

# MindWorX

The logo for MindWorX features a stylized 'X' formed by two intersecting lines. The left line is black and the right line is blue. A red circle is positioned at the top intersection point. A blue arc curves around the right side of the 'X'.

## Module #4: Creating Value-Centered Habits

## Recap

Mindfulness is about becoming aware of \_\_\_\_\_.

Mindset is about being willing to make a \_\_\_\_\_.

Axiology (value dynamics) is about making the \_\_\_\_\_ that creates the greatest value.

## Introduction to VQ Profile

The VQ Profile measures...

- The \_\_\_\_\_ of your thinking & valuing habits
- Across all 3 \_\_\_\_\_ of value
- In \_\_\_\_ “worlds”
- and \_\_\_\_ different types of valuation

The VQ Profile does NOT measure...

- “\_\_\_\_\_” you think
- Your \_\_\_\_\_ traits, likes, dislikes
- Your \_\_\_\_\_, characteristics or attributes

Difference between Value and Values

- \_\_\_\_\_ is the ability to distinguish “color”. -measured by the VQ Profile
- Values is the \_\_\_\_\_ of one “color” over another “color”. -NOT measured by the VQ Profile

## Your Results

### Low VQs

- Limited \_\_\_\_\_ or cognitive \_\_\_\_\_
- Often cause \_\_\_\_\_ or physiological \_\_\_\_\_ and responses
- Often cause FEAR
- ~~False Evidence Appearing Real~~
- Fully Engaged in Avoiding Reality

### Why do we have low-VQs?

- There is an \_\_\_\_\_
- Low-VQs are valuing habits that, \_\_\_\_\_, were valuable
- Example: "Don't talk to strangers."
- But, today, there may be a \_\_\_\_\_

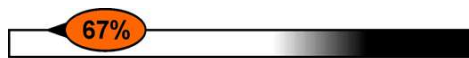
### FAQ

What does the left or the right mean?

To the \_\_\_\_\_ means your brain OVERVALUES in this perspective



To the left means your brain \_\_\_\_\_ in this perspective



### The Line of Truth



## Emotional Sensations

- Only see \_\_\_\_\_ of the picture
- Things outside the picture are \_\_\_\_\_
- Unexpected lead to amygdala \_\_\_\_\_
- Feel like emotions but aren't \_\_\_\_\_ emotions

## Anatomy of a Habit Notes:

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## From Neuroscience...

- These habits or “personality traits” are \_\_\_\_\_ permanent
- People can and do change/\_\_\_\_\_ – all the time!
  - Mostly “by \_\_\_\_\_” - in response to life events
  - Yet, transformation can be created \_\_\_\_\_
  - And, in a sense, \_\_\_\_\_
- \_\_\_\_\_ or compensating for “weaknesses” rarely works long-term
  - “\_\_\_\_\_ it till you make it”
  - “\_\_\_\_\_ thinking or affirmations”
  - “Feel the \_\_\_\_\_ and do it anyway”

## FAQ

How do I FIX these low-VQs?

- You \_\_\_\_\_!!
- You use \_\_\_\_\_ to become aware of when you are in low-VQs
- Then, you \_\_\_\_\_ the thoughts from low-VQs
- Then, you...

## Your VQ-100s

### Power of our Primary Strength

- Our Primary Strengths are ways of thinking (perspectives) that are already \_\_\_\_\_ with axiology's HOV, and...
- By shifting \_\_\_\_\_, we ...
  - Instantly \_\_\_\_\_ the negative influences
  - \_\_\_\_\_ our perceptions and judgments
  - Turn threats into \_\_\_\_\_
  - \_\_\_\_\_ our best, most capable ways of thinking
  - Create an \_\_\_\_\_ performance improvement
  - Engage the \_\_\_\_\_ mind-brain mechanics for developing new, strengths-driven habits

### A Simple Axiom

The more out of sync we are with the HOV,...

the more \_\_\_\_\_ we make,  
value we \_\_\_\_\_,  
\_\_\_\_\_ we create,  
and \_\_\_\_\_ we stifle.

And the more aligned our thinking is with the HOV (hierarchy of value),...

the greater \_\_\_\_\_ we can create,  
\_\_\_\_\_ we can experience,  
and \_\_\_\_\_ we can achieve.

## Neuroplasticity

Activation: "What's \_\_\_\_\_ together, \_\_\_\_\_ together."

Habituation: "What \_\_\_\_\_ together, \_\_\_\_\_ together."

Synaptic \_\_\_\_\_ allow us to neutralize old habits and create new ones.

\_\_\_\_\_ your perspective, transform your perception.

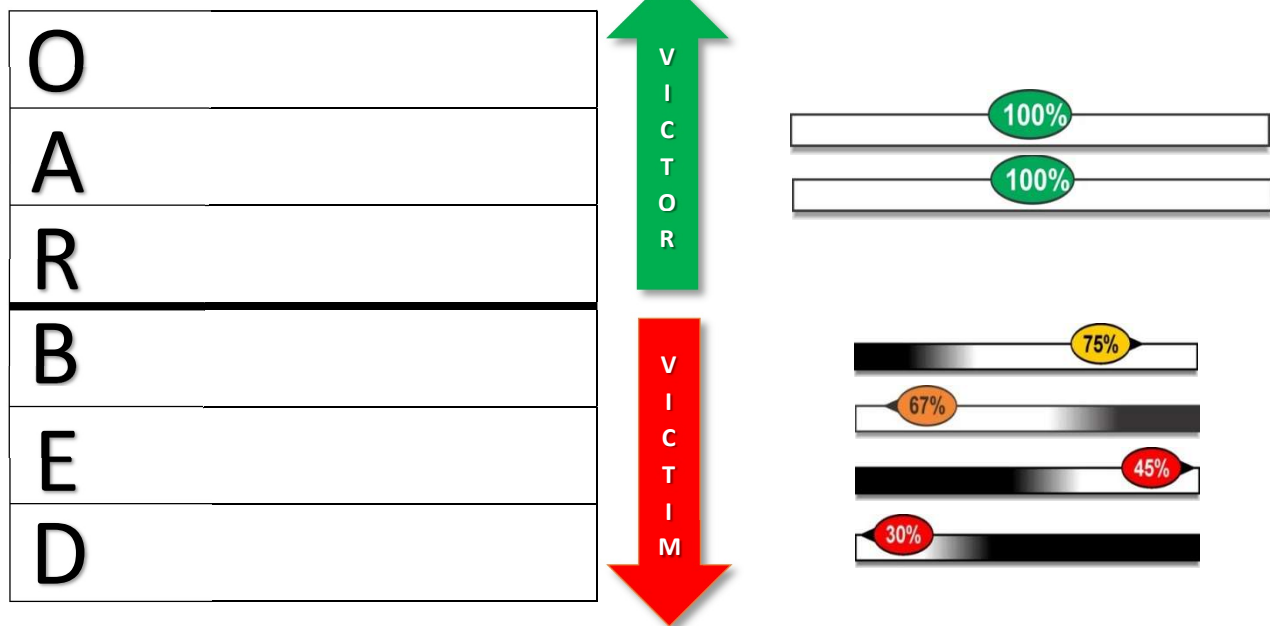
Transform your \_\_\_\_\_, transform your life.

## Power of Primary Strengths / Cognitive Assets

Our "\_\_\_\_\_ \_\_\_\_\_" are ways of thinking (perspectives) that are already aligned with the HOV and by shifting perspectives, you...

- Instantly \_\_\_\_\_ influences of low-VQ habits and perspectives
- Transform perceptions and judgments, turning threats into \_\_\_\_\_
- Activate best, most capable ways of thinking, creating an \_\_\_\_\_ improvement
- Engage your natural brain mechanics for developing new, strengths-driven, talents and habits.

## The Line of Truth



## The Power of Habits

### R3 Habit Changing Framework

Every habit you have — good or bad — follows the same 3–step pattern.

- \_\_\_\_\_ (the trigger that initiates the behavior)
- \_\_\_\_\_ (the behavior itself; the action you take)
- \_\_\_\_\_ (the benefit you gain from doing the behavior)

#### Step #1

Select a Reminder for your New Habit

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#### Step #2

What is the first SMALL step that you'll take? Make it so easy, you can't NOT do it.

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#### Step #3

How will you reward yourself?

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## Module #4 Homework

- Develop your Habit Loop
- Use Your First Steps Report to get into your perspective of strength and use your cognitive assets
- Continue Using your Centering Questions & the Central Question (make them a habit of mind)

### Complete Your Habit Loop Declaration

When I \_\_\_\_\_,

I will \_\_\_\_\_

because it provides me with \_\_\_\_\_.

### Planning

Decide when you will start your habit

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per \_\_\_\_\_

Track your progress on the worksheet provided.

