

The Upcoach Mindset



THE HUMAN'S

(default beliefs - survival)
Complacent self

WHAT WILL I **LOSE** IF I DO THIS?

I'M DOING MY BEST.

I DON'T KNOW HOW TO DO THIS.

WHAT IF I FAIL?

I **BLAME**.

I'M NOT SO SURE ABOUT THIS.

CHANGE IS HARD.

MY SUCCESS IS DEPENDANT ON **OTHERS**.

I EXPECT.

THE UPCOACH MINDSET

(innate wisdom - excellence)
Successful self

WHAT WILL I **GAIN** IF I GIVE THIS A GO?

I'LL FIND A WAY NO MATTER WHAT.

SHOW ME HOW TO DO THIS.

WHAT WILL I LEARN BY GIVING THIS A GO?

I **ACCEPT** FULL RESPONSIBILITY.

I TRUST IN YOUR GUIDANCE AND WILL GIVE THIS A GO.

CHANGE REQUIRES CHANGE. LET'S DO THIS.

MY SUCCESS DEPENDS ON **ME**.

I APPRECIATE