

Creating A Mindset of Wellness

The Knowing-Doing Gap



Wellness=Thrive



What is one wellness goal you have?

1.



5 Barriers that Lead to the Knowing-Doing Gap and Conquering Them!

1. Immediate vs. Future Thinking

Actions:

- ✓ Think of positive results that you will get in the next several hours (results can be physical, emotional, mental, social, financial)
- ✓ Think of recent times you have gotten positive results from positive behaviors and bring them to the present moment



2. When, Then or If, Then Thinking

When....

Then.....

If....

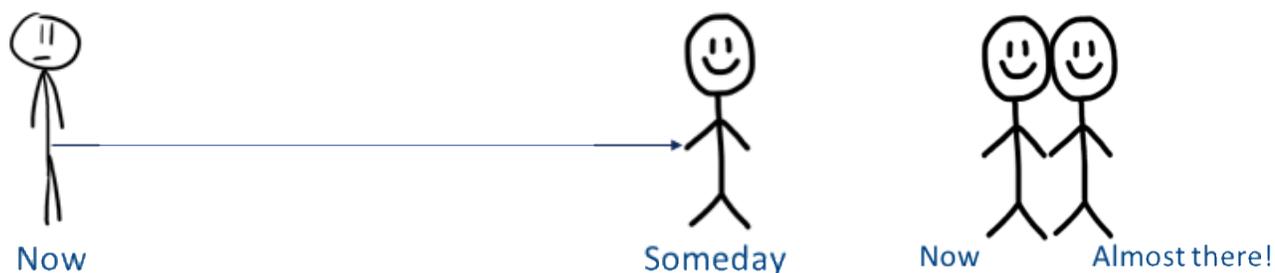
Then.....



Actions:

- ✓ Challenge yourself, find flaws in your thinking
- ✓ Acknowledge what scares you or what you are avoiding
- ✓ Start with small action steps

3. You in the Present vs. You in the Future



Actions:

- ✓ Acknowledge the traits and behaviors that are currently aligned
- ✓ Focus on incremental changes
- ✓ Be in the present moment-the only place where you can take action

4. Temporal discounting

Actions:

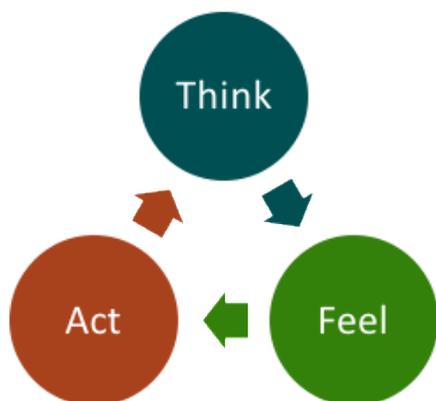
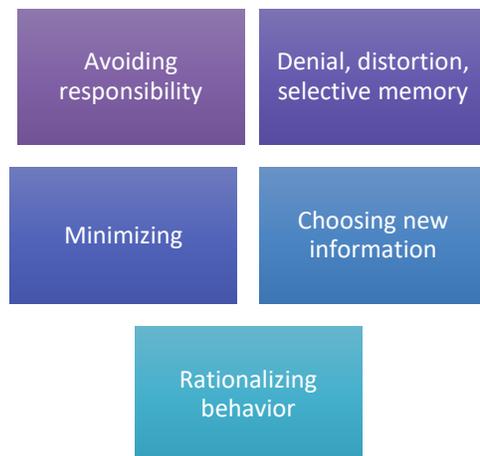
- ✓ Wait 5-10 minutes before acting
- ✓ Be aware of the benefit you derive from the short-term behavior
- ✓ Imagine long-term benefits happening sooner
- ✓ Find a calm, soothing, or relaxing environment before acting



5. Coping mechanisms

Actions:

- ✓ Reflect on your values and purpose in life
- ✓ Challenge yourself, be your own “crap” detector
- ✓ Journal about your coping mechanisms
- ✓ Create a corrective plan. Next time I will...



We are what we think!

5 Daily Actions to Create a Wellness Mindset



Create a Wellness Mindset!

4. Script your Inner Voice



Actions:

- ✓ Pick scenarios in which you struggle with your inner voice and rewrite it
- ✓ Keep a journal of your inner voice and thoughts to find patterns
- ✓ Notice what your inner voice says when you do something well
- ✓ Notice what your inner voice says when you make a mistake or get off track
- ✓ Write down sayings you would like your inner voice to adopt and put them in places where you see them often

5. Words Matter

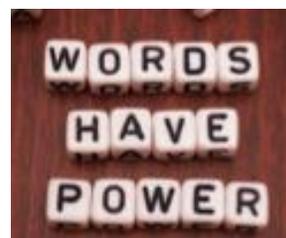
I have to... I need to... I want to... I get to... I should... I could... I will...

...go out with friends.
 ...eat ice cream.
 ...watch a movie.
 ...play with my kids.
 ...have a date night.
 ...clean my house.
 ...relax.

...go to the doctor.
 ...go to work today.
 ...pay bills.
 ...workout.
 ...eat a healthy snack.
 ...go to bed.
 ...practice mindfulness.

Actions:

- ✓ Become aware of the words you use when it comes to engaging in activities and behaviors associated with your goals
- ✓ Challenge yourself to reword your behaviors so that they are associated with an opportunity, determined, or optimistic context



**Create a Mindset of Wellness to Thrive in
 What Matters Most in Your Life!**