

Lost

to **Leader**

Guide to cultivate a Pineapple Mindset



pineapple
mindset

Message to you

This guide was created to help you as you embark on transformational journey in your life. You decided to take the first step to cultivate the self-confidence you deserve, so you too can have a Pineapple Mindset.

I want to congratulate you on just opening this guide. This is page one of diving into your emotions and starting to take off the blocks that have been weighing down on you.

This guide is your tool to take with you anywhere you go. Take it with you as you go through this course to help motivate you. Take it with you when you are done with this course to remind you of the amazing work you will complete.

Enough talking, let's get started!

Chloe

VIDEO 1: INTRODUCTION

VIDEO 1 - GOAL

WHERE DO YOU WANT TO BE AFTER THIS COURSE?

WHY DID YOU WANT TO TAKE THIS COURSE? THINK ABOUT A
GOAL YOU WANT TO ACHIEVE AFTER HAVING SELF-
CONFIDENCE - A LEADERSHIP POSITION, JOINING A CERTAIN
GROUP, ETC.

Now read it.

Next, believe you will accomplish this.

Lastly, write it on a sticky note and place it on locations you will see it the most -
your bathroom mirror, refrigerator, front door, etc.

VIDEO 1 - STARTING POINT

Now, let's see where your mindset is at about adoption and yourself.
Answer these questions with whatever comes to mind first.

WHAT ARE YOUR CURRENT FEELINGS AROUND ADOPTION?

**WHAT DO YOU SEE ARE YOUR STRENGTHS?
WHAT ARE YOU PROUD OF ABOUT YOURSELF?**

WHAT IS HOLDING YOU BACK?
FOR ME, IT WAS THE NEED TO CONSTANTLY BE PERFECT
WHAT IS IT FOR YOU? FEELING ALONE? SELF CONSCIOUS ABOUT YOUR BODY?

WHO DO YOU SEE YOURSELF AS NOW?
MINE USE TO BE FAILURE, WORTHLESS AND EXTROVERT.

**VIDEO 2:
FINDING
GRATITUDE**

VIDEO 2 - ADOPTION

MEMORIES ABOUT ADOPTION

Write down all your memories revolved around adoption - the Good, the Bad, the Ugly, the Beautiful

VIDEO 2 - CURRENT PERCEPTIONS

WHAT NEGATIVE PERCEPTIONS ARE YOU HOLDING ON TO FROM YOUR PAST?

EMBARRASSMENT, FAILURES, HURTS, YOUR ADOPTION STORY

Example: I am unloveable.

VIDEO 2 - NEW BELIEFS

WHAT NEW BELIEFS AROUND ADOPTION DO YOU WANT TO REPROGRAM?

Example: I am special and wanted. My family saw adoption as another way to grow their family. I am grateful that I was able to grow up in America, where I could try different activities, be opinionated, and speak my mind.

Now, read over the new beliefs you just wrote down. Notice the resistance that comes up.
Let's remove the resistance.

VIDEO 2 - UNVALIDATE

First, repeat out loud the new beliefs around adoption you're trying to program into your mindset. Then take notice of all the "but's" or reasons why you feel like you don't deserve this new mindset. Then write down the top 5 in the left section under "But's" Lastly, for each "but," write at least 3 logical reasons why those but's aren't valid.

BUT'S	WHY THOSE ARE'T VALID

**VIDEO 3:
BE STRONG &
SWEET**

VIDEO 3 - ID SOFT EMOTIONS

We have all had the conversation: "How are you?" and then responded robotically, "Good." Social media has only made it worse by constantly showing perfectly curated photos and moments in time of others' lives, making us believe that we must all be happy and always be smiling.

I want you to really sit down with the question of "What are the soft emotions you feel like you have to hide?" and give yourself time to think. This may feel uncomfortable, because who likes bring up these feelings, but please take the time to do it, because this is vital for you to reach your goals.

Common feelings adoptees have:

- lost
- grief
- unsettling
- alone
- abandonment
- alienation

WHAT ARE YOUR INNER "SOFT" EMOTIONS YOU ARE HIDING?

Are they stopping you from connecting with others?

Are you getting exhausted hiding these feelings from others?

WHY DO YOU FEEL THIS WAY?

Keep asking Why? until it doesn't make sense any more.

VIDEO 4:
GROW IN A
COMMUNITY

VIDEO 4 - FIRST STEP

BRAINSTORM HOW YOU CAN TAKE YOUR
FIRST STEP TO VULNERABILITY

**VIDEO 5:
STAND TALL &
WEAR A
CROWN**

VIDEO 5 - VISUALIZING

VISUALIZE WHAT IT WOULD BE LIKE IF YOU HAD A PINEAPPLE MINDSET?

As described earlier, imagine, it as vividly as possible.
Write down what you're seeing, doing, smelling, hearing, tasting, and feeling.

WHAT IS STOPPING YOU FROM ACHIEVING A PINEAPPLE MINDSET?

Write down anything that comes to mind? These are your blocks.

VIDEO 5 - PROVING THEM WRONG

To destroy your blocks that are weighing you down, first write down the blocks that have been weighing on you. Next, write down the beauty of your block instead or your block but positively (i.e. I am worthless, I am worthy). Lastly, write down three reasons to support your beauty statement. You can start small, but once you get your mind focused on the positive, you start opening the drawers you have been locking away and hiding from yourself.

These blocks do not define you, because they are not true.

MY BLOCKS	THE BEAUTY	3 REASONS

VIDEO 5 - TOOL BELT

MY TOOL BELT

My Tool

How can you will use your tool

VIDEO 6:
**MY DAILY
MINDSET
PRACTICE**

PINEAPPLE MINDSET

MY MINDSET PRACTICE

Affirmations/continued re-programming (5 min.):

I have a list of 10-20 affirmations I consistently reprogram my mind with on a daily basis. Here is an example:

I am an proud adoptee who has a story to tell and voice to be heard.

Note: as I speak these affirmations out loud, I am careful to feel into them, think through them, and feel the emotion and excitement associated with them. This is not mere lip service.

Visualization (5 min.):

I set a timer for 5 minutes and visualize the exact scenario I want (as we discussed in the “Stand Tall and Wear a Corwn” training), including what I’m feeling. Remember, it’s emotion that triggers your success-instinct.

Meditation (10 min.):

Finally, I set the turn on a playlist that match my feelings and just sit and listen to the words. Often, emotions are provoked and understand what my blocks are currently.

Daily Reflection Guide:

I don’t do this every week, but when I’m having a bad day or week and having difficulty keeping up my energy, I write down what I did that day and identify if it brought me energy, kept me neutral, or drained me. Then, at the end of the week, I see how I can alter or eliminate neutral or draining activities or add more energizing ones throughout my day.

When doubt sets in:

Be kind to yourself. It’s ok to have bad days or to let fear or worry creep in. Record your affirmations and play them when this happens.

PINEAPPLE MINDSET

WRITE OUT YOUR DAILY MINDSET
PRACTICE ROUTINE. STICK TO IT!



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