

Closing with Personal Truths

Mental Health Mastermind

Meaning-Making

All of us want to make sense of our life experiences, so we assign meaning to nearly everything. The meanings or interpretations you make combine to form your worldview and sense of who you are.

Some meanings are empowering, and others are limiting. Meanings that do not serve us can be changed, first with awareness and then through experimentation. Each time you try something new or test your assumptions, you are giving yourself room to make new, more constructive meanings.

You've already done this! As you worked through this mastermind and took steps toward the goals you set at the beginning, you paved the way for new meanings in your life.

What beliefs have you challenged or even changed going through this mastermind?

Ideas vs. Thoughts vs. Beliefs

Ideas, thoughts, and beliefs are all part of our cognitive experience, and in many ways mean the same thing. These terms can also carry personal significance to us and being mindful about the way we use them can help us understand our experiences. When you notice a thought that's bothering you, for example, you can determine if you truly believe it or if it's a passing idea.

What do you know about ideas, thoughts, and beliefs in your life?

Recognizing Growth & Change

As we've addressed in many ways through this mastermind, growth is constant and important to honor. Even when you've struggled with something, even if you felt like you were going backwards, some kind of growth was stimulated. Whether you've made massive changes or tiny baby steps during this mastermind, take some time to acknowledge your "before" and "after."

What do you know about the changes you've made or the growth you've seen in yourself during this mastermind?

Knowing what you know today, what advice do you wish you could give to the you who signed up for this mastermind?

Personal Truths

So this brings us to the end. Stepping back and putting our biggest takeaways, lessons learned, and new or emerging beliefs is a great place to wrap up. You can think of these as your personal truths. Your personal truths might reflect life lessons, advice that has resonated with you, a perspective you intend to practice, or anything else that feels like a personal reminder of who you are and what you want in life. You can change your personal truths at any time – they are not fixed! And if you don't 100% believe in your personal truths, even if they're just a tiny seed of an idea right now, they still count.

What's at least one personal truth you hold today?

What do you know about how you've developed your current personal truths?

What do you know about how your personal truths have changed over your lifetime?