

Workbook



The Stupid Book about Thoughts

Lilly Fröhlich

Workbook



**Fit for your Mindset
Step by Step**

Lilly Fröhlich

Imprint

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Website: <https://www.lilly-froehlich.de>

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ISBN Softcover: 978-3-384-05532-3

Cover + illustration by: Nicole Schwalbe, created, among other things, on www.canva.com

Printing and distribution on behalf of the author:

tredition GmbH, Heinz-Beusen-Stieg 5, 22926 Ahrensburg, Germany

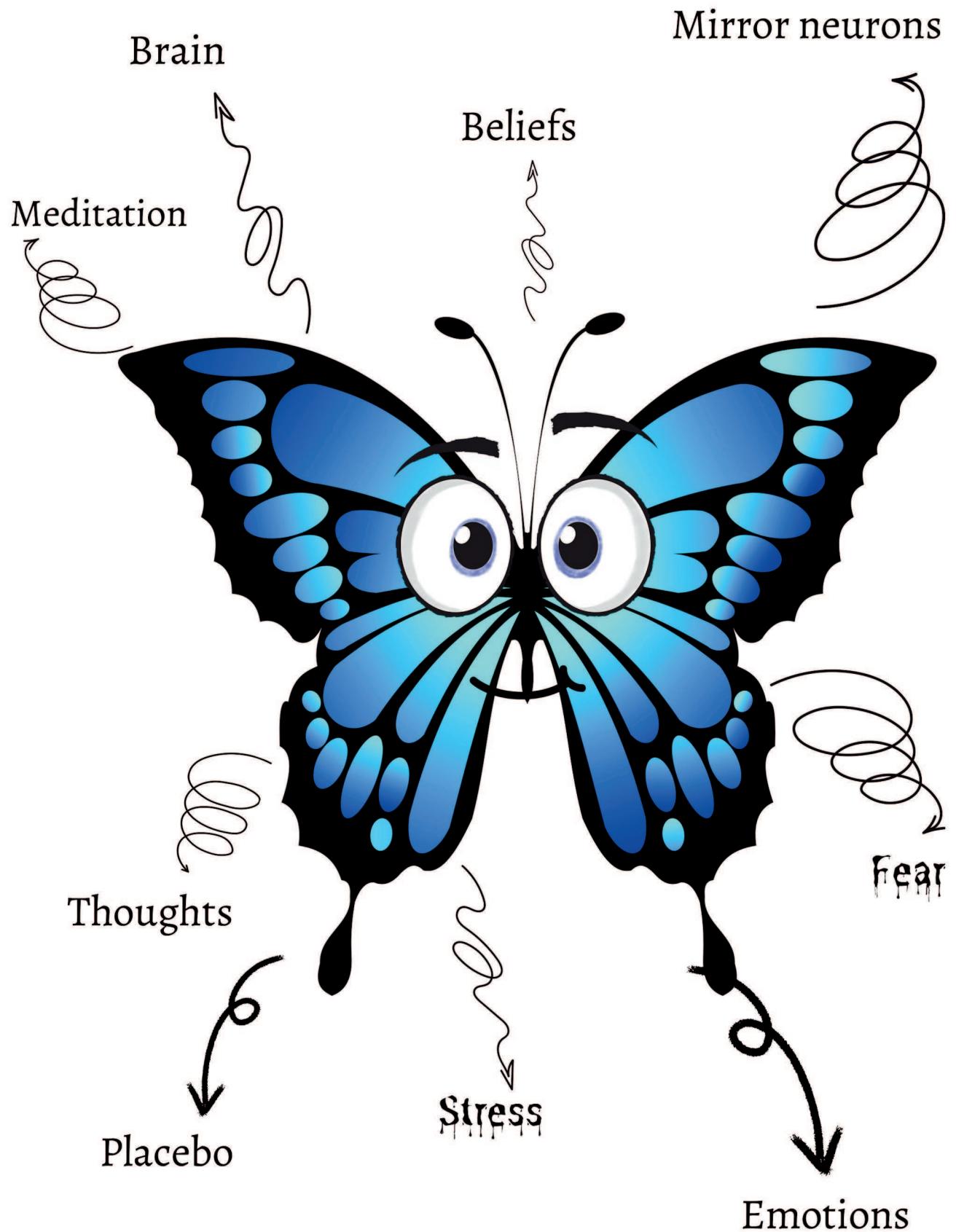
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The corresponding guidebook "Gedankendoof® - The Stupid Book about Thoughts" is published by tredition GmbH, with ISBN 978-3-384-05529-3, in the 3rd edition on January 1st, 2024.

