



THE SATISFACTION MIND FLIP

Find more Joy and Satisfaction Instantly When you use the **Satisfaction Mind Flip to Eliminate Your Happiness Blind Spot**

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[Your Satisfaction vs. Your Brain](#)

As nurses, we are painfully aware of “Neuroanatomy”. We all remember it as a challenging subject back in nursing school for sure. We learned how the parts of the brain are organized, their functions and the signs and symptoms of disease. But then they left out the most important pieces of information.

The structure of our brain has a pervasive negative effect on HOW WE SEE THE WORLD. There is an entire pattern of blind spots designed into our Neuroanatomy driving us to be more pessimistic and unhappy than is justified. These are not things you were taught on the way to your nursing degree for a simple reason. Your instructors don’t understand these blind spots either!

In this report I will show you three important topics our teachers left off the syllabus.

Performing the Satisfaction Mind Flip will make you a happier nurse tomorrow AND supply an immediate boost in your leadership and parenting skills at the same time.

This report will show you...

- **How Your Brain Perceives the World**
- **The way this Blind Spot affects your Happiness and Satisfaction**
- **What you can do to “FLIP” the Odds in Your Favor and take the Struggle out of getting more of what you really want in your life.**

Let’s take a little deeper look at these ... one at a time.

1) How Your Brain Perceives the World - the Fundamental Bias

All living organisms have two main drives

- We move TOWARDS PLEASURE
- We move AWAY FROM PAIN

AND our brain assigns these two drives very different priorities.
Ask yourself this, "Which of these two basic drives is stronger?"

What do you think?

ANSWER:

Avoiding PAIN is a MUCH stronger drive

Don't get me wrong here, I like pleasure just as much as the next person. It's just that our brain is not structured to look for pleasure first.

**Our Neuroanatomy is constructed to be on the lookout for DANGER/
THREATS/PAIN/-- FIRST.**

**Only after your brain thinks the "coast is clear"
does it allow you to go for a pleasurable
experience.**

From the tops of our head to the tips of our toes and throughout *all* of our senses, our brain is *always* on the Lookout for Danger. This is a basic survival mechanism that is constantly having an affect on two things:

- How We See the World
- Our Level of Happiness and Satisfaction



2) How Neuroanatomy affects your Happiness and Satisfaction

Because of this brain bias to be on the constant lookout for danger, we tend to see Problems, Threats and other "things we have to deal with" *way* more clearly than anything else. This is a default setting in our neuroanatomy. Then we make the decision to become a nurse.

The rigorous training of a nurse ... where we focus all of our awareness on assessment and care plans for sometimes life threatening problems ... heightens this built in perceptual tendency. This double whammy creates a massive blind spot when it comes to happiness and fulfillment. Here's the fallout...

We rarely notice the “good stuff” in our lives ... the things that are actually working. Usually it takes a friend to point out something good going on in your life ... or how amazingly well you dealt with “that situation” or “that difficult patient”.

How happy and satisfied can we be when our brain is *always* seeing threats and problems and the things we don't want all around?

This blind spot is part of the “Nose to the Grindstone” syndrome we all know so well. Going from room to room, patient to patient, head down and under stress with no reward for a good job all day/week/month/year long.

90% of the time we walk around oblivious to the good things in our lives. Our brain doesn't allow us to see what is working and our nursing training magnifies this bias.

You actually have to do a “brain bypass” to count your blessings ... something most of us only do rarely (holiday “Grace” at the dinner table, for instance)

3) How to FLIP Your Mind to get more Happiness and Fulfillment in Your Life - NOW

There is a work-around for this blind spot. In fact, once I show it to you, you will be surprised how obvious it is. That's the thing about a true blind spot, it's something you can't see that you can't see.

The Satisfaction Mind Flip

The exercise on the next several pages will show you *the shortest distance* to more happiness, joy and satisfaction in your Life. Work these pages today and experience a more satisfying day tomorrow.

BONUS:

The awareness skill of the Satisfaction Mind Flip is an enormously powerful tool in two more important settings.

- With your children if you are a parent
- With the members of your team at work and in any other setting where you serve in a leadership role

Here's a taste of what lies ahead...

We are going to *outsmart your mind* to see what is *going right in your life* right now. Then *start getting more of that every day* starting as soon as possible [And this is a lot of fun too!]

READY?

The Five Steps of the Satisfaction Mind Flip Start on the following pages ...

Please print out this document and make sure you have an uninterrupted 30 minutes ahead of you.

It is also fun – though not essential - to have your favorite beverage and several different colored pens at hand. Let's face it ... more colors are just more fun!

Step One:

Satisfaction Life Scan*

The table below contains eight sections representing one way of describing the components of a person's whole life. This Satisfaction Life Scan measures your **Level of Satisfaction** in these areas right now. It is a snapshot of your satisfaction with your entire life at this single point in time.

On a scale of 1 – 10, how would you rank your LEVEL OF SATISFACTION with each of these areas of your life? (NOTE: "10" is completely satisfied).

Mark your Satisfaction Score in each area with an "X" in the appropriate box below - to complete your Satisfaction Life Scan

Your Level of Satisfaction on a 1 - 10 Scale

	1	2	3	4	5	6	7	8	9	10
Health										
Career										
Money										
Friends & Family										
Partner/Romance										
Personal Growth										
Fun & Recreation										
Physical Environment										

* The Satisfaction Life Scan is adapted from the Wheel of Life Process in *"Co-Active Coaching"* © 2007 by Laura Whitworth

NOTE:

This is a Satisfaction Scan - it is not about your results or the amount of activity going on in that area of your life. This is a measure of your Satisfaction on a 1-10 scale. Here's what I mean.

I have clients who have deliberately severed all contact with their family – for good reason. There is no activity AT ALL in their “Family” portion of their Life Scan and they are completely satisfied with that state. Their satisfaction ranking of that slice is a 10 - even though the contents of that same slice of the wheel are non-existent.

Satisfaction Life Scan Questions:

- **Take a look at your Life Scan Results ...**
 - Is there a pattern to your different levels of satisfaction?
 - Does a low level in one area seem to effect other areas?
- **What feelings came up as you asked the Satisfaction Question in these 8 life areas?**

Power Tip:

For many people, the Satisfaction Life Scan brings up strong emotions based on judgment. You see your level of satisfaction and will very often have an inner voice begin to criticize. It is important that this critical inner voice not be allowed to “knock you out” and interfere with the steps that follow.

These emotions and the little voice are another manifestation of your brain's default setting to see danger and threat. Let all that go for now (take a deep breath). It is almost time for the MIND FLIP!

This Satisfaction Life Scan is your baseline and ... it is what it is.

You have to know where you start – your baseline – in order to make the improvements you seek. Tell that little voice of guilt “Thank you for sharing” and let's continue.

Step Two:

Pick your FOCUS

The key to any life change is FOCUS. If you try to make too many changes at once ... none of them will work out. Multi-tasking here is a recipe for failure and frustration.



Now it is time to focus your Mind Flip on JUST ONE AREA of your Satisfaction Life Scan – just one. You may be tempted to start making changes in three or four at once ... hold that thought for now. Here's why ...

- 1. Pick one Area of Focus**
- 2. Learn and Practice the Mind Flip Skills**
- 3. THEN come back and pick another area to focus on**

Make sense?

And for now ... go ahead and pick one area of Focus and write it into this statement.

The Life Scan Area I am choosing to focus my Mind Flip on is

Step Three:

See Your Number and Notice Your What Your Mind is Saying

It sees the GAP between where you are and where you want to be. If your satisfaction is a "6", your focuses exclusively on *what it could be* – 7, 8 or even 9 !



It desperately wants you to DO SOMETHING TO FILL IT IN.

- The default setting of your neuroanatomy is frantically searching for a solution to this "problem"
- Your nurse programming wants to assess and act upon this deficiency
- You may even have a voice of guilt or judgment chiming in to tell you what a failure you are that your number is not higher than this

Take a breath and let them all go, because ... it's time for Step Four...

Step Four:

Here's the Satisfaction Mind Flip

Take a look at your number in your area of Focus.

What is the number?

Here's the Mind Flip Question...

“Why is it NOT A ZERO ?”

That's right, why is it NOT a zero?

This is the question that FLIPS your awareness off the brain's default setting - the setting to naturally and automatically focus on what is WRONG -- seeing the problem - and ONLY the problem - in bright neon lights.

This question turns your awareness a full 180 degrees to see what is going RIGHT in this area.

Do You See (and Feel) the MIND FLIP?

When we find a way around our brain's hard wiring and our nurse tendencies to see problems, danger and threats ... there are ALWAYS plenty of *things that are going right in any area of your life.*

You just have to stop for a moment and flip your mind to get around your natural happiness block ... and there they are. The Satisfaction Life Scan is a tool for taking this Mind Flip Inventory of “the Right Stuff”.



Use the Table below to use the Satisfaction Mind Flip to make a list of what's going *right* in your area of focus.

1. Write your area of focus and your satisfaction score from your Satisfaction Life Scan in the first two columns.
2. Then list as many reasons/items as possible that are contributing to your Satisfaction Score in column three.
3. **Why is it NOT a Zero?** List ALL the reasons. Use extra paper if needed. Write it all down.
4. You may even want to run your list by a friend or your significant other to make sure you didn't miss ANYTHING.

Your Focus Area	Your Satisfaction Number	The Mind Flip BIG List of What's Going Right (Why is your score NOT a Zero?)

NOW...

Take a look at this list and **GIVE YOURSELF A HUGE PAT ON THE BACK...**

- For doing ALL these things well
- For all your experiences in this area - good and bad
- And the lessons you have learned
- For who you are and what you know about yourself at this point in time

This is the foundation and the launch pad for higher levels of satisfaction in this area of your life. Congratulations!!

Note:

DO NOT move on to step five until you have acknowledged yourself with a pat on the back – at a bare minimum. Once you notice something going right, it must be celebrated or you will soon slide back into Eeyore mode.

Step Five:

COMPLETE THE MIND FLIP AND GET HAPPY

The shortest path to more satisfaction and happiness in your life is this:

DO MORE OF WHAT IS ALREADY WORKING

The big mistake most people make is to allow your neuroanatomy to focus you on the GAP in your Satisfaction number. When you fall into that default brain setting, you will naturally start doing all sorts of new things to try to raise your number. This sets you up to fail in a week or two ... because there is simply NO ROOM for a bunch of new activities in anyone's life - especially the life of a busy nurse.

Take the Shortcut -- Do the Mind Flip

This part is quite simple if you have done the work of the previous steps.

- 1. Pick one of your "What's Going Right" List Items ... and Schedule More of That Tomorrow.** [And the next day and the next]

Get a calendar specifically for these activities and write them down. Your work schedule will dominate your time if you don't take this scheduling step. Block out and schedule time for more of what is going right in this area.

2. See how many of the Good Stuff List items you can do more of this coming day, week and month

You might even want to make a little game out of this. Keep score. How many of these “things that are already working” can you do in the next month? If you score over 3 ... give yourself a reward. Something like a walk in the park, your favorite coffee beverage, a massage, an ice cream sandwich (my favorite).

Head's Up -- Don't Make THIS Fatal Mistake at This Point:

The Comprehension Curse

Here is a common and life draining error many nurses will make at this point - I want you to see it clearly so that you don't fall into this trap. I call it the Comprehension Curse and here is when you know you have been seduced by its comfort.

The Comprehension Curse is when a smart person - that would be you - learns a new concept and then stops at the point where they understand it. For smart people like you - who spent many years in school - you have a natural tendency to stop learning when your brain is satisfied that you could answer a multiple choice question on the test.

You comprehend the subject and you STOP. It is a curse ... here's why.

You are not in school now. The final exam at this point is the *quality of your life*. The only way to get different results in life is to take different actions. What you understand/comprehend is meaningless if you do not apply it.

If you understand the concept of the Satisfaction Mind Flip ... don't stop there.

Pick a focus area from the Life Scan. Do it now. Make a list of what is going right in this area -- all the things that make your Satisfaction Score NOT a zero. Get out your calendar and schedule MORE of them in the next day, week, month.

You are looking for transformation - or you would not have downloaded this report. Don't succumb to the siren song of information and the Comprehension Curse.

The time for Action is NOW --- Your Life is waiting.

BONUS:

How does the Mind Flip help your Leadership and Parenting Skills?

The Entire Mind Flip exercise is based on a field of Organizational Development Science called "**Appreciative Inquiry**". Appreciative Inquiry starts with the Satisfaction Mind Flip right up front. When faced with a challenging situation, most people ask, "What is wrong with this picture and what needs fixing."

Appreciative Inquiry asks,
"What is already working well and how can we do more of that?"

[Here is the A.I. page on Wikipedia](#) for more information.

PARENTING:

Research shows parenting is easier and more effective when you "Catch your children doing something right" and reward that behavior. This is the Satisfaction Mind Flip applied to the massive responsibility that is parenting.

Don't listen to me though ... catch your own kids doing something right and compliment them and see for yourself how the energy in your family shifts. A whole new level in your relationship with your children will open up when you begin to focus less on what they are doing wrong/poorly to notice and comment on all the things they do well.

LEADERSHIP:

Research in Organizational Development also shows that acknowledging accomplishment and focusing your team on what they are already doing well are key skills of any effective leader. Please try this out for yourself.

Whenever you and your team are faced with a challenge, rate your satisfaction in that area on a 1-10 scale and use this exact Mind Flip technique with them. Notice what your Satisfaction Score is. List the reasons it is not a "0". Start doing more of what is already working.

Watch how things change in their energy and participation when you FLIP your leadership style in this way.

SAVE THIS WORKSHEET

You may have noticed the Satisfaction Life Scan is a SNAPSHOT of your life you can use over and over to get another picture of your

- Overall Life Satisfaction
- The Area Where You Will Focus Your Improvement Efforts
- A List of the Things You are already Doing Well

I encourage you to save this set of worksheets and repeat the Satisfaction Life Scan Process every three to six months. Each time you take a new “snapshot” you can compare with your notes and see the changes in your life over time.

OUTCOMES OF YOUR MIND FLIP

- Life "Check Up" and Satisfaction Scan
- Single area/topic of focus for your increased satisfaction
- Listing of your