 "Blessed is she who believed the Lord would fulfill HIS promise to her."

Be Motivated – Be Courageous – Be Dynamic