I produce perfect imperfect books. If you discover an ERROR, please don't fret. Become a supporter and send me your feedback to autorin@lilly-froehlich.de.

You can find more information about the author at: www.lilly-froehlich.de and www.doofebuecher.de



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Welcome to the Workbook of



I am very pleased that you have decided to get your mindset into shape with my workbook of my guide »Gedankendoof® - The Stupid Book of Thoughts«.

With this workbook, I give you the tools to structure your life differently and really get going - professionally and privately.

You can find a lot more information in my guide »Gedankendoof®«.

No matter what you do, you should arrange your life in such a way that YOU are happy with what you are doing and not others.

Go out into the world and conquer it! Show your light and get rid of the awkward with one butt cheek - or a smile, because a smile is the shortest distance between 2 people.

Start living your dream today and shape your life the way you really want it.

Imagine yourself in old age sitting in an armchair and looking back on your life.

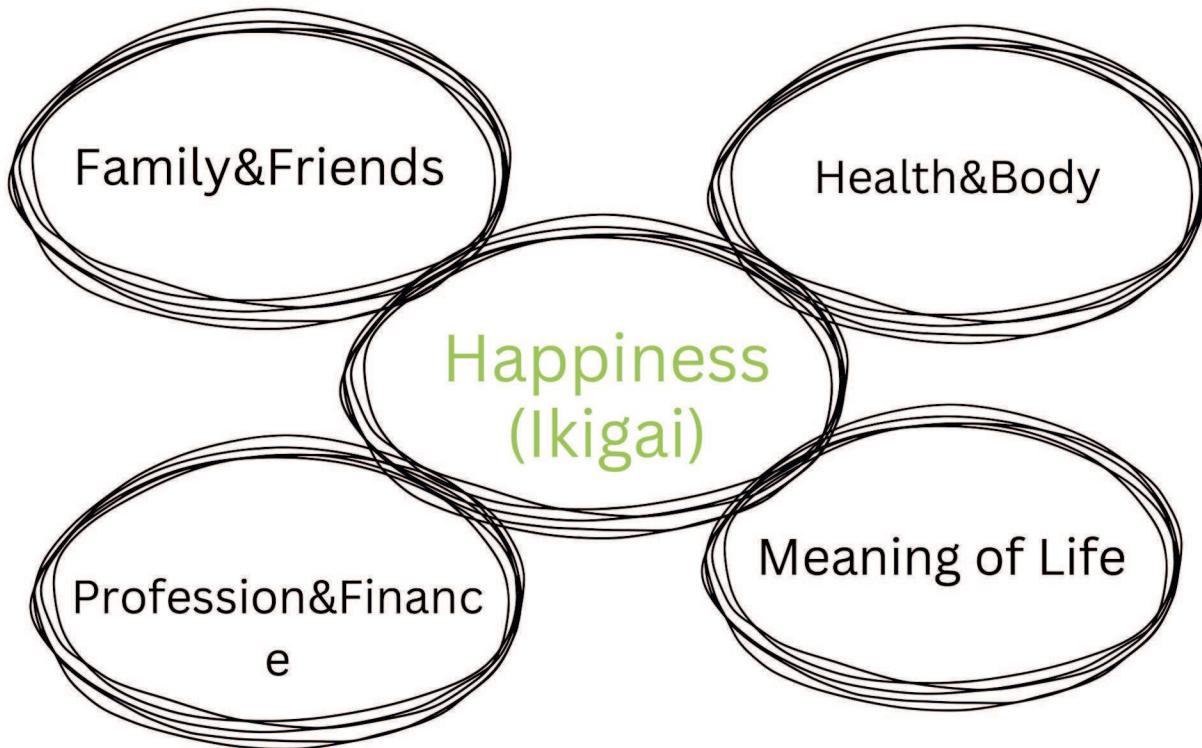
Then you can think proudly and joyfully of what you have achieved!

So...

GET THIS WORKBOOK AND GET
YOUR MINDSET FIT!

Yours, Lilly

How fit are you?



The Japanese say that if you have your **areas of life** in harmony, you will find **happiness** in life, your **›ikigai‹**. Feel into yourself and think:

WHAT do you really want to do with your life?

What makes you happy?

WHAT goals do you have in life?

And HOW do you manage to have at least enough money to live on with what you do professionally?

Héctor García and Francesco Miralles tried to find out the secret of growing old happily and healthily by interviewing the residents of the Japanese village of Ogimi, in the archipelago Okinawa. It is not for nothing that this place is called **›The Island of the Centenarians‹**, because most of the people who are over 100 years old live there. So that you can answer these questions in your life, I recommend that you use my guide »Gedankendoof® - The Stupid Book of Thoughts« to supplement this workbook.

Chapter 1

You are a magician

Our soul is a **magician**. Through his conscious thoughts, he alone is responsible for whether we create something in life or not.

The **magician** lives in his **magic workshop**, the brain. And this workshop is truly a wondrous place, because this is where thoughts arise. They are pure energy. And depending on what you think, feelings are triggered in you, because your **magician** brews whole hormone cocktails along with the thought.

If you think negatively, he brews muddy, nasty hormone cocktails that cause bad feelings and can make you sick in the long run, if you think positively, you can achieve much more being healthy and successful, because your good hormone cocktails work wonders.

And everything that comes from the outside, the **librarian** writes down in your **inner library**, the subconscious. And because this **librarian** is faster than the Conscious Troops, he will either ensure our survival or wreak havoc. He has noted your beliefs and, thus, controls your **magician**.

And now comes the crux of the matter: The **magician** only partly hold the reins, because when events come from outside, the hard-working **librarian** is always half a second faster. Nature designed it this way to ensure your survival.

And that's why it's so important how we treat ourselves and other people and reprogram limiting beliefs into positive ones.



A few facts first

Neurotransmitter

The **service providers of the magician** include e.g.

- Dopamine, the messenger of happiness
- Opioids, the tranquilizers
- Serotonin, the dutiful mood enhancer
- Noradrenaline, the positive stress hormone
- Cortisol, the lifesaver to be taken with caution
- Adrenaline, ready to fight
- Osteocalcin, the fitness hormone

Brain Areas

Cortex... Consciousness-High-Security Wing

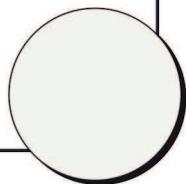
Limbic system... Center of Emotions

Brainstem... Survival Area - processes instincts and survival functions

Amygdala... the Fear Center

Hippocampus... the Memory Center

Thalamus... Control Center for Sensory Impressions



Your Hormone Cocktails

Fortune



Love



Depressions



Trouble



Fear



Ingredients:

Pinch Dopamine
100 g Serotonin
Pinch Oxytocin

Ingredients:

100 g Dopamine
100 g Serotonin
100 g Oxytocin

Ingredients:

30 g Dopamine
20 g Serotonin
Pinch Oxytocin

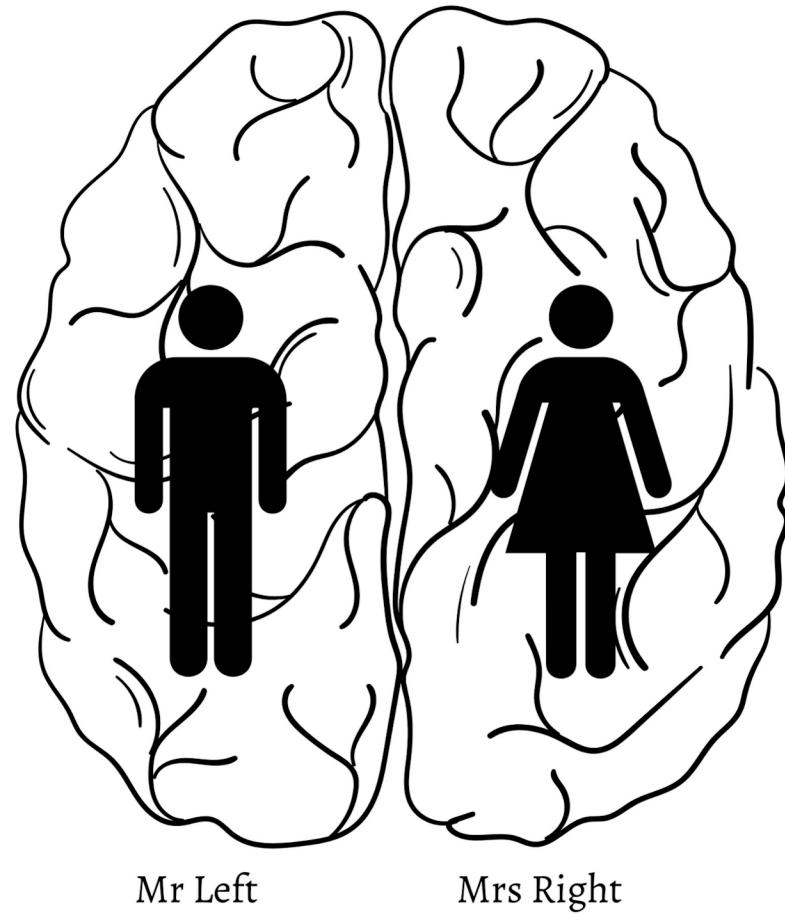
Ingredients:

100 g Norepinephrine
Pinch Serotonin
Pinch Oxytocin

Ingredients:

30 g Dopamine
Pinch Serotonin
Pinch Oxytocin

Construction of the magician's workshop



A famous German trainer, Vera Birkenbihl, used this vivid example. She explained how the human brain works. I liked that a lot, so I borrowed it.

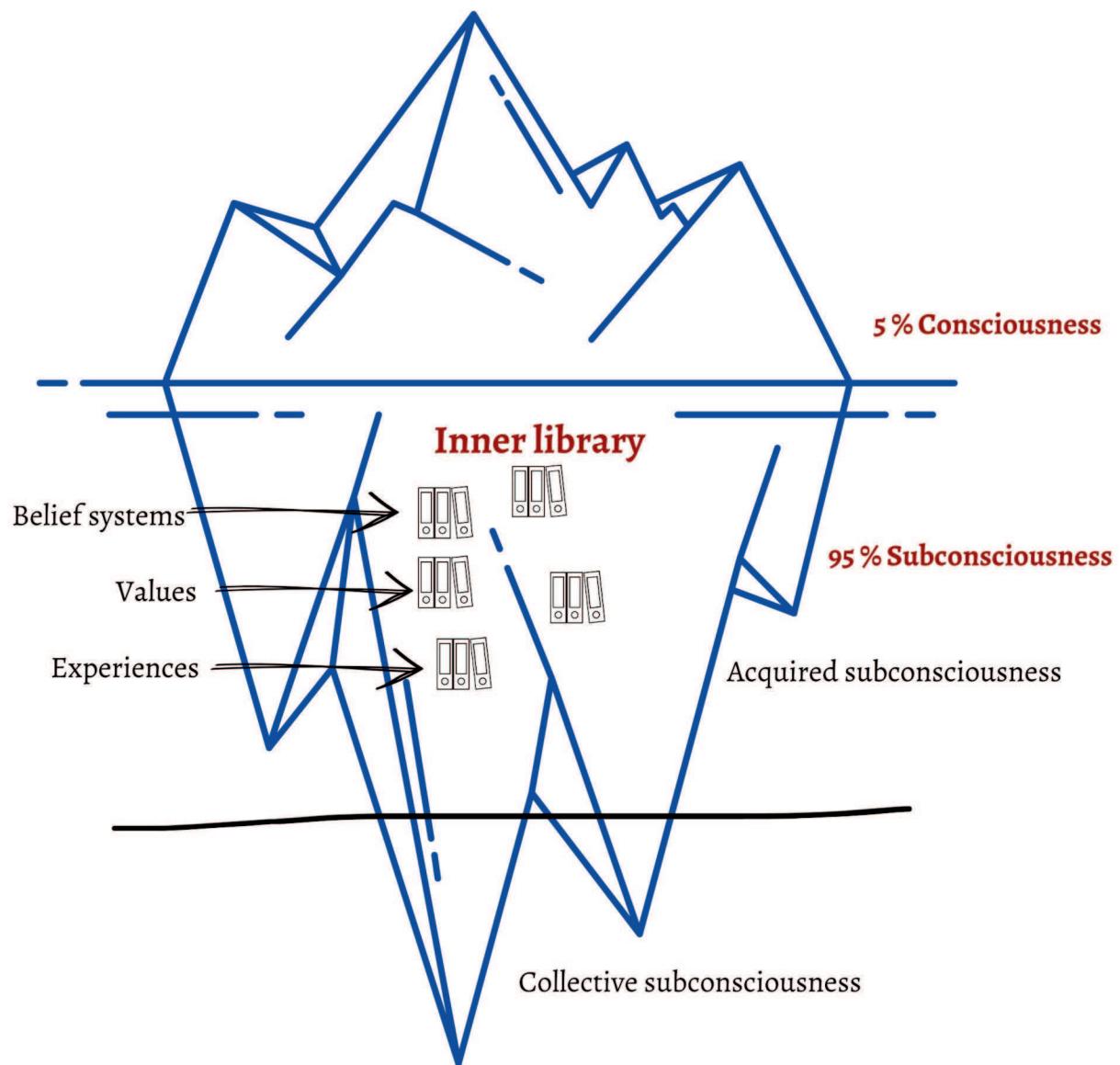
Mr Left is responsible for...

- logic
- understanding
- facts/figures/details
- need for security
- analysis
- organization/plans

Mrs Right is responsible for...

- feelings/instincts
- creativity
- intuition
- visions/images
- relationships
- communication
- consciousness
- auditory
 - visual spatial-temporal

What does our mindset consist of?



The subconscious

Everything the **magician** thinks is immortalized in books by the **librarian** in the **inner library**, the subconscious, and is thus stored.

Likewise, the **librarian** notes everything that is offered to him from outside.

Why?

The **librarian** is always half a second faster than the **magician** to ensure human survival. The **magician's workshop** is more or less 'automated' so that people save energy. We only do 5% consciously. The **magician** leaves the rest to the **librarian**. And the **librarian** never sleeps. He works 24/7. Everything that man needs in his life is in the **inner library**. That's why there are, for example, speakers that you can wake up at night and who rattle off their speech while they're half asleep. The **librarian** does that because the **magician** is still asleep or at least drowsy.

Programs are written down by the **librarian** when...

...you repeat information for at least **30 days**.

Programs are then forever used by the **librarian** when...

...you repeated information **6 months or 10,000 times**.

Collaboration between librarian and magician

In what stages does the librarian and magician work together?

1. Unconscious incompetence

»I don't know I'm doing anything wrong.«



2. Deliberate incompetence

»I know I'm doing something wrong.«

3. Conscious competence

»As long as I focus, I'm doing it right.«

4. Unconscious competence

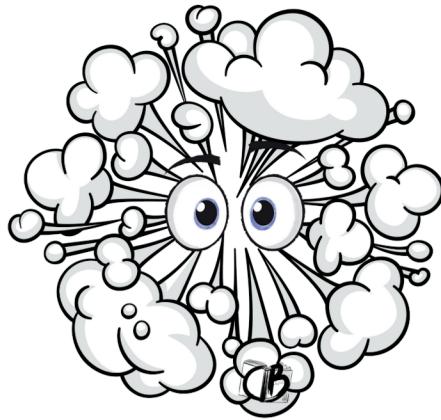
»I automatically act correctly.«

How do I influence the librarian?

Your **librarian** notes EVERYTHING in his books.

But what exactly influences him?

- dealing with other people
- media
- learn
- mental audio training
- visualization technique
- autosuggestion



Handling

Interactions with other people shape us and influence the **librarian**. You notice this especially when the other person is in a bad mood. In the worst case, it pulls you down (energetically).

»Tell me who you are going with and I will tell you who you are!«

(Goethe)

Media

The media (TV, radio, magazines, computers and internet) also influence the **librarian**, who of course takes diligent notes and, if necessary, classifies your world as very dangerous.

Learn

If we read a book every day, listen to a 30-minute audio book/podcast, attend seminars and also use e-learning, we influence the **librarian** who diligently writes down all the information in his books in the **inner library** (subconscious).

Mental audio training

If you listen to a mental program every day during the day while cleaning, cooking, working or even in the evening to fall asleep, your **librarian** will pick it up, even if you are not (or no longer) actively listening to it.

Visualization technique

If you imagine (daily, if possible) what you want, how your dream life will be like, what the new, happier version of yourself will look like, your **librarian** writes everything down so that your **magician** assumes that this state is real, since it is not between fiction and can distinguish reality.

Auto-Suggestion



Autosuggestion

Here you can ideally...

- ...stand in front of the mirror once a day
- ...repeat each set 3x
- ...repeat for at least 21 consecutive days
- ...do this with a lot of emotions

How do you phrase it?

- ...begin with I
- ...phrase in the present
- ...phrase positively
- ... use the highest emotion



Autosuggestionen for you

1. It is possible!
2. I do my best!
3. I love myself completely and unconditionally just the way I am!
4. I can do it!
5. I achieve my goals!
6. I trust and let go!
7. I always live in abundance!
8. I attract money like a magnet!
9. I am enough!
10. I am beautiful!
11. I am valuable!
12. Life is easy!
13. I can differentiate myself!
14. I can have my opinion!
15. I can make mistakes!
16. I deserve happiness!

Space for your own Autosuggestions

