

An Introduction to 'The Changed Mind Challenge'

Accolades to the work of David Bayer

Welcome! Start by listening to Pat Gough's Intro



[The Introduction to The Changed Mind Challenge](#) 7:17m

THE MAIN QUESTIONS AND CONCEPTS YOU NEED TO UNDERSTAND

Do not stop to answer these questions or respond to these concepts, in writing, for now. Stop to reflect, but for today, let's just get you in a right mindset for changing where you may be stuck. And we are all stuck - somewhere. Right now, this is a reflective time for preparing for more of the teachings of the great mindset expert, David Bayer. This is just touching a few points, but it gives you an idea where this personal/professional development series is going.

*Read through this overview so you get an idea of what to expect. Then watch the video and if you like what you see, be sure to register for the **FREE** series. You **MUST** do the work to get the results!*

1. Do you really know your mindset? Something most people do not even notice.
2. Our GREATEST FEAR: I won't fulfill my potential. I am not worthy. I am not enough!
3. The Purpose of your life is to **FULFILL YOUR NEED!**
4. Your spiritual vision is contained in your life vision, and often your career is a by-product or just a way for you to make money. If that is the case, this eventually becomes the catalyst for change or for staying stuck. Your career should not be running your life unless it is aligned with your spiritual need. (i.e., soothes your soul; warms your heart)

START with clarity of your vision (who you are in the world and the impact you want to make) based on the experiences of your life, like material and social-emotional things, which are your birthright! *Just think about these concepts for now.*

Once you are clear on those, you can start to look at the resistance you have. Yup, that's right!

You **MUST** get total clarity around your vision. Even if you do not believe in a God or have a faith at all, we do need our soul and spirit to soar. For that reason, David Bayer prefers to consider our personal vision a 'spiritual vision'. Working with our spirit! It is a bigger bang - a greater impact, when our essence (our soul) and our spirit (heart) are working together for ultimate results!

Your spiritual vision eliminates the doubt and uncertainty you have around your abilities, and your worthiness. This relates to your deservingness to create a real impact in the people you serve, your family life, your community, and the greater good of the world. And when you have that clarity-rooted deeply in your purpose and your mission—you can truly overcome any external circumstances that stand in your way, by silencing the voice of the 'inner critic' whenever it pops up and tries to keep you playing small.

Your Spiritual Vision

- Has a massive influence on the way you see the world.
- Has directly impacted your life in a profound, meaningful (and often) in a challenging way.
- Usually relates to your story/hero's journey. More about that later.
- Taps into your unique skills, gifts, and talents.

Today's Assignment: To meet David Bayer, watch this interview with Tom Bilyeu. David explains much of what his *Changed Mind Challenge* offers. Today, you get the big picture and then over the next 6 weeks, we will be addressing these concepts in greater detail and going deeper. Much deeper!



[Shift Into a Powerful Mindset](#) 40:07m

Be sure to take notes while watching this video so you can always go back and re-read and meditate on these new learnings. If you plan on continuing with this FREE Workshop series titled the *CHANGED MIND CHALLENGE*, you will see that your journal will become your sacred Wellness Journal. Writing, re-reading, and visualizing positive images, create new neural pathways that begin to change your thinking. Stay with us as this is going to be quite a ride. And don't be afraid to send this invitation to a friend! An Accountability Buddy is a great idea!

If anyone needs accreditation for hours involved in your own personal development or growth program, a certificate of participation can be supplied for that purpose. And did I mention it is

FREE!

Suggested Workshop Time for Completion: One hour.

Thanks for joining, we hope you enjoyed this content. If you liked this introduction, you'll LOVE the entire series. [Register here for and join us over the next 6 weeks.](#) Don't hesitate to reach out to our team if you have questions!



Have Questions?
Contact Patricia Gough at pat.gough@wellnessforall.ca