

TOOL 3: THE MENTOR TOOL

Become your own coach to move higher and deeper within.

Summary:	Assists your personality by aspiring to become your own coach and reach beyond your limitations of negative emotions to function under your soul's guidance.
Purpose:	To persuade yourself to replace the automatic actions and reactions of your personality with higher soul responses and encourage yourself to shift your focus to finding solutions rather than perpetuating your problems.
Keys:	<ol style="list-style-type: none"> 1. Make a conscious choice not to be ruled by negative thoughts & emotions. 2. Negativity then becomes the fuel that moves you beyond your hardships. 3. A turning point, the focus is no longer on how you feel, but how you respond. 4. If you focus on the problem, you become the problem. 5. Good is a meteoric flash, but wrong is the agony of defeat replay. 6. If you look to your soul for solutions, you draw those solutions into your life. 7. Only a deep desire to stop the personality will motivate you to coach yourself. 8. Tell yourself, "I am going to find a different way to look at this." 9. You are making your own conscious mind your personal mentor. 10. Pause during difficult circumstances and listen for your mentor thought.
Analogy:	You are now tired of riding on a horse of fury through the merry-go-round of your life. So, you decide you need to get off and find a new horse to ride. Rather than going up and down and around and around on the same old horse, you encourage yourself to find a more angelic horse, one full of beauty and grace.