

THINKING *into*
Results

Workbook



Rise | Linda Carmichael
Mindset + Performance

THINKING *into* Results

Unlock Your Mind, Unlock Your Results

A 2 Hour Workshop

with

Linda Carmichael | Rise Mindset + Performance

**“The results you
experience, are the
predictable outcome, of
the way you’ve been
conditioned to think.”**

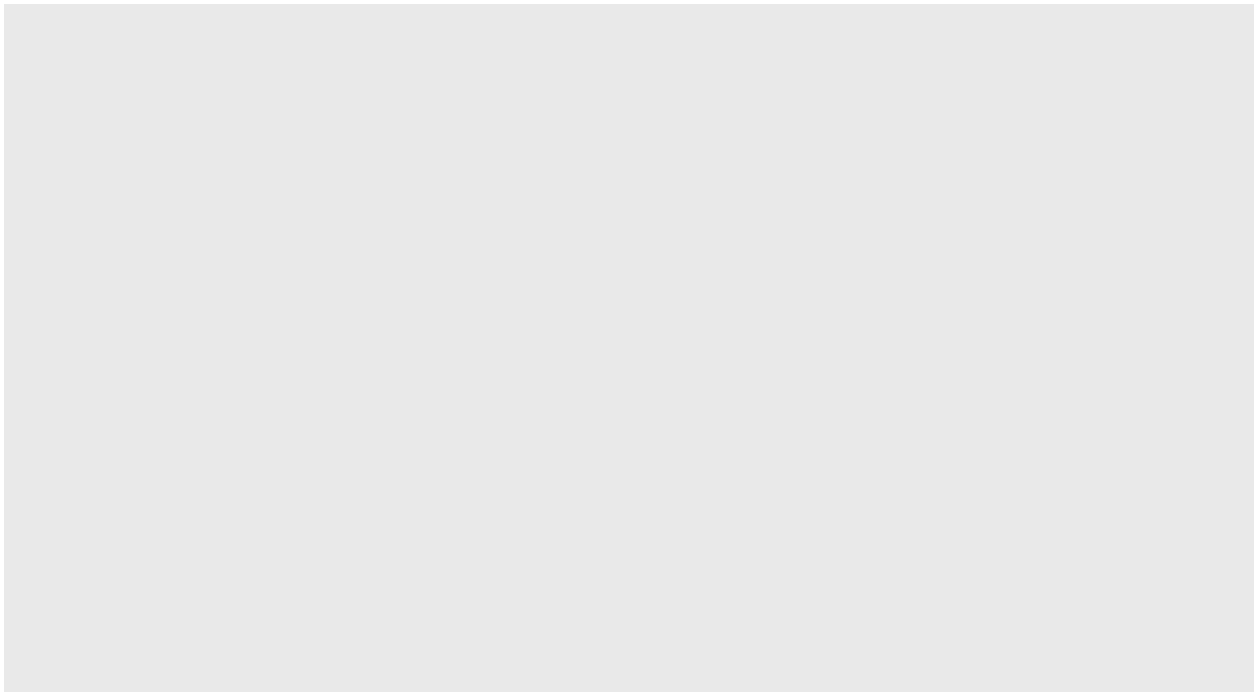
Welcome!

This workbook is your companion for the workshop. Use it to reflect, write down insights, and capture your next steps.

Keep an open mind.

Leave old beliefs at the door. The next 2 hours are about discovery, clarity, and seeing what's possible.

Think quietly: Why are you here today? What would you love to get out of this workshop?

