



Inner Voice:

Tool to help shift unrealistic thoughts to realistic expectations

Practice these tips to help shift your mindset from Fixed to Growth, and over time your brain will adapt, and you will become more open to learning opportunities instead of sitting in a cycle of negativity and despair.

This tool helps as a disruptor – breaking the inner voice patterns that lead to unhealthy habits which no longer serve you. It also helps you to overcome self-sabotage, and to enhance confidence, motivation, and move you forward from beliefs and behaviors that keep you stuck.

The Challenge

Do you ever feel discouraged that nothing will work out, or that you are no good at something and simply give up? This can be due to a negative inner voice that we replay over and over. Our inner voice can be a form of self-sabotage; it can have an impact on our quality of life and hold us back from reaching goals in health, career, relationships, and happiness.

Brain Stories and Unrealistic Thoughts:

- Our human nature and inner voice can develop a loop of stories about ourselves. We start believing them based on patterns that have developed from past experiences.
- The cortex, the logic side of brain, comes up with a way to figure these things out, and it comes up with UNREALISTIC ways to deal with feelings and expectations about ourselves.

When and How to Use this Tool

1. Read over the SIX examples below and choose/highlight the ones that resonate for you.
2. Create reminder cards and post in a prominent area of your home and/or work.
3. Read the cards at least once per day for 7 days, then 3x/week for 3 weeks.
4. After the first month, move cards to new location and refer back at least once per week.

Six Examples of Shifting Unrealistic Thoughts to Realistic Expectations

Here are SIX thoughts and feelings of Unrealistic Expectations (ways the brain can ASSUME that an action will happen) and SOLUTIONS for shifting that mindset to a Realistic Expectation. Here's how to turn off that voice and create positive momentum.

1. Perfectionism

- i) Unrealistic - I need to do everything perfectly; I should be doing this perfectly, and anything less than perfect is failure.
- ii) The realistic expectation - is to trade perfection for the idea of presence. Not an A student - be a B student. Choose to be Present rather than Perfect. Give yourself grace and let go of notion there will be a perfect outcome. *Strive for 1% improvement every day - it's not about perfection; it's about mastery over time.*

2. Overwhelm

- i) Unrealistic - I have to figure out how every aspect of my life is going to fall into place for the next year or five years. I have to take on everyone's burdens plus my own in order to succeed.
- ii) The realistic expectation - Anyone can learn anything as long as it's *learned in small chunks*. Take one thing

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at a time and use prioritizing, scheduling, and boundaries.

3. Feeling stuck

- i) Unrealistic - I'm lost, I don't know what to do, I'm stuck, that means I must be stupid - nothing is going to work.
- ii) Realistic expectation - I'm not seeing any options that will work out well. Logically there are always options even if I can't see them. Feeling stuck just means that there is something I need to know, feel, or understand, and when I do, I'll be able to move forward. Anything is possible and there is always a way.

4. Feeling behind (another variation of perfectionism)

- i) Unrealistic - At my job, I should be on top of it all the time. I feel so behind so that means I should just quit.
- ii) Realistic - It's OK to take time to process tasks in order to not make mistakes. Cut yourself some slack; it's OK have some self-compassion. It's better to RESPOND thoughtfully, rather than REACT impulsively. Give yourself GRACE.

5. Feeling like you're not doing it right

- i) Unrealistic - there is a way to do this right according to the global committee who says that you need to do things a certain way. And if I don't do it "right", then the committee will punish me.
- ii) Realistic expectation - I trust in the people around me, my coworkers, and they will keep me on track. I also trust in my ability to figure things out. If there's something that will help my success that I need to learn, *I will believe I can do it*. Anyone can learn to do anything - it's important to break actions down into small chunks.

Confidence loop increase = Mini win + Mini win + Mini win etc.

If you practice something → The better you become → And you become more confident!

6. Comparing to others (compare & despair)

- i) Unrealistic expectation - Everybody is doing this better than I am. If I don't keep up, then that means I'm doing a bad job and I won't be successful.
- ii) The realistic expectation - is that you have everything you need to succeed. You need to believe in yourself and know that you are different and unique. You take your own path toward your own happiness and outcomes. There will never be anyone else like you. Your own worth is immeasurable.

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