



WORKBOOK

**SUPPORTING THE ELITE MINDS
ONLINE PROGRAM**

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WELCOME

Start noticing your thoughts – what do you say to yourself?

Write down some of the common thoughts you have about your:

Family/
Friendships

School / Work

Health /
Wellbeing

Hobbies / Sport

Life in general

Recognise that your thoughts influence your feelings, your actions, and your results.

How do these thoughts make you feel? Circle your selections.

😊 Feelings

- Happy 😊
- Excited 🥳
- Calm 😌
- Confident 😎
- Loved ❤️
- Grateful 🙏
- Hopeful 🌈
- Proud 🏆
- Peaceful 🌿
- Motivated 🚀
- Curious 🤔
- Joyful 😄
- Playful 😜
- Inspired ✨
- Safe 🛡️

😞 Feelings

- Sad 😞
- Angry 😡
- Frustrated 😤
- Worried 😟
- Anxious 😰
- Overwhelmed 🤯
- Embarrassed 😳
- Guilty 😞
- Lonely 😞
- Jealous 😡
- Tired 😫
- Scared 😱
- Confused 😵
- Insecure 😞
- Disappointed 😞

How do these feelings affect the actions that you take?

In a positive or a negative way?



THE STICKPERSON

THE STICKPERSON

Reflect on the thoughts that you have written from the Welcome Session.

What other thoughts do you notice from your average 60,000 thoughts a day?

Add them here:

Listen to the language of those around you. What do you notice people saying?

Is someone speaking badly of themselves or of others?

Are they encouraging?

What exactly do they say?

Do they apologise often?

Do they interrupt when other people are speaking?

What comments do they make?

Write down your observations:

CHOICE



OUT OF CONTROL (NEGATIVE)

Worry
Doubt
Overthinking

I am not good enough

REACT FEELINGS OF FEAR

Anxious, Nervous, Angry,
Frustrated, Pressured

Body Language

Anxious, Nervous, Uncomfortable
Body at dis-ease

RESULTS

THOUGHTS

Conscious
4%

FEELINGS

Subconscious
96%

ACTIONS

IN CONTROL (POSITIVE)

Belief
Awareness
Understanding the mind

I am good enough

RESPOND FEELINGS OF FAITH

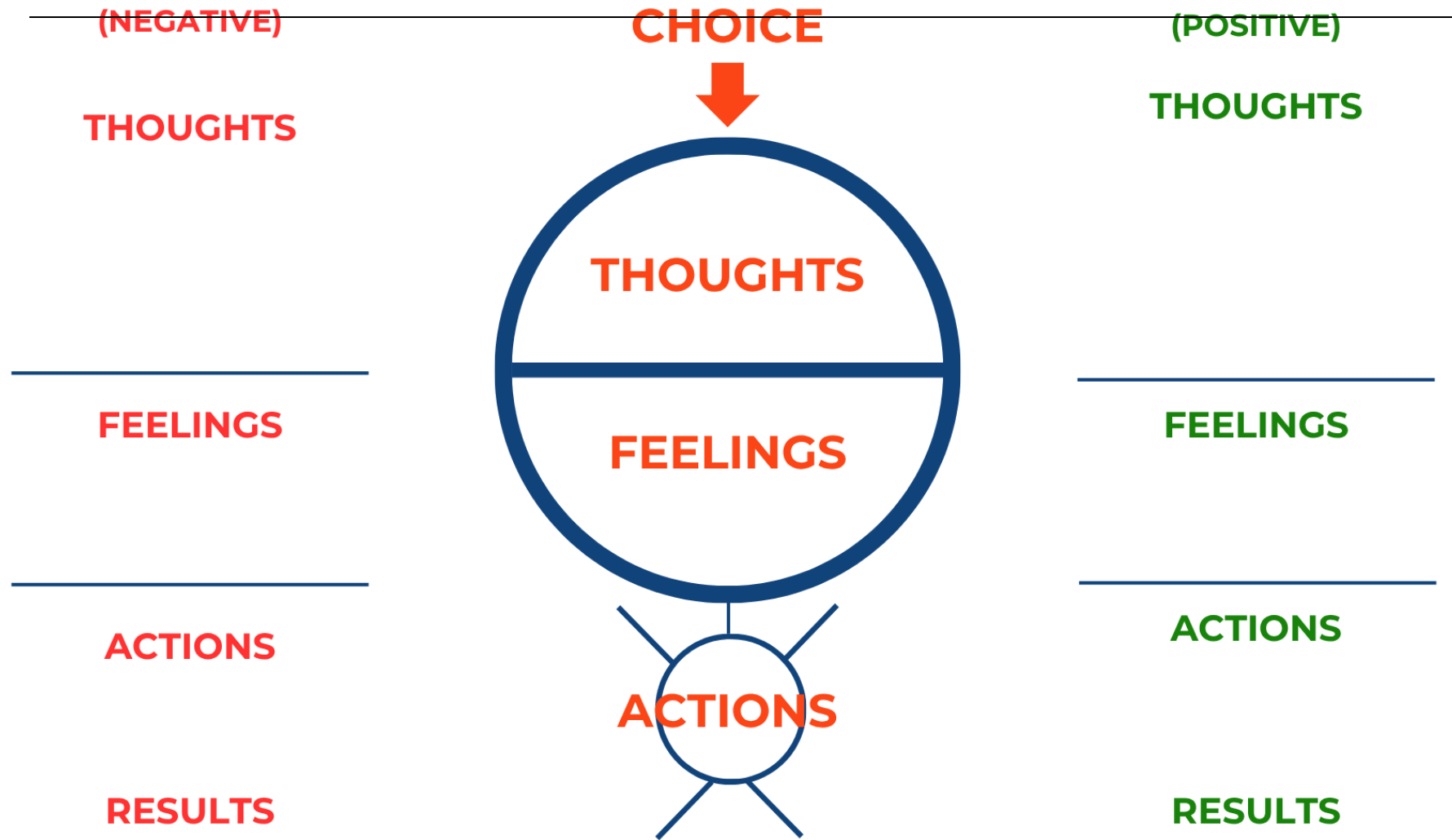
Excitement, Confident, Satisfied,
Calm, Relaxed, Trust

Body Language

Well-being, Confident, Comfortable
Body at ease

RESULTS

Scenario/Situation:



The 'Stickperson' figure was sourced from Dr Thurman Fleet and Proctor Gallagher Institute



SESSION ONE

GOALS AND VISION BOARDING

10-20 WANTS

Allow yourself to dream and explore the possibilities! What would you want if money, time, age and excuses were not an issue?

Write your list of wants below.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

GOALS

From this list of things, choose one personal and one community goal that stand out to you the most; the ones that you would like to achieve more than anything else.

In the section below, write this out in the present tense, as if you've already achieved it. For example: *"I'm so happy and grateful now that I have been selected as a finalist."*

PERSONAL

I am so happy and grateful now that:

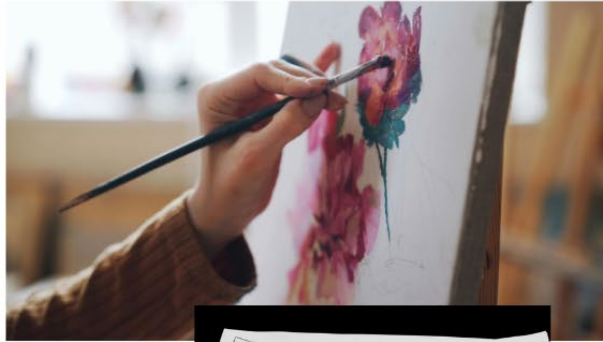
COMMUNITY

I am so happy and grateful now that:

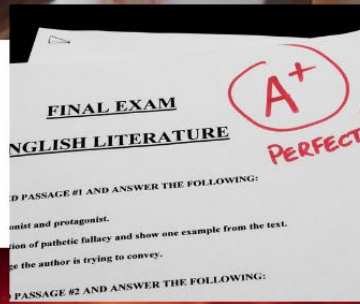
VISION BOARD EXAMPLE



I keep improving every day



My potential is limitless



I am going to achieve all my goals



I am building the life I want





SESSION TWO

POWER OF THE MIND AND VISUALISATION

Write out your goals. Refine them if you need to.

Now write your personal and professional goals on two separate goal cards.



My Goal _____ 20

I am so happy and grateful now that ...

Elite Minds

Put your goal cards in a place you can see them every day.

Visualisation:

Visualisation is the practice of mentally rehearsing a situation or performance by vividly imagining it in detail—what you see, hear, feel, and think. It helps the brain build familiarity and confidence, almost as if the experience has already happened.

By repeatedly picturing positive outcomes and effective behaviours, people can reduce anxiety and improve focus.

Over time, this mental practice can translate into better real-world performance and decision-making.

Here are two example visualisations.

Example 1: A holiday in Bali: *“I am sitting on my towel on a lounge beside the pool listening to some tunes. I feel the warmth of the sun on my skin, I sip on the straw of my freshly cut coconut and taste the water. I look out at the pool and see my friends laughing and splashing about. I jump up and dive into the pool, feeling the refreshing water on my skin.”*

Example 2: Here is an example of something you could record as a visualisation and listen to over and over. Adapt it to your chosen sport or situation. You might like to word you visualisation as someone walking you through it, as below, or change it to ‘I am’ statements.

“Close your eyes. Take a slow breath in... and out.

Now imagine arriving at the pool. You feel calm. Focused. Ready.

You hear the sounds around you — water splashing, voices echoing, footsteps on tiles.

You smell the chlorine. You feel the cool air on your skin.

You know you belong here. This is your environment.

You have prepared for this moment.

Now picture yourself stepping onto the blocks. Strong posture. Relaxed shoulders. Steady breath.

You look down your lane and feel complete control.

Your mind is quiet. I am ready to go

The starter says, “Take your marks.”

You settle in. Balanced. Still. Powerful. BANG!

You explode from the blocks. Fast hands. Tight streamline. Strong dolphin kicks. You cut through the water cleanly and smoothly.

Your breakout is sharp. You begin your stroke rhythm. Long. Powerful. Efficient.

Every stroke has purpose. Every turn is clean and aggressive. You attack the wall. Snap the turn. Push hard. Streamline. Go again.

You feel discomfort begin. But instead of panic, you smile internally. This is where champions separate themselves.

You stay composed. You trust your training. You keep technique under pressure.

Now imagine something goes wrong — goggles fill with water, a poor turn, someone surges beside you.

You stay calm. No emotion. No panic. You adjust instantly and keep racing.

Nothing can shake your focus.

Final lap now. Your kick lifts. Your arms drive. Your mind narrows. Strong finish. One more stroke. Reach. Hit the wall.

You look up.

You know you gave everything.

Feel the pride. Feel the confidence.

Feel the certainty that you are ready.”



SESSION THREE

CREATING NEW HABITS

CREATING NEW HABITS

Write out your goal, or if you haven't got your goal yet, write down the main points or ideas about what you want to achieve.

What do you think is going to stop you from doing this?

What are 1-2 habits you will need to create to help you move towards your goal?

1.

2.

What actions will you need to take?

HABIT BUILDING CHALLENGE

Your mission

For the next **7 days**, focus on building small habits that improve your focus, confidence, and performance in school, sport, and life.

Tick each habit daily when completed.

1. Daily Focus Block (10–20 min)

✓ I completed a short, focused study session today (no distractions)

Mon Tue Wed Thu Fri Sat Sun

2. Phone-Free Focus Time

✓ I put my phone away while working or studying (start with 30 minutes blocks, see if you can increase)

Mon Tue Wed Thu Fri Sat Sun

3. Sleep Routine

✓ I went to bed at a reasonable time (decide on a specified, achievable time) and aimed for consistent sleep

Mon Tue Wed Thu Fri Sat Sun

4. Daily Reflection (2 minutes)

✓ I asked myself: *What went well today? What can I improve?*

Mon Tue Wed Thu Fri Sat Sun

5. Move Your Body

✓ I did at least 20–30 minutes of movement (sport, walk, training)

Mon Tue Wed Thu Fri Sat Sun

6. Prepare for Tomorrow

✓ I set myself up for success (bag packed, uniform ready, organised)

Mon Tue Wed Thu Fri Sat Sun

End of Week Check-In

Answer honestly:

- What habit made the biggest difference for me?
- What was the hardest habit to stick to?
- One habit I want to keep next week:



SESSION FOUR

ATTITUDE AND AFFIRMATIONS

ATTITUDE – Example Worksheet

SCENARIO: You have a big test coming up and are doubting yourself.

CURRENT RESULTS

Rating out of 10:

3/10

Thoughts:

What if I forget everything

I'm no good at tests

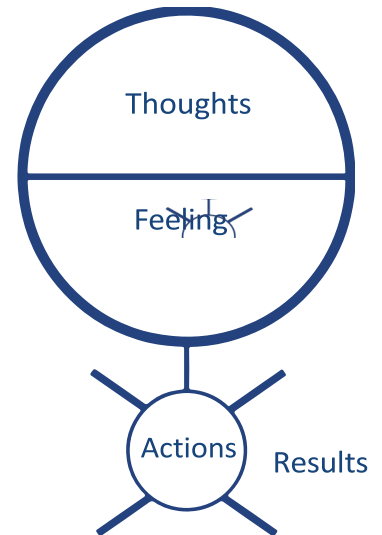
I'm so dumb

I hate this subject

What if I fail

Maybe I can improve if I study more

I've done OK on some topics before



Feelings:

Frustrated

Nervous

Stupid

Angry

Apathy

A little hopeful

Motivated when I have the answers

Actions:

Procrastinating

Easily distracted

Poor body language

Doing small amounts of revision

Occasionally asking questions

Trying a few practice problems

ATTITUDE – Example Worksheet

SCENARIO: You have a big test coming up and are doubting yourself.

IDEAL RESULTS

Rating out of 10:

9/10

Thoughts:

I am calm and relaxed

I am well prepared for this test

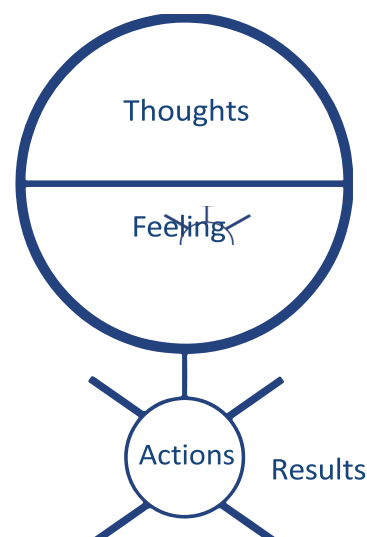
I have got this

I will remember everything

My best effort is all that matters

I know I can do well

I am always getting better



Feelings:

Calm and relaxed

Optimistic

Belief

Trust

Actions:

Focused

Study

Prepared

ATTITUDE

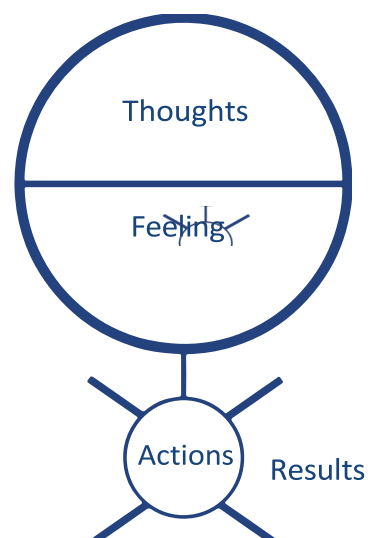
Think of a situation you have coming up where a positive attitude will help the outcome. Fill out the sheet below.

SCENARIO:

CURRENT RESULTS

Rating out of 10: **/10**

Thoughts:



Feelings:

Actions:

ATTITUDE

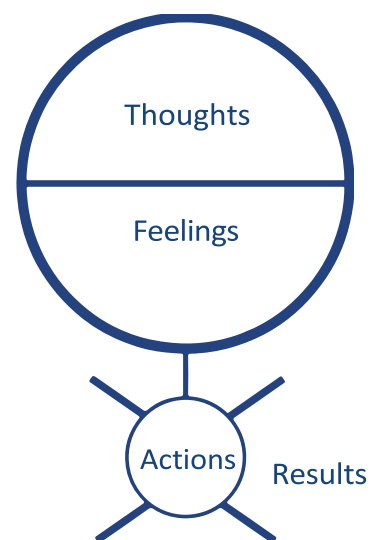
Think of a situation you have coming up where a positive attitude will help the outcome. Fill out the sheet below.

SCENARIO:

IDEAL RESULTS

Rating out of 10: **/10**

Thoughts:



Feelings:

Actions:

AFFIRMATIONS

Affirmations work because they influence the way your brain filters, interprets, and responds to the world.

At a simple level, your brain is constantly looking for evidence to confirm what it already believes, a process linked to something called the confirmation bias. If someone repeatedly thinks “I’m not good at this,” their brain will notice mistakes and reinforce that belief. Affirmations intentionally flip that script.

Here’s how they help:

1. They train your attention

Your brain uses a filtering system to decide what’s important. When you repeat an affirmation like “I am improving every day,” your brain starts noticing small wins that match that belief.

2. They reshape thought patterns

With repetition, affirmations can help weaken negative automatic thoughts and strengthen more helpful ones.

3. They influence emotions and behaviour

If you genuinely start to believe a thought, your behaviour shifts to match it. This is known as a self-fulfilling prophecy (covered later)— you act in ways that make the affirmation more likely to come true.

4. They build confidence through repetition

The brain strengthens pathways it uses often. Repeating affirmations is like mental training — over time, the positive thought becomes more automatic.

Important caveat:

Affirmations aren’t magic. If they’re too unrealistic (“I am the best in the world” when you don’t believe it), your brain may reject them. They work best when they are:

- believable and possible
- specific
- repeated consistently
- backed by action

AFFIRMATION IDEAS

- I am going to do my best today
- This I will do
- I am working towards my goal
- I am committed to doing whatever it takes
- I love taking care of my body and mind
- I look and feel great
- I can.....
- I love.....
- Today is my day
- I believe in myself and my abilities
- I am strong and smart and know exactly what to do
- I am good enough
- I love what I am doing and where I am headed
- I am improving every day
- I am going towith ease
- I am going towith confidence
- I've got this!
- I trust myself and my path
- I am surrounded by positive, supportive people
- I have a mindset for success
- I keep my head up and mindset strong regardless of what others say



SESSION FIVE

SELF-IMAGE

SELF-IMAGE

“Your self-image is a collection of beliefs about yourself. It sets the boundaries in your life and determines the size of the box you live in, but it is not fixed. It can evolve and be upgraded.”

Proctors Principles

Self-image is simply a combination of your attitude, your habits, your affirmations and self-talk.

An example of how shifting your self-image can improve your results:

A 15-year-old student was struggling with maths. He had been receiving tutoring but hated it, and had begun telling himself that he wasn't good at maths and simply couldn't do it.

Together with his family, he decided to take a different approach by changing his self-image in relation to maths. He began using affirmations such as, “Maths always makes sense to me,” “I can do this,” “It's getting easier and I feel supported,” and “I want to achieve better results.”

Within two months, the student's marks improved significantly, rising from Cs and Ds to As.

While the student received additional support from his teacher and family, the turning point came from the shift in his self-image.

To begin creating your new self-image, you need to understand where you are right now.

How would you describe your results in these areas to a stranger?

Be honest with yourself and include traits and emotions that you think contribute to your current results.

Friendships/Relationships

School/Work

Health

Hobbies/Sport

Life in general

What I like about myself:

Positive Trait	Why do I think this is a good trait to have?
1.	
2.	
3.	
4.	
5.	

What do you want to be more of?

What do you want to be less of?

Write out your goal here:

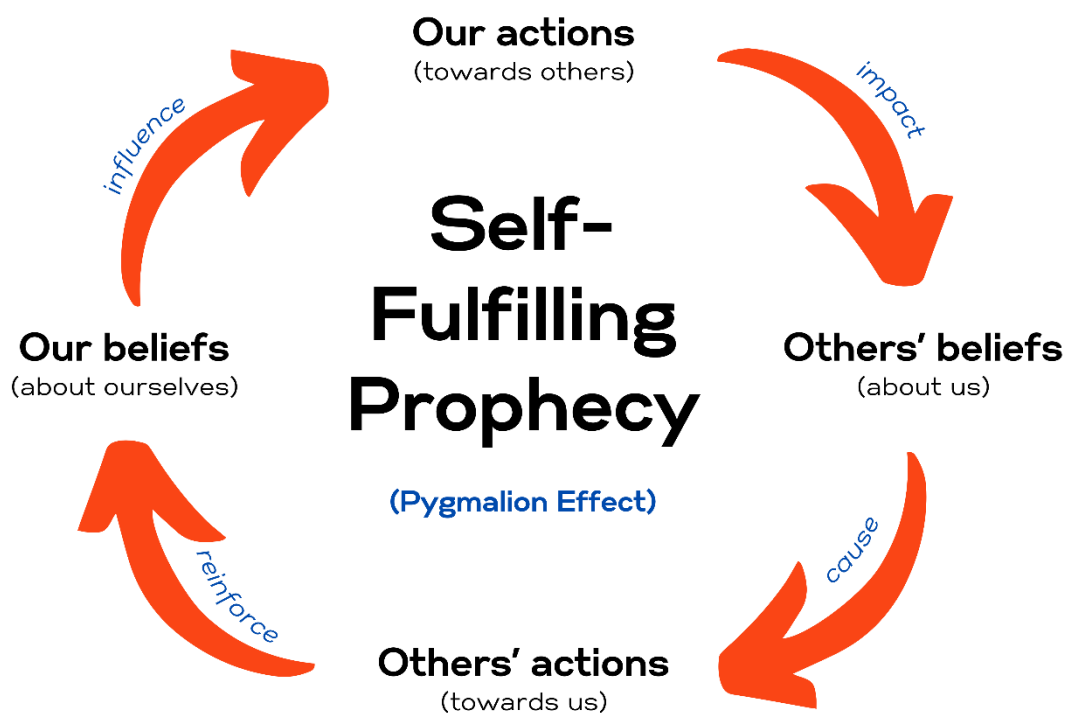
Who do you need to become in order to achieve this goal?

Your new self-image will help you to get there.



SESSION FIVE (II)

SELF-IMAGE AND SELF-FULFILLING PROPHECY



Example scenario: You are invited to play a round of golf for the first time. How the opportunity is presented to you is a reflection of the instigators' attitude about golf (positive or negative) and will determine how you respond to this.

(If it was Rach, she wouldn't be particularly excited because golf isn't her thing, where Mark would be jumping out of his skin to play).

	Positive	Negative
Influencer (parent, teacher, coach, friend)	Golf is a great game, you'll have fun, and it's easy to pick up. I'll show you how	Golf is really hard and frustrating. You probably won't be very good at it, especially at first.
Your likely response	You feel encouraged and open to trying. You approach the game with confidence and curiosity.	You feel doubtful or anxious. You may hesitate to try or expect to struggle.
Outcome/Behaviour	You engage positively, persist through challenges, and are more likely to enjoy and improve.	You may give up quickly, avoid participating, or confirm the expectation that it's too difficult.

How do other people's beliefs influence your self-image?

How do your own beliefs influence your self-image?

Have you ever felt "labelled"? How did this impact you?

How does your self-image affect the way others respond to you?



SESSION SIX

PERFORMING UNDER PRESSURE

Through life there will be inevitably times of performing under pressure. This could be in the form of an exam, a job interview, a performance, a sporting moment, a social occasion, a speech or a specific event. Not everyone sees the same occasion as difficult or as a pressure situation. Below are some examples of situations where you may feel some pressure.

1. Walking into an important maths test where you really want to do well. You can feel your heart racing, worry about forgetting what you studied, and start comparing yourself to others.
2. You might feel pressure when trying out for a school sports team, especially if you really want to make the squad. You might worry about making mistakes or being judged by coaches and teammates.
3. When giving a presentation in front of the class, especially if speaking publicly makes you nervous. You might worry about forgetting your words or being judged.

What areas of your life might you feel under pressure to perform?

Write down some of the fears you might have that cause this pressure. Is it fear or missing out? Fear of what others will say/think? Something else?

Write down how you want to feel about your performance.

My best is good enough. I love playing and learning. I have put in the work and I trust my best is enough. I am feeling confident. I know exactly what to do.

Now, imagine yourself performing in this situation. What does it feel like to be confident and knowing you are good enough? Practice the thoughts and feelings you wrote down above.

This is where change happens. The act of writing in your workbook and in your journal is powerful. It causes you to think.