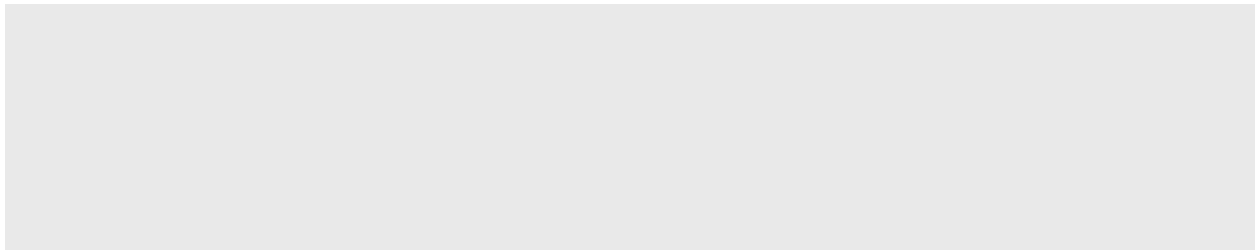


Where Knowledge Alone Isn't Enough

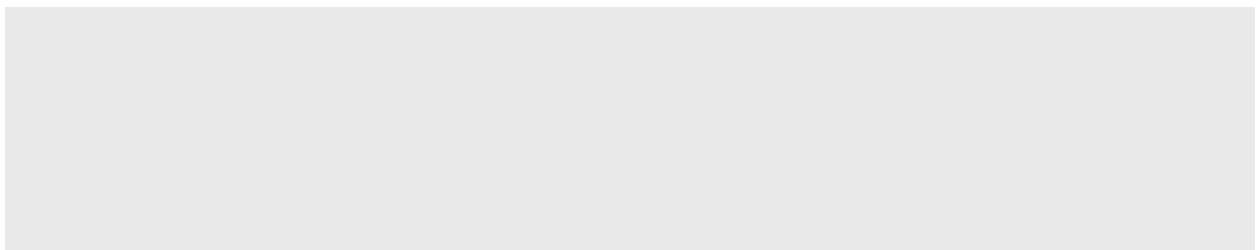
We all know what to do, but knowing isn't enough.
Our results come from patterns of thought, not information.

Think of one area of your life where you 'know what to do'
but aren't consistently acting. Write it down below:

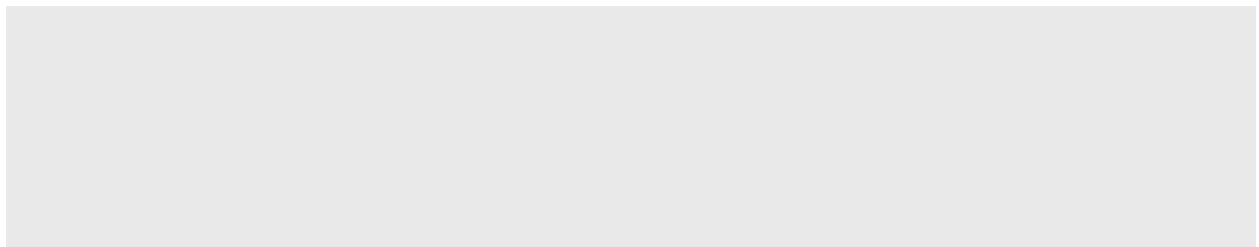
Area of life:



Current pattern / behaviour:



Desired Results/ What you want:



The Knowing Doing Gap



Why We Keep Doing What We Don't Want?

Patterns Predict Your Results

Your results are largely the outcome of your conditioning, the automatic programs in your mind.

Frustration isn't failure. It's a signal that your thinking is out of alignment with your goals.

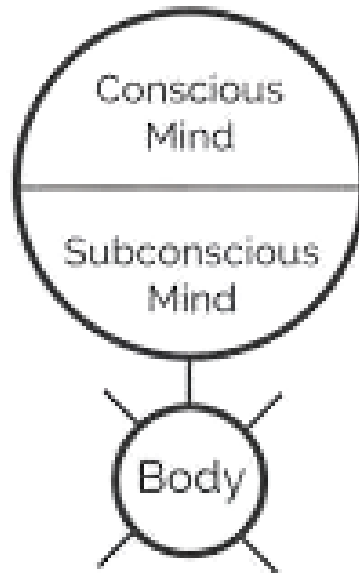
A result you are experiencing in life that you don't like.

Current Result:

What are common thoughts about this result?

What actions do you / don't you take around this result?

Your Paradigm Controls Everything



Your paradigm is the collection of thoughts, beliefs, and habits that shape your actions and outcomes. Change your paradigm, and your results change.

Where do you notice your current paradigm limiting you?

