



MAIN STREET COACHING

Mindset Foundations: The Thought Model

The Thought Model Introduction

The thought model is a diagram of how your brain is always at work creating your life experience. Everything in your life can be broken down into one of five categories, and once you see things in this framework you will understand how they interrelate to determine your whole life. How you think about things determines how you feel about things. How you feel about things determines what you do. What you do or don't do creates your results. The sum of your results creates your life.

The five categories of the Thought Model are:

Circumstance: Something in the world that we cannot directly control. Circumstances are strictly factual and neutral – they mean nothing until we have a Thought. They do not include any opinions or judgements. Examples include the weather, what someone said, a number on a balance sheet.

Circumstances trigger Thoughts.

Thought: A sentence in your mind triggered by the Circumstance. It's your opinion or interpretation of the Circumstance – what you are making it mean. All thoughts are optional.

Thoughts produce feelings.

Feeling: The vibration that you feel in your body when you think a Thought. Feelings are not caused by Circumstances. One Thought produces one Feeling. **Feelings drive Actions.**

Actions: Your behaviors, reactions or inactions when you are feeling that emotion. Examples include eating when you feel bored, avoiding interaction with someone because you feel angry, or procrastinating a project because you feel insecure. **Actions create Results.**

Results: What you see in your life as the effect of your actions, or inactions. The Result is always about you, not other people or other circumstances outside your control.

The Result will always be evidence for your original Thought.

The sum of your Results create your life.

The way you think creates your life experience.

THE MODEL

CIRCUMSTANCE Neutral facts of the situation.

TRIGGERS

THOUGHT One sentence in your mind.

PRODUCES

FEELING One word description of the vibration.

DRIVES

ACTIONS All of your actions, behaviors, or inaction.

CREATES

RESULT The effect of your actions or inaction.



CURRENT MODEL

C

T

F

A

R

Your current, unintentional model is what happens when your brain runs automatically without supervision. It's simply default programming. Practice using the model to become aware of, and interrupt, old thought patterns. What your brain focuses on, it will always create more of. If you want new results, you must first understand the cause of your current results.

MODEL TIPS

- Is the circumstance completely neutral? No stories, judgements, adjectives, descriptions or opinions—just the facts.
- Do you have more than one thought in the T line? If so, that is a separate model. No compound or run-on sentences. Only one sentence or phrase in the T line.
- No questions in the T line. If your brain is asking a question, then answer it before completing the model.
- Do you have more than one feeling in the F line? One feeling can drive many actions. Put different feelings in separate models.
- List as many actions, reactions or inaction you notice taking from this feeling. The more you can think of, the more awareness you will have of what you are creating.
- Are the results really yours? Don't make the R line about someone else. Only your life goes into your model.
- Did you mix models? You may have jumped to a new thought without realizing it. Your brain is quick. The model helps you be quicker.
- Does your result reflect the thought? That will tell you whether you have completed a clean model. Remember, whatever your brain focuses on, it will create more of.

Your intentional, or conscious model is what you decide to think, feel and do on purpose in order to achieve the results you want. You don't need to keep thinking leftover thought patterns from your past if they aren't useful to you.

Every thought you give attention to or keep can be a choice you make. You can retrain your brain to think in ways that generate positive emotions, fueling behaviors that lead to more positive outcomes for you. So much of the quality of your life and relationships is more in your control than you may realize.

Using this model to think on purpose will improve the way you experience your life!

- Circumstance: Neutral facts of today's situation

- Thought: What sentence will serve you, regardless of the situation?

- Feeling: What do you want to feel?
What emotion will compel the actions you need to take?

- Actions: How do you want to show up? What do you want to quit?
What do you need to do to create the results you want?

- Result: What do you want to create in your life?
Make it specific and measurable and when it will be done

You can start in any category to create an Intentional Model and fill in the rest. Just remember the order. There is always a thought between a circumstance and a feeling. And feelings always come before results, not the other way around.

Practice writing models daily and watch as your brain becomes trained to spot them automatically and you begin to take the work to an even deeper level.

INTENTIONAL MODEL

CIRCUMSTANCE Facts of today

TRIGGERS

THOUGHT Sentence that creates compelling emotion

PRODUCES

FEELING Fuel

DRIVES

ACTIONS Steps to take, how you will behave, what you will quit

CREATES

RESULT What you want to create and when

EVIDENCE

PRACTICE

C

T

F

A

R

Resources

Recordings:

- Mindset Foundations Class, January 15, 2025, MSTP Dashboard
- Monthly Mindset Trainings, 2023 and 2024, MSTP Dashboard

Podcasts:

- The Life Coach School Podcast, Brooke Castillo

Books:

- Think & Grow Rich, (1937) by Napoleon Hill
- Daring Greatly, (2012) by Brene Brown
- Atomic Habits, (2018) by James Clear