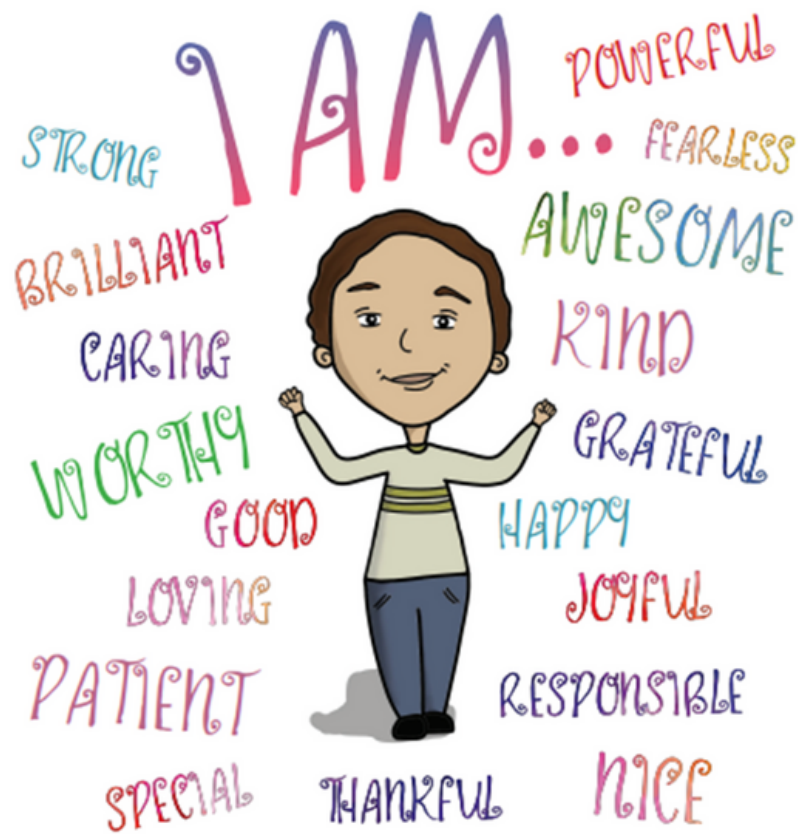


Denise McCormick

MASTERING THE MONKEY MIND MANUAL



DeniseMcCormick.com



(Page 21 of the book)

IN THIS BOOK YOU WILL LEARN

The power of
the words we
say to ourselves

The difference
between a growth
and a fixed
mindset

How to change a
negative thought
to a positive
thought (singing
affirmations)

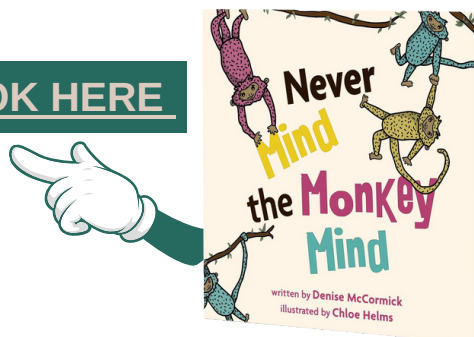


(Page 12 of the book)

Takeaways from reading Never Mind the Monkey Mind:

1. How to take a negative thought and turn it into a positive thought in (1 second)
2. The power of the words we say to ourselves

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5

Things you say to yourself and what to try instead

(Check out the book for the complete list)

Develop a **GROWTH MINDSET**



IN PLACE OF ...

TRY SAYING ...

I just can't

I know I can do anything

What if ...

I do not fear failure

I should have done ...

Mistakes help me learn

Just quit

This will take some time

They are better than me

I will learn from friends

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Make your own list of "In Place ofTry Saying..."

Develop a **GROWTH MINDSET**

IN PLACE OF ...

TRY SAYING ...



Name 5 Things you are dreaming of being – Remember the power of your choice of “WORDS”



Fixed Mindset



Growth Mindset

Change your **WORDS**
Change your **MINDSET**

How to change a negative thought to a positive thought

(singing affirmations)

Never Mind The Monkey Mind

Never mind the monkey mind,
Because that's not really me!
Never mind the monkey mind
Because that's not really me!
**IM STRONG AND POWERFUL,
YES I CAN SUCCEED!**

So, Never mind the monkey mind,
Because that's not really me, no! no! no!
Yes, I can succeed, go! go! go!
Yes, I **CAN SUCCEED!**

Story and Song by Denise McCormick



[LISTEN TO THE MUSIC HERE](#)

I am....



Directions: Draw yourself with the words that describe you. You could make a border of you being those words in your daily activities.



[Join my Facebook group and post the finalized sheet to win a prize](#)

LET'S GET SOCIAL AND STAY CONNECTED



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Denise recommends these trainings and resources

**Join FREE Facebook Group for Workshops and Training:
[\(10\) The Educator's Edge | Facebook](#)**

**Attend Jack Canfield's Next Training:
Breakthrough to Success – April 2022 - Jack Canfield**

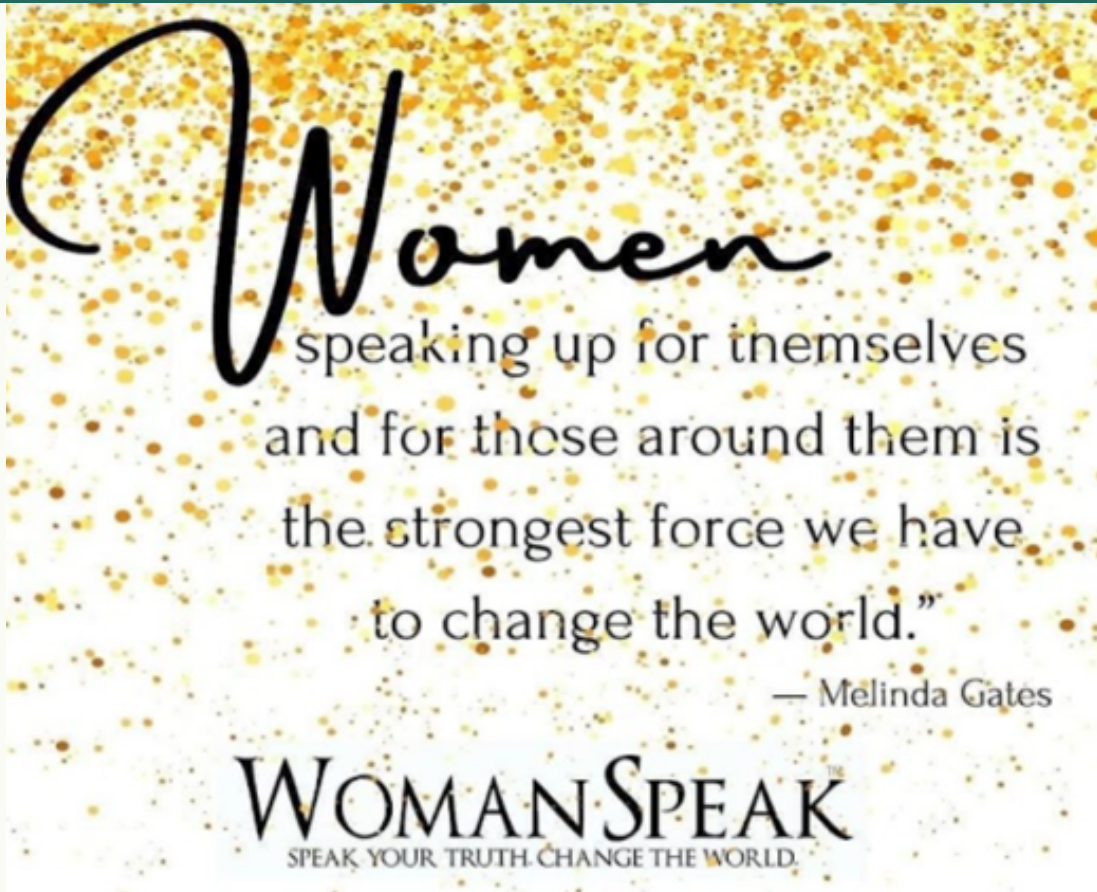
Look and Feel Your Best:



Writing Certification Mastermind: Level 1 *Coming Soon*



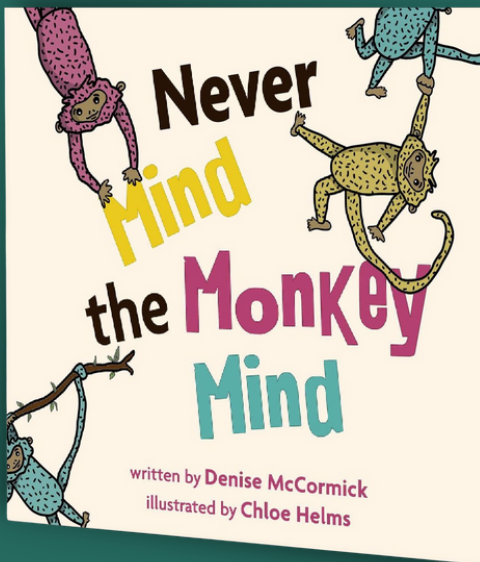
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About Denise:



Denise McCormick, M.A.E

is a State Awarded Educator, #1 International Bestselling Author, Inspirational Speaker, Certified Canfield Trainer and Success Mindset Coach. A former Elementary Educator, Education Lecturer and Reading Specialist at Iowa Wesleyan University and an Iowa Writing Project Instructor, Denise has over 26 years in education. She is a world traveler who believes that travel is fatal to prejudice, narrow-mindedness and bigotry. She became the Primary Delegation Leader for People to People Student Ambassadors for five summers taking SE Iowa middle school students to ten countries around the world. Denise believes that people don't care how much you know until they know how much you care.

Her expanded roles since 2014 have included working with coaches, becoming a Certified Canfield Trainer and Virtual Trainer in the Success Principles, Alum of the Brave Thinking Masters, Permission Granted and Momentum Masterminds, a graduate of Speak Your Way to Success and becoming a Licensed Worldwide WomanSpeak Circle Leader.

Denise's work as the Educator's Coach finds her coaching with both individuals and groups. Her programs are on her created Facebook groups, The Educator's Edge and her business page, Denise McCormick Success Mindset Mentorship LLC. She is passionate about supporting educators around their self-care and personal development, areas she felt were lacking in her 26 years of teaching elementary, university, and graduate school classrooms. Denise meets someone where they are by asking one question, which moves them beyond their fears into the loving strength and power of who they are. She is currently publishing her first children's book in the I AM Series, Never Mind the Monkey Mind and is a legacy author (Women Who Impact) and now a featured author in Women Who Shine.

Denise and her husband John have been married for forty-five years and reside in their restored farmhouse in Iowa with their collie Polly. Together they have 2 daughters and 5 grandchildren who live in Colorado and Australia.

DeniseMcCormick.com

Designed by:

