



# HOW TO MANAGE YOUR MINDSET

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## THE STEAR MODEL & THOUGHT CHANGE LADDER

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# Welcome

You've probably heard that managing your mindset is the key to success, but how do you actually do that?

Let me introduce you to 2 models that I used with my coaching clients when I was a life coach - the STEAR Model and the Thought Change Ladder. Both of these models are based on the understanding that our mindset - our thoughts - have the power to both sabotage our success and empower it

## TIP

Don't make this one of those free resources you don't actually USE. These models only work if you take action with them so let's get started.





# THE STEAR MODEL

SITUATIONS

Facts about our lives that everyone can agree on

*trigger*

THOUGHTS

A sentence in our mind ABOUT the situation. These thoughts are *always* optional.

EMOTIONS

Vibrations in our bodies NOT caused by people around us or our circumstances but by our THOUGHTS about those things - stories we create often based on our expectations

*cause*

ACTIONS

Behaviours or inactions (what we avoid doing) that are driven by our emotions

*cause*

RESULTS

The effects of our actions - the evidence that proves the original thought we had

*that prove the thought*

# THE STEAR MODEL

*Step one: analyze your thoughts*



<b>S</b>	<b>SITUATION</b>	<input type="text"/>
<b>T</b>	<b>THOUGHTS</b>	<input type="text"/>
<b>E</b>	<b>EMOTIONS</b>	<input type="text"/>
<b>A</b>	<b>ACTIONS</b>	<input type="text"/>
<b>R</b>	<b>RESULTS</b>	<input type="text"/>



# THE STEAR MODEL

*Step two: create your positive mindset*



**S**

**SITUATION**

(remember this is always neutral)

**T**

**THOUGHTS**

**E**

**EMOTIONS**

**A**

**ACTIONS**

**R**

**RESULTS**







## THE THOUGHT CHANGE LADDER

Once we know the thoughts we need to be thinking to create the emotions, actions and ultimately the results we want to see in our life and work, we have an awesome gift... the gift of CHOICE. We can choose to think those thoughts rather than those which haven't been serving us.

Changing our thoughts takes time and practice. It's much easier for our brain to make that change progressively and the Thought Change Ladder allows us to do this through a simple step by step process.

**TIP:**

Use sticky notes to post your desired thoughts where you'll see them every day.





# THE THOUGHT CHANGE LADDER

*Current thought: The sun never shines*

*Desired thought: The sun does shine*

1

Add modifier at the end

*"The sun never shines... and that's ok."*

2

Add modifier at the beginning

*"I'm thinking the thought that... the sun never shines"*

3

Ask yourself... is the opposite sometimes true? State

that i.e. the sun never shines becomes sometimes the sun shines.

4

Who would you be and what would life be like if you didn't think this thought?

5

Add the modifier at the end

*"I might be wrong about thinking that... the sun never shines"*

6

How would you like to think instead? Say... *"I'm open to the idea that... the sun shines" "It's possible that... the sun shines" "Someday the sun will shine again"*

7

New desired thought... *"The sun does shine"*



## WHAT HAVE YOU LEARNED FROM THIS?

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I hope you've found this workbook useful. Honor your future self by committing to taking action on what you've learned today. Make some notes below and then add one task to your planner or calendar for the coming week.

*the action I will take:*



## THANK YOU

For downloading this resource and making a commitment to stepping out of your comfort zone and into your growth zone, developing clarity, courage, competence and consistency along the way.

YOU FREAKIN ROCK! Want to continue the conversation? Get in touch using the details below.

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