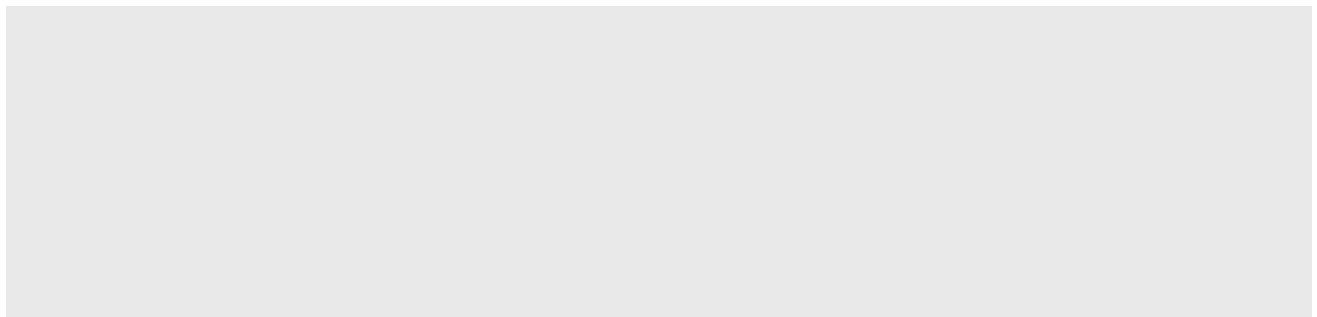
- Limiting belief / thought:
- Behaviour it drives:
- Results it creates:

Pulling Goals Forward

Goals should pull you forward,
not just improve what already exists.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Your Worthy Goal



Decision = Change

Most people don't lack ability; they lack decision.
A committed decision is a mental 'no' to old patterns and a 'yes'
to a new way of thinking.

What is your magic mental activity?

Where in my life do I need to make a stronger decision?

One action I can commit to today:



The
Objective is accomplished
as soon as the
decision is made.



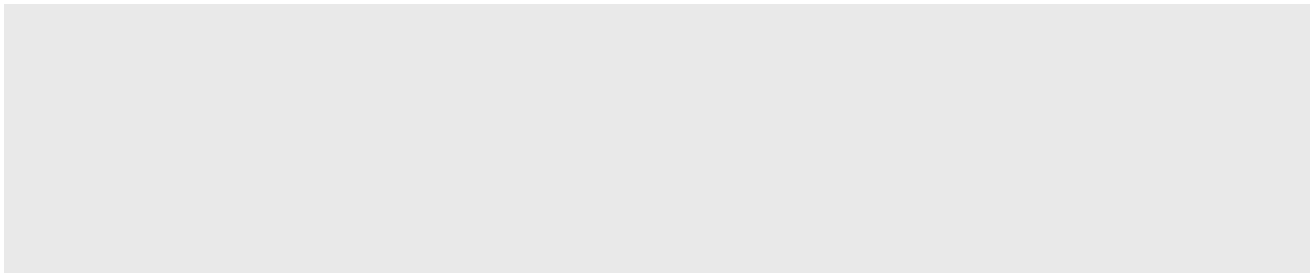
Your Next Step

1. Reflect

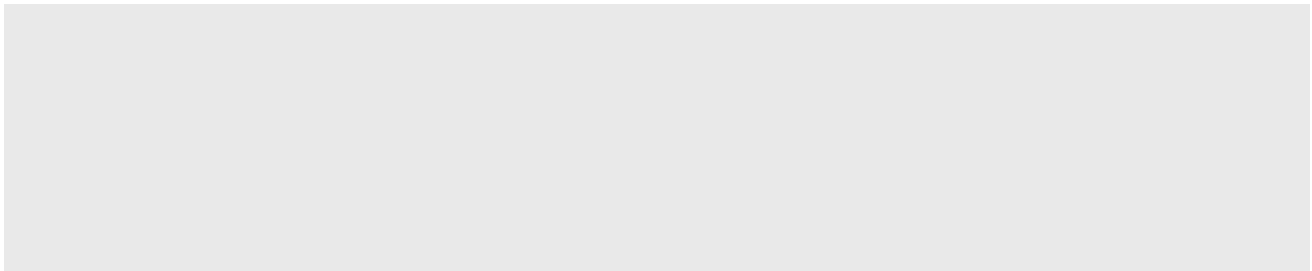
Take a moment to think about what you experienced in this workshop.

