

THIS IS YOUR TRAINING MONTAGE



JANE ELLIOTT PHD | COACHING



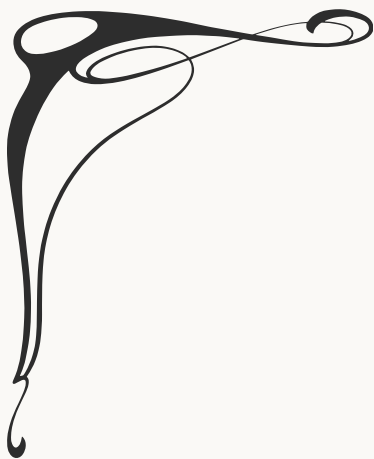
ZOOM OUT

NOTICE YOURSELF SHOWING UP

1

Watch any training montage on Youtube and find at least one way you are like the hero. Maybe it's that you asked for help. Maybe it's that you tried a second approach when the the first one didn't work. Don't let your brain tell you there's no resemblance. It is lying!





ZOOM OUT

CREATE YOUR TRAINING MONTAGE

2

Find evidence of your small changes, mini wins and hints of progress and imagine how they will be shown in your training montage. What scene cuts to what? What's the music?





ZOOM OUT

FEEL THE PAYOFF NOW

3

Imagine the specific success the montage ends with and allow yourself to feel what it's like to have your hard work pay off. What are you doing, seeing, feeling? What are the emotions? How does it feel in your body?





ZOOM OUT

GRATITUDE AHEAD OF TIME

BONUS

Even the most badass heroes are usually shown learning from or being helped by someone in their training montage. Who is showing up for you as you go through this process? How do they support, teach and cheer you on? What would you like to say to thank them?



WORK WITH ME



LEARN TO USE YOUR TALENTS IN A WAY THAT FEELS AMAZING

I use tools from cutting-edge neuroscience, philosophy of mind, and cognitive psychology to help my clients leave behind internal resistance—that mysterious thing that makes it a struggle to do the things we know want to do. The next intake of my small group programme will be April 2024. To find out more, visit janeelliottphd.com/applynow.

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