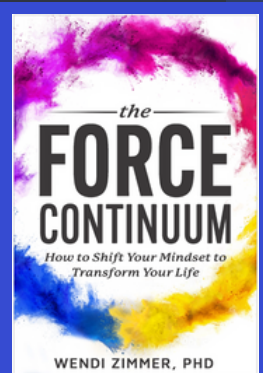


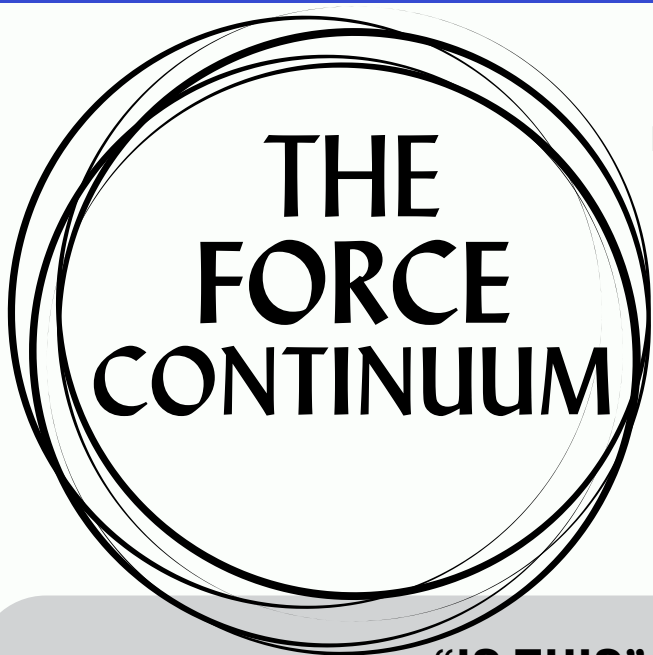
# THE FORCE CONTINUUM

[www.theforcecontinuum.com](http://www.theforcecontinuum.com)

## How to Find Your FORCE and Transform Your Life -STARTER GUIDE-

Wendi Zimmer, Ph.D.





**Our FORCE is a combination of our mindset, identity, energy, and habits.**

**To believe in ourselves, we must work on all four factors, but let's start with mindset.**

**Pick ONE and start shifting your mindset today.**

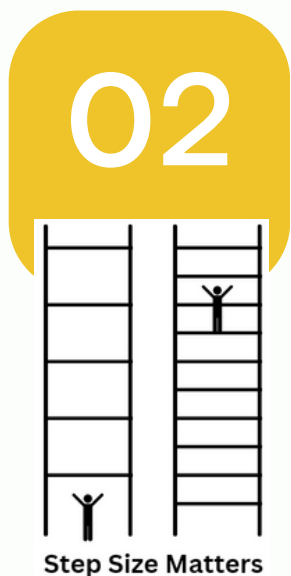
### **“IS THIS” METHOD**



When reacting to a situation, ask yourself, “IS THIS.” IS THIS thought that you are having leading you to the outcome you desire? IS THIS action that you took helping you with what you want for your life? If the answer is yes, keep going. If the answer is no, stop to evaluate and choose a different reaction that will give you a yes answer.

The “IS THIS” method helps you get in the habit of evaluating your mindset. When you find yourself in a destructive mindset going down a destructive path, you can help yourself get in the habit of stopping and asking yourself, “IS THIS?” and then making decisions based on your answer.

### **THE ONE THING**



When we see everything as urgent and important or insurmountable, we treat it all equally. This often causes us to focus our attention on the wrong things. Instead, we should focus on one thing at a time. We do not have to do everything; we just have to do one thing.

If you cannot find the energy to wash all the dishes in the sink, wash one dish. If you find getting ready in the morning challenging, focus on just getting out of bed. If you struggle with any task that needs to be done, just start with the first step. Instead of focusing on the mountain, look at just the first step. Then, celebrate!

03

51%

### THE 51% RULE

We often stress over decisions we have to make. The thing is, you can only be 100% certain once you make a decision. To stop the worry, we need to use the 51% rule.

When faced with a decision, look for 51% certainty. Are you 51% sure about the decision? If so, do it! As soon as you are 51% sure it's a yes or a no, make the decision. Stop overthinking and doubting yourself. Instead, believe in yourself and do it. If you wait for 100% certainty, you will never do it or drive yourself crazy worrying about it.

04

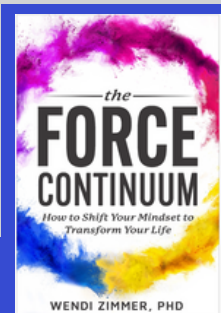


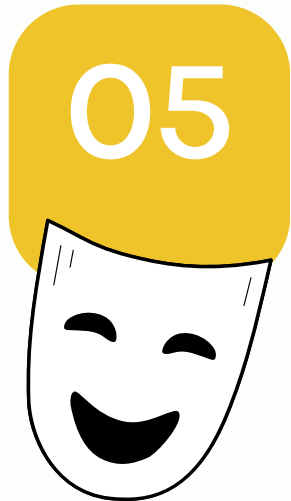
### GET OUT OF YOUR HEAD

“Whether you believe you can or not, you’re right.” ~Henry Ford

So often, we get in our own way. We tell ourselves we cannot do something before we even really try. The way we speak to ourselves makes a significant difference in how we approach life. We have a choice in how we think about ourselves and what we can achieve.

Choose today to end the toxic spiral of negative thoughts we allow to take over. Silence that internal chatter. Instead, get out of your own head and take the time to really analyze the situation and yourself. Don't believe the lies you tell yourself. Instead, reflect on what is truly happening, possible, or necessary.





## ALTER EGO

Have you heard of Beyonce's alter ego, Sasha Fierce? If not, you should look her up. An alter ego is your heroic self, like your inner Wonder Woman. That inner self has the characteristics you wish you had in times when you want to perform at your best. Think Clark Kent and Superman. You go around in your normal day as Clark Kent but transform into Superman when you need inner strength.

An alter ego is like being a character in a play or wearing a Halloween costume. You act out the characters and traits you need when you need them. This "acting" gives you the courage you don't often have on your own.

Use this QR code to learn more.

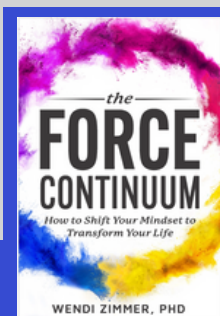


## USE YOUR WORDS



Language is powerful! How we perceive words is based on our experiences, background, biases, etc. As such, we all perceive words differently. This perception applies to our emotions as well. We often say we are happy, sad, angry, or excited, but what does that mean?

We each have different "definitions" of what it means to be happy (or any other emotion). To take POWER over our emotions, we need to further unpack what we mean. Use your words to really explain how you feel when you are angry, or frustrated, or happy, or anything. By allowing yourself to dig deeper and give language to your feelings, you are more able to respond and help yourself or allow others to help you.



07

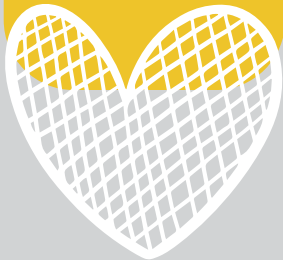
Happy Self	Current Self

## HAPPINESS CHART

We all want to be happy. The challenge often comes with recognizing what happiness means, as it is different for every person. We were all happy at one point. Otherwise, we would not be able to miss being happy because we would not know what it feels like. If you are in a place where you want to be happier, try these steps.

1. Create a t-chart. Label the left column “happy self” and the right column “current self.”
2. Think about the last time you were really happy (go back as far as you need to). Write everything you can think about that time in the “happy self” column. What were you doing? Who were you with? What was your schedule like? Where were you? Etc.
3. Think about your current self and answer the same questions in the “current self” column.
4. Reflect on what is different and commit to adding ONE of the “happy self” items to your “current self.”

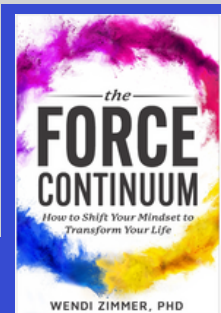
08



## GRATITUDE CHECK

You have probably heard of using a gratitude journal, but not all of us have the time to journal every day. Instead, try using gratitude checks.

Gratitude checks are intentional times throughout the day when you slow down, be still, and find things around you to be grateful for. These can be broad (e.g., you woke up this morning, it’s a beautiful day, your wifi works) or specific (e.g., your coworker said something nice to you, you had the time to clean off your desk, you didn’t get caught in the rain. The more we recognize the good happening to us, the better we feel.



09

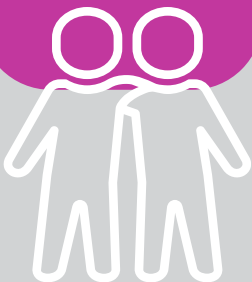


## EXPECTATION PLAN

If you have ever been worried about something because you did not know what would happen, you should create an expectation plan. With an expectation plan, you think ahead about what might happen. What might be said? What might be difficult? What do I expect to happen? Then, you plan what you will say and do in those situations.

We can never know for sure what will happen, but when we have a plan for overcoming challenges, we have more control over the situation, are less likely to let our emotions get the best of us, and rely less on our emotions and willpower. Plus, when we practice our plan, we feel more powerful.

10



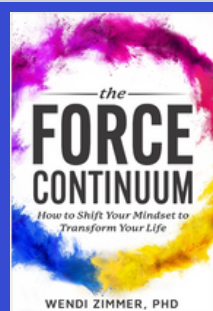
## ACCOUNTABILITY PARTNER

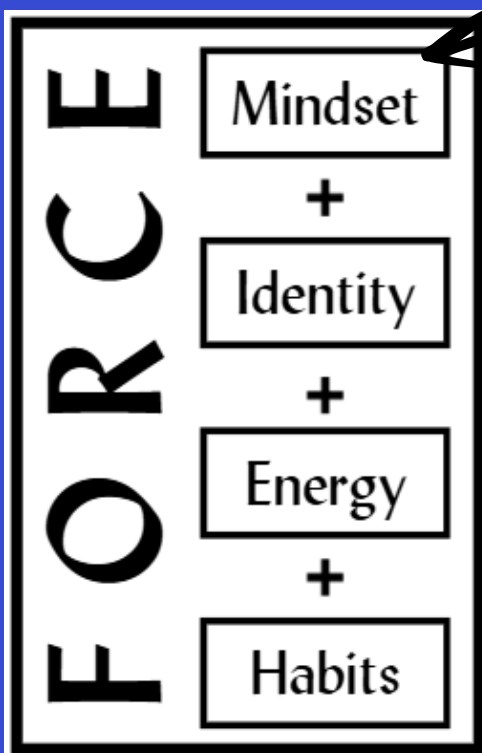
No matter what you are going through, it is important to remember that you are not alone. Find someone you trust that you can go to when you need someone to talk to, someone to hold you accountable for what you want to do, someone who believes in you.

Knowing someone else cares is so good for our mindset and strength.

I hope you have an accountability partner, but if you want a group to help you, join the FORCE Continuum group below.

*Click Here* →





Mindset is just ONE piece of finding your FORCE.

You must also strengthen your identity, energy, and habits to truly believe in yourself to achieve what you want.

Take action today!

Ask yourself,

1. What do I want to believe about myself? (mindset)
2. How do I want to be seen? (identity)
3. What do I want to spend my time doing? (energy)
4. What do I need to do to get what I want? (habits)

Pick up your copy of “The Force Continuum” to learn research-based strategies to help you answer these questions to develop and use your FORCE.

I did it, so I know you can, too!

The future you deserves it!

  
Wendi

