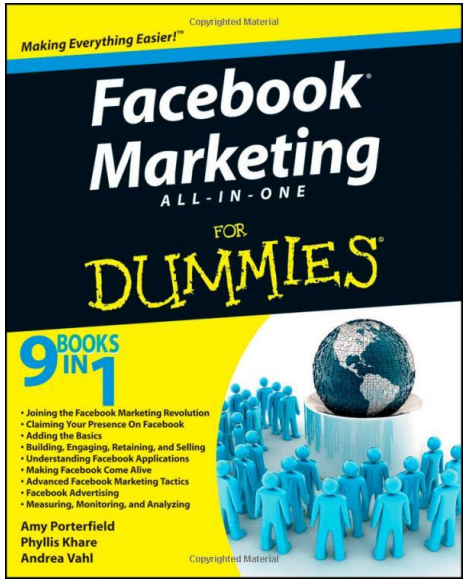
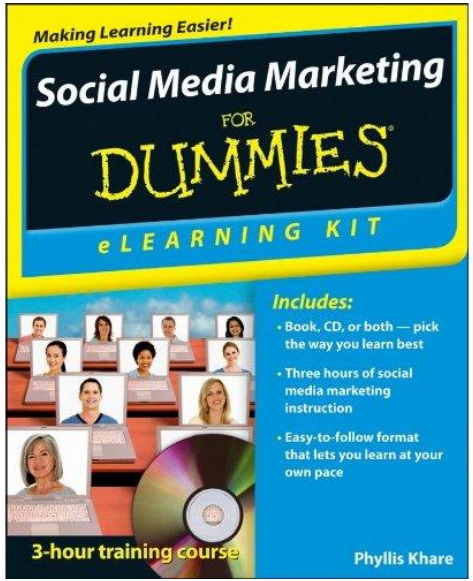

Become the CEO of Your Own Life
with 3 simple mindset adjustments
#timeblissme @PhyllisKhare

In the next 30 minutes...

- Learn 3 **simple mindset adjustments** to remember you are the CEO of your life
- Learn **3 simple ways to remind yourself** of your CEOness
- Learn how to know when something will **support or crush you**

Been there...Not fun (or healthy)





http://phylliskhare.com/time-three-years-ago/

1st Mindset Adjustment -- Acknowledge that YOU are the CEO of your life.

"***I am 100% responsible for my life.***"

(say it until you physically feel it)

You will feel the power return

It sounds goofy, but you will feel the power return to your body.

"Wow, that is a powerful statement. The last couple of years everything has been turned so inside out and upside down for me that I have felt completely out of control. I didn't realize just how deeply affected until just now listening to this. ***Thank you for reminding me, I do have the power to take control again.***"

-- EV

3 Simple Ways to Remind Yourself

Visual -- that old technique of putting the phrase everywhere - **post it notes**

Auditory -- private **soundcloud** recording that you play anytime/all the time

Kinesthetic -- connect it to a favorite object, like a piece of **jewelry**

Support or Crush? How to Know.

Feelings -- get used to ‘checking in’ before you say Yes to anything

Calendar -- used correctly, it will be obvious if it will support you or not

Questions -- objectively run it by a series of questions. “Goal-Gating” questions

2nd Mindset Adjustment -
Learn to live a calendar-based life

3rd Mindset Adjustment --
Develop your Goal-Gating abilities

- Does this support my **main goal** for the year? (Is your main goal written down?)
- Do I **know and respect** this person or event? (Take the time to research first.)
- Does this support **my personal branding**? (Do you have 3 words to run it by?)

You just learned...

- 3 **simple mindset adjustments**
  to remember you are the CEO of your life

- **3 simple ways to remind yourself**
  of your CEOness

- how to know when something will
  support or crush you

Next steps...

1. Put all of this into play **today.**
2. Check out **TimeBliss.me**
3. Use your **"Goal-Gate Questions"**
4. Got stressed friends? **Share this.**

   http://phylliskhare.com/CEOmindset


Questions?