NIGEL JONES

ALCOHOL-FREE & SELF DEVELOPMENT COACH

9KM BY AM®

COACHING

CHALLENGE YOURSELF

MINDSET – CREATING NEW WAYS OF THINKING

I learnt that to change my life, it is critical to change my story. To do this, I needed to change my beliefs. But how could I do this?

THE NEW PATH STARTS TO APPEAR AFTER A FEW DAYS

I had to create new pathways in my mind.

A quote written over 170 years ago by US philosopher Henry David Thoreau was at the heart of my success.

'As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.' This is supported by the Buddhist teaching: 'Whatever you think about regularly becomes the inclination of your mind.' This is the basis of what is today called neuroplasticity.

To make a pathway in the forest, we walk again and again. Similarly, to make a deep mental path, we must think again and again the thoughts that we want to dominate our lives. I told myself many times each day that I was a non-drinker and supported it with hard evidence on how bad alcohol was for my well-being. I made alcohol the enemy. I saw if for what it really was – poison.

In the early days of going AF, I had to fight myself, my ego. I had to un-brainwash myself. For 35 years, I had sung the same song.

The way I successfully changed my belief about alcohol was to wage a war on my belief that alcohol was part of my life; it was too hard to live my life and be happy without it. I would be boring if I did not drink. I would be an outcast – a social pariah.

YES YOU CAN

www.9kmby9am.com/coaching

NIGEL JONES

ALCOHOL-FREE & SELF DEVELOPMENT COACH

COACHING
CHALLENGE YOURSELF

MINDSET – CREATING NEW WAYS OF THINKING

HOW TO CHANGE YOUR BELIEFS

Life is a gigantic self-fulfilling prophecy. We spend our whole life telling stories about ourselves. These stories become real and are often full of limiting beliefs.

Train the voice in your head (your ego) through mindfulness to behave like a scout and look objectively at facts about alcohol.

Relentlessly read new information from Quit Lit, supporting the new you and the story that alcohol is poison and kills you. It is not fun or a relaxant.

Create new pathways in your mind by thinking your new story over and over again just like Thoreau tells us in Pathways of the Mind. 'One more won't hurt' becomes 'One will hurt you'.

The new you does not react to events – it responds. This is a key difference.

To make a shift in your identity you need to redefine yourself. You are not your behaviour. You are your beliefs.

Create a compelling future for yourself and live it.

YES YOU CAN

www.9kmby9am.com/coaching

NIGEL JONES

ALCOHOL-FREE & SELF DEVELOPMENT COACH

9KM BY 9AM®

COACHING
CHALLENGE YOURSELF

MINDSET – CREATING NEW WAYS OF THINKING

STEPS YOU CAN TAKE...

STEP 1 – LIMITING BELIEFS

Write down on a sticky note all the beliefs you have about alcohol that are holding you back. Put them around your computer screen so you can see them throughout the day. Continually challenge them.

STEP 2 – ONE YEAR FROM NOW

Pretend it's one year from now. You have just lived the greatest year of your life. Write down what happened in that year and sell yourself on it every day.

STEP 3 – OLD & NEW IDENTITY

Write down the person you want to become by listing:
The old traits and values to banish from your identity. For example, 'I am a drinker'.
The traits that you want to keep. For example, 'I am hard working'.
The new traits and values to build on or add to your identity. For example, 'I am sober.'
Write down your compelling future.

STEP 4 – QUIT LIT

Submerge yourself in Quit Lit. There are endless streams of Quit Lit out there, including WALKING BACK TO HAPPINESS THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING. Possibly one of the best books ever written, which also had a huge influence on me from an 'I can do this' perspective, was Victor Frankl's Man's Search for Meaning. I should also mention Anthony Robbins' Awaken the Giant Within.

The podcasts that made a difference are: The Daily Stoic; The 5AM Miracle; Rich Roll; and Tara Brach.

STEP 5 – QUOTES THAT RESONATE

If a quote resonates with you, write it down. Put it somewhere you can see it. Read it every day. There were many quotes that helped me 'change my mind'. Here are two of my favourites:

'Two roads diverged in a wood, and I, I took the one less travelled by, and that has made all the difference.' Robert Frost

'I am the master of my fate, I am the captain of my soul.' William Ernest Henley

YES YOU CAN

www.9kmby9am.com/coaching