Write down your thoughts:

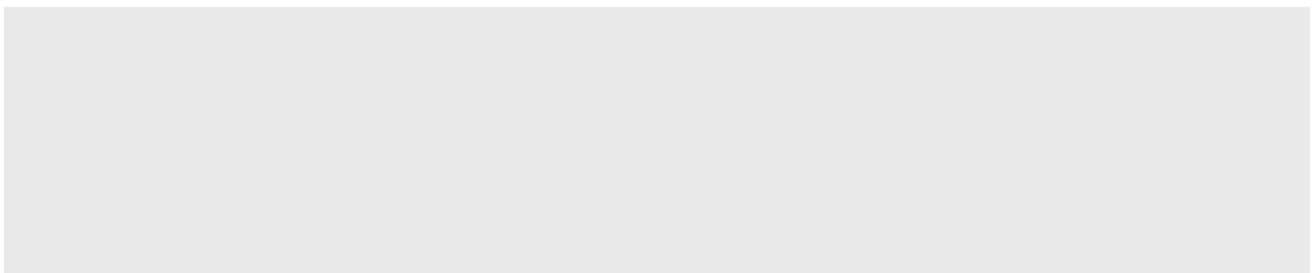
What was the biggest insight you had today?

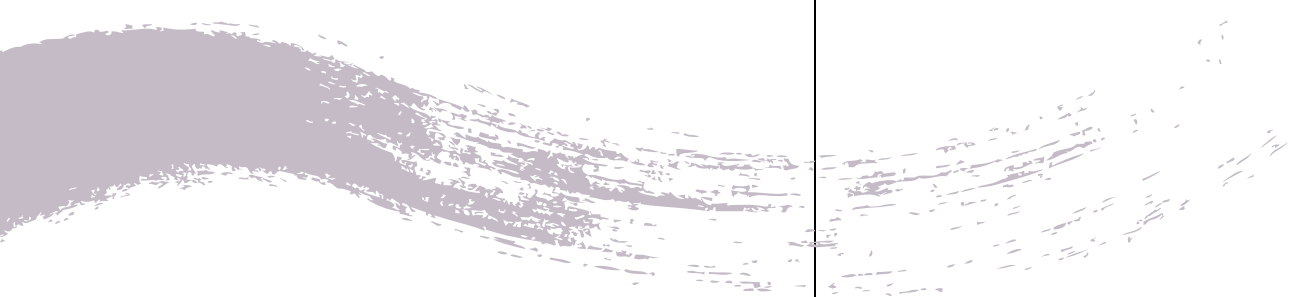
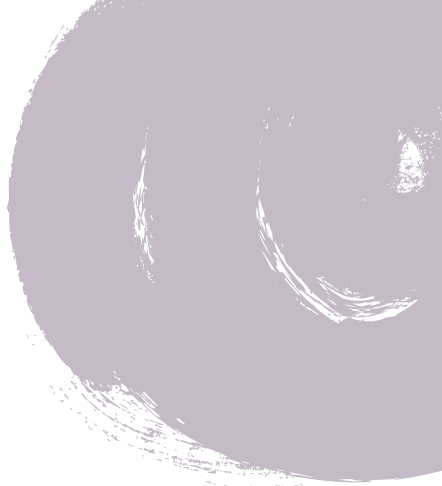


What idea challenged your thinking the most?



What result would you love to see in your life if you applied what you learned today?



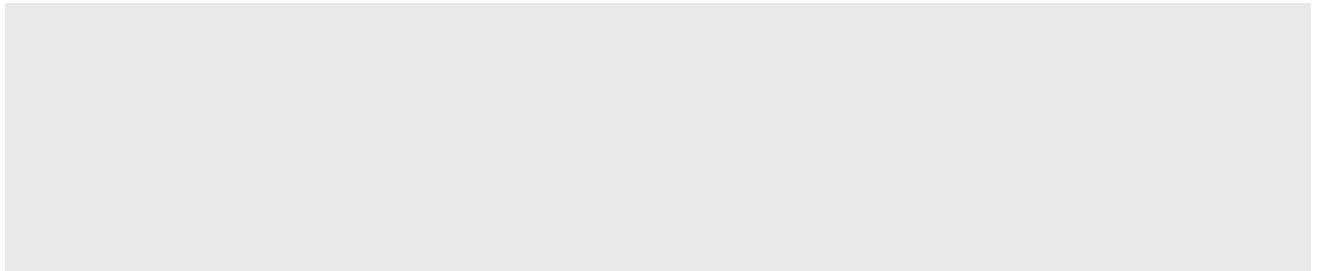


If you do what you have
always done you will
receive what you have
always done.

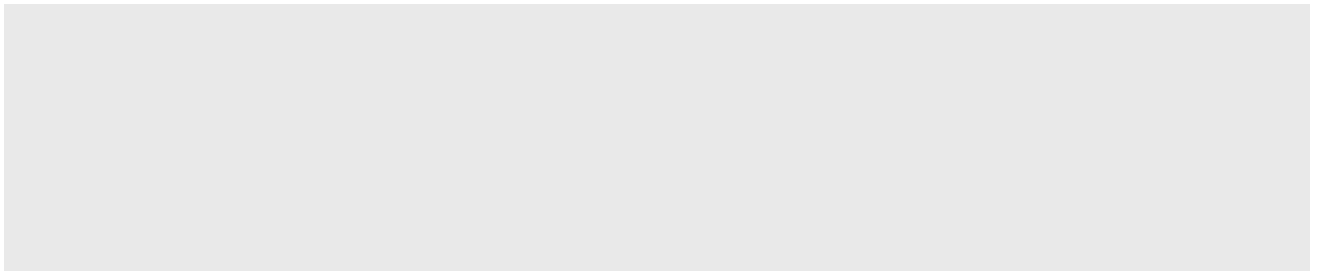
Your Goal & Decision

Earlier in the workshop you chose a goal

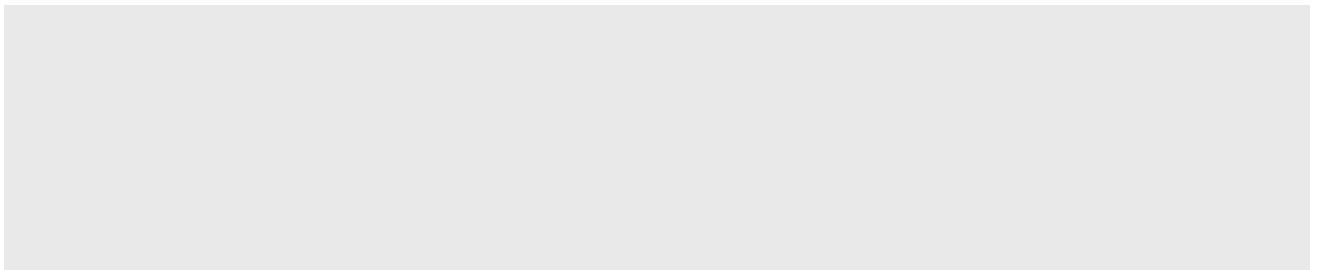
My Goal:



Why is this goal important to me?



How will achieving this goal improve my life?



Continue Your Journey

The material you experienced today is part of the **Thinking Into Results** success system.

Real transformation happens when this material is studied and applied consistently over time. That's why I guide clients through this work over **6 months**, supporting them as they change their thinking, their paradigms, and ultimately their results.

If you feel ready to take this work deeper, there are a few ways you can continue the conversation with me.

Your Options

Scan the QR code to:

Book a Free Mini 1:1 Goal Call

A short conversation where we can:

- Clarify your goal
- Identify what may be holding you back
- Explore whether working together would support you

Learn About Thinking Into Results.



SCAN ME

Thinking Into Results is a 6-month mentorship programme designed to help you change the way you think, make..,

...powerful decisions, and achieve meaningful goals.

This programme is a **four-figure investment**, and it is designed for people who are serious about creating real change in their lives.

If that feels aligned for you, we can discuss whether it's the right fit during the call.

A Final Thought

You now know something most people never learn:

Your results are not controlled by your circumstances.

They are controlled by your thinking.

The decision you make **today** determines the life you create **tomorrow.**

**Keep thinking.
Keep growing.
Keep deciding.**



Linda

**Rise Mindset +
Performance**



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