

Mi Generation

In pursuit of potential, purpose and passion

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ACTIVITY SHEET



Your brain is like the hardware, and your mind is like the software. The exciting news is that you're at an age right now where you have the power not only to build your brain, but also write code and install programs in your mind for success! To make sure everything is running well, you need to download important updates to fix glitches and get rid of the bugs in your thinking.



PROGRAM DESIGN AND OBJECTIVES SUMMARY

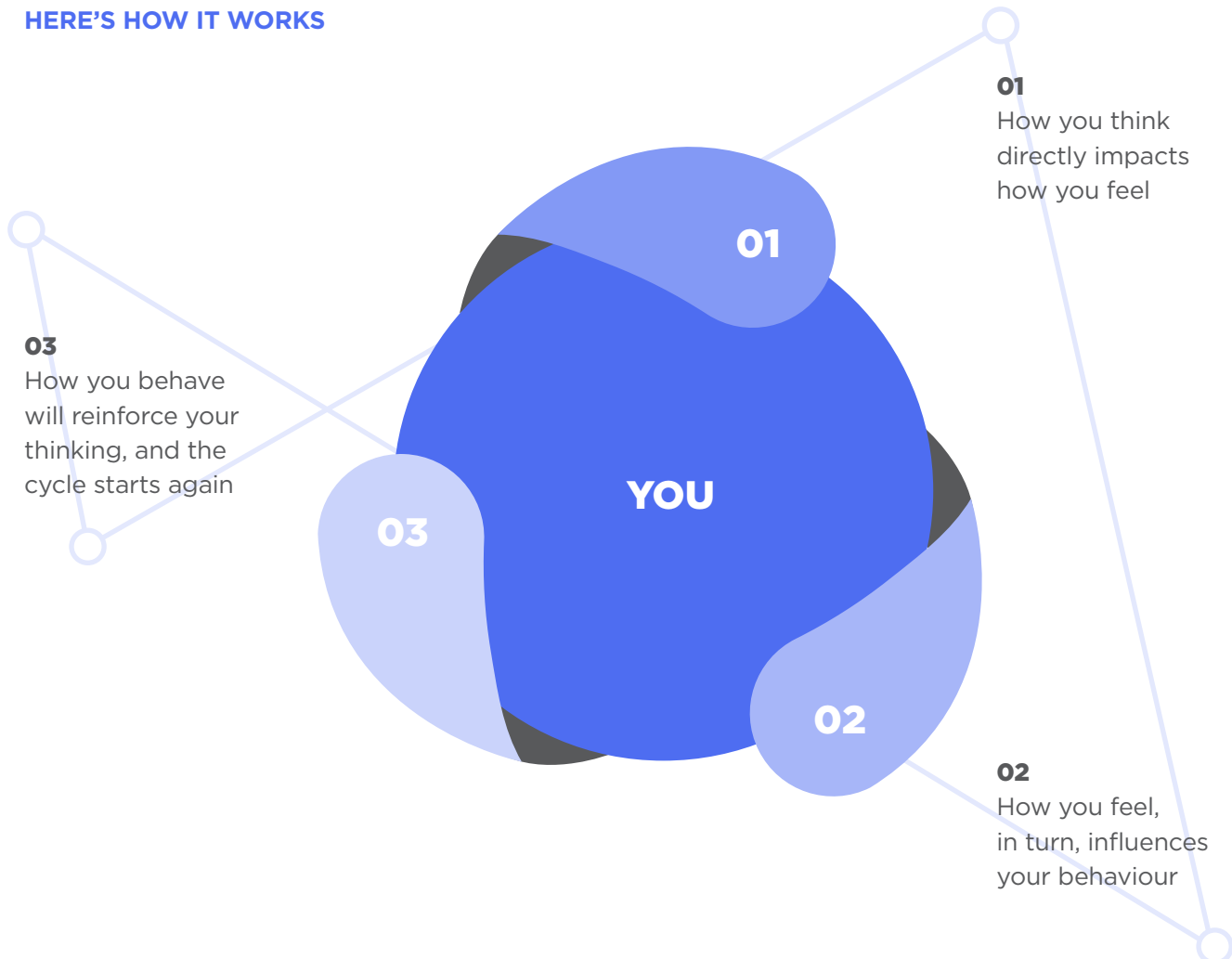
This session is designed to help you:

- (a)** understand how your brain is still developing
- (b)** take ownership over toxic thinking and reboot your brain
- (c)** uninstall toxic thought patterns and download healthy ones

Shape It

Brain development can seem pretty complex and mysterious. You know why? Because it is! Yet, despite this, there is one simple truth. You have the power to shape your own brain! The choices you make, the behaviours you engage and the thoughts that you think today, will all have an influence on the shape of your brain tomorrow. If you can learn to master your mind in your youth, you'll be setting yourself up for success in so many areas for years to come.

HERE'S HOW IT WORKS



ONCE YOU
LEARN
THE ART OF
CONQUERING
YOUR MIND
YOU'LL BE

Unstoppable!

Mastering Your Mind

If you want to become the best version of yourself and live up to your full potential, you have to master your mind. Becoming aware of how POWERFUL your thoughts are is the first step. Helpful thoughts are powerfully influential in setting you up for success. However, unhelpful thoughts are powerfully influential in setting you up for failure.



Identify any thoughts that you have from time to time that may be causing glitches in your mental software... thought patterns that you may ultimately need to uninstall.

	✓		✓
I'm not attractive enough	<input type="checkbox"/>	People don't like me	<input type="checkbox"/>
Life's too hard	<input type="checkbox"/>	What if I don't fit in?	<input type="checkbox"/>
No one really cares about me	<input type="checkbox"/>	What's the point in trying?	<input type="checkbox"/>
I'm not popular enough	<input type="checkbox"/>	Everyone else is better off than me	<input type="checkbox"/>
God doesn't really care about me	<input type="checkbox"/>	I'm a failure	<input type="checkbox"/>
I'm never going to succeed	<input type="checkbox"/>	I'm too different from everyone else	<input type="checkbox"/>
No one understands	<input type="checkbox"/>	It's not fair	<input type="checkbox"/>

TRIGGER WARNING

The first step to mastering your mind is becoming aware of situations or circumstances that may trigger toxic thoughts. When you recognise how unhelpful thoughts can affect your feelings, behaviours and outcomes, you'll be better motivated and positioned to make a change.

Example

TRIGGER	A friend cancels plans to hang out with you. But later that day, you see them on Social Media hanging out with another friend.
THOUGHT	"She has no shame. I'm so sick of her letting me down. She's such a 'user'. She'll only be a 'friend' until a better option comes along."
FEELINGS	Hurt. Jealousy. Anger.
BEHAVIOUR	Withdrawal from them, ignoring their text messages for future catch ups.
OUTCOME	Fractured friendship; loneliness.



For each toxic thought example below, identify an event that may have triggered such thinking (this might be a real-life experience you've had or a hypothetical situation). If the thought is not deleted and replaced, identify how such toxic thinking might make you feel, what behavioural choices you might make in response and what the likely outcome would be:

POSSIBLE TRIGGER	
TOXIC THOUGHT	What? I'm shook. That's my grade? I am sooo going to fail this class! How could I make that mistake? Such a rookie error. And I oop! Seriously dumb.
RANGE OF FEELINGS	
LIKELY BEHAVIOUR	
POSSIBLE OUTCOME	

POSSIBLE TRIGGER	
TOXIC THOUGHT	Big oof... so wack. All my friends get to. My parents are like the strictest people ever. It's. Just. Not. Fair! My family is so oppressive! Can't even...!
RANGE OF FEELINGS	
LIKELY BEHAVIOUR	
POSSIBLE OUTCOME	

Time To Reboot

1. DELETE - Identify unhelpful thinking patterns that have been running in the background and press delete on those files.

2. RESTART - Replace negative, toxic and unhelpful thought patterns with more helpful ways of thinking.

When we are caught up in the heat of the moment, it's difficult to reboot our thoughts. So, here's a simple mind-hack. Ask yourself, 'If I had a friend who was struggling with this thought, what advice would I give them?'



Delete each unhelpful thought, see if you can replace it with a more helpful alternative:

Example

DELETE THOUGHT	Big oof... so wack. All my friends get to. My parents are like the strictest people ever. It's. Just. Not. Fair! My family is so oppressive! Can't even...!
RESTART THOUGHT	That aint it... It seems unfair, but I know they're just doing what they think is best. I guess it's not that big of a deal. Let me take the L and move on.
DELETE THOUGHT	What? I'm shook. That's my grade? I am sooo going to fail this class! How could I make that mistake? Such a rookie error. And I oop! Seriously dumb.
RESTART THOUGHT	
DELETE THOUGHT	"She has no shame. I'm so sick of her letting me down. She's such a 'user'. She'll only be a 'friend' until a better option comes along."
RESTART THOUGHT	

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WHILE IT CAN
FEEL GOOD
TO FOCUS
ON THE BAD
AND EVEN
PLAY THE
VICTIM CARD,
THE TRUTH IS,

it doesn't
help you!

Mind Games

If you want to be the master of your mind, you've got to be a lucky gamer! Four of the most common mind games that will cause you to lag, are listed below. Let's be honest, we all play these games at times! Check out how the game works, then make a note of how you can win.



Identify the times that you may find yourself being sucked in to play these mind games:

MIND GAME	HOW THE GAME WORKS?	WHEN DO I PLAY THIS GAME?	HOW TO WIN THE GAME?
THE COMPARISON TRAP	Comparing your life to everyone else's, often comparing your flaws to everyone else's highlight reels. This leads to massive FOMO!		A little perspective: Others? Awesome! You? Also, awesome! Rather than FOMO, try out JOMO. Go have your own adventures. Create your own highlights reel.
GLOOMY GLASSES	Focusing on the negatives and ignoring or dismissing the positives. It's like putting a really bad filter on a photo - making it look worse than it actually is!		Take your gloomy glasses off and put others on. Start counting your blessings! Download an appreciation app and list 5 things you're thankful for each day.
THE BLAME GAME	You become the victim and you blame everybody else. It feels good in the moment, but it always leaves you feeling worse in the end.		Instead of blaming others, take ownership (personal responsibility). Ask 'what can I do about it?' Focusing on the solution leads to victory
THE FIXED MINDSET	You see things as black or white, or all or nothing. You refuse to shift your perspective because you don't see that change is possible.		Try view the situation from a different perspective. Educate yourself and remain open to the possibility that things can improve.

Thought Court

As the master of your mind, you get to determine which thoughts are welcome to roam free, and which are not. When you identify yourself being lured into mind games (with unhelpful patterns of thought), arrest any suspected toxic thoughts and hurl them into thought court. In a court room, the jury of your mind looks at the evidence to determine whether the thought is false, faulty or fraudulent.



Q: Detail any thought you may have had recently, that you suspect may be toxic:



To help render a verdict, consider the following questions:

QUESTION	YES	NO
Is this thought truthful (actually based on facts)?		
Is this thought helping you?		
Is there evidence for this thought?		
Is there evidence against this thought?		
Does this thought align with the truth of the bible?		
JUDGEMENT	INNOCENT	GUILTY
Ladies and gentlemen of the Jury, have you reached a verdict?		

If you render an innocent verdict, you may let the thought go free. If, however, you render a guilty verdict, the thought must be detained and replaced.

Q: Identify an alternative, more helpful thought, that you could think:

Selfie Style

Be honest. Who doesn't like putting a lit filter on a photo just to enhance it that little bit more? Whether it's a selfie or a sunset, everyone likes to portray images that are a little glossier than reality. But when it comes to your own self-image, you have to be careful not to slap on a greyscale filter and post a negative selfie of yourself to your own mind.

1. TAKE A SELFIE. SAVE IT.

2. PUT A FLATTERING FILTER ON IT. SAVE IT.

3. PUT AN UNFLATTERING FILTER ON IT. SAVE IT

4. POST ALL 3 WITH THE HASHTAG #FILTERFUN

KEEPING IT REAL

When looking at the three images - the flattering filter, the unflattering filter and the original - how do they compare? There may be times in life when you are tempted to put a negative filter on your situation or yourself (focusing on the negatives and seeing things to be worse than they really are). This never helps you or makes you feel better. There may also be times in life when you are tempted to put a positive filter on your situation or yourself (to make things out to be better than they are, so no one knows what you're going through). However, if you can learn to get rid of the filters and see yourself and your situation through #nofilter, you may be surprised to learn that reality and seeing things through the lens of truth isn't so bad after all. The discipline of using #nofilter helps you remember, that despite situations or circumstances, there's still so much to be thankful for or look forward to.