STUCK IN A RUT?
Change Your Mindset With Self-Coaching

Whether you think you can, or think you can't, you're right.

Henry Ford
Change Your Mindset with Self-Coaching

SELF-COACHING MODEL

- **Circumstance**: Facts, Neutral. They can be proven in a court of law.
- **Thoughts**: Sentences in your mind about the circumstance.
- **Feelings**: Vibrations, sensations in the body.
- **Actions**: What we do: reactions, actions, and inaction.
- **Results**: The effect we put out into the world.
I have a boss
I have a spouse
I have three things to finish

What are the facts?

Positive Thinking
Your brain will reject positive thoughts you do not believe.

To Do Lists
- Planners
- Calendars
- Blocking
- Chunking
- Multi-tasking
- Multi-colors
- Multipliers
Seek pleasure, avoid pain.
Learned and socialized at a young age.

Emotion is Energy

Between Knowing and Doing

Insanity is doing the same thing over and over again and expecting different results.

Albert Einstein
When I feel this way, what is my response? What do I do?

Thoughts
What do I make it mean?
What are my judgements?

Feelings
How does thinking in this way make me feel?
What are the sensations in my body?

Actions
When I feel this way, what is my response?
What do I do?

Change Your Mindset with Self-Coaching

AREA OF CONTROL

Change Your Mindset with Self-Coaching

MOVE TOWARD DISCOMFORT

Modern Brain versus Primitive Brain

Programming the Modern Brain
• Face fear
• Delay Pleasure
• Massive Action

Primitive Brain is Programmed to
• Avoid Danger
• Seek Pleasure
• Conserve Energy
Change Your Mindset with Self-Coaching

YOU HAVE A GOAL

A

B

UNINTENTIONAL MODEL

<table>
<thead>
<tr>
<th>Circumstance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thought</td>
<td>There is not enough time.</td>
</tr>
<tr>
<td>Feeling</td>
<td>Overwhelm</td>
</tr>
<tr>
<td>Action</td>
<td>Procrastinate, avoid tasks.</td>
</tr>
<tr>
<td>Result</td>
<td>Less time.</td>
</tr>
</tbody>
</table>
### INTENTIONAL MODEL

<table>
<thead>
<tr>
<th>Circumstance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thought</td>
<td>I have plenty of time.</td>
</tr>
<tr>
<td>Feeling</td>
<td>Focus</td>
</tr>
<tr>
<td>Action</td>
<td>Procrastinate, avoid tasks.</td>
</tr>
<tr>
<td>Result</td>
<td>Less time.</td>
</tr>
</tbody>
</table>

### BRIDGE MODEL

<table>
<thead>
<tr>
<th>Circumstance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thought</td>
<td>I can get this one thing done in 30 minutes.</td>
</tr>
<tr>
<td>Feeling</td>
<td>Focus</td>
</tr>
<tr>
<td>Action</td>
<td>Create plan, break down task, work at it.</td>
</tr>
<tr>
<td>Result</td>
<td>Time used to complete task.</td>
</tr>
</tbody>
</table>
Change Your Mindset with Self-Coaching

What is SELF-COACHING

**Thought Download**
Take a moment to pay attention to your mind. Write down everything. Put it on paper.

**Unintentional Model**
Pay attention to your current thoughts. Here you have to own your own thinking, develop your present state.

**Intentional Model**
How do you want to think, feel or act? What thought would be more useful in this circumstance?

**Bridge Model**
When developing a new thought:
1. Must be believable and
2. Produce a slightly better feeling.

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You don't have to see the whole staircase, just take the first step.

Martin Luther King Jr.
Change Your Mindset with Self-Coaching

YOU HAVE A GOAL

A → B

Change Your Mindset with Self-Coaching

COACHING YOURSELF TO YOUR GOAL

A → B

Anna Rodrigues, arodrigues@it.ucla.edu
What are the results of that action? (Results)

What is the action that originates from that feeling? (Action)

How do you feel when you think that thought? (Feeling)

What are you making the facts mean? (Thought)

What are the facts in this issue? (Circumstance)

MODEL A

Check your work

What must I think to generate the desired feeling? (Thought)

How do you want to feel in this circumstance or to achieve desired results? (Feeling)

What is the action that originates from that feeling? (Action)

What are the desired results of that action? (Results)

The circumstance is the same. (Circumstance)

MODEL B
Pause. Brain to hand. Slow the mind.

**WRITING EXERCISE**

*What's worth doing even if you fail?*

Brené Brown
Anna Rodrigues
Collaborate with me.

arodrigues@it.ucla.edu
310-794-9484
linkedin.com/in/annafriedhof/

Anna Rodrigues
Performance Improvement Coach & Organizational Development Specialist, UCLA Office of the AVC.

Anna Rodrigues is a professional and wellness coach in technology industry. She works with smart, talented individuals who are experiencing anxiety, stress and burnout and helps them to become more engaged, providing the highest quality service to clients. Using cognitive-based techniques, she teaches employees how to deal with challenging jobs, colleagues, and workplaces so they can feel good about their work and lives again.

She has over 20 years of experience creating interactive adult learning and leading professional development programs across her career. Anna holds a bachelor’s degree in Psychology, a master’s in Organizational Development, and is a Certified Life and Weight Loss Coach.

In her personal time, Anna partners with the Los Angeles Marathon and organizes a team to help in the fight against global hunger. Her team advocates awareness and raises funds for a food distribution center in one of the largest slums outside of Nairobi, Kenya.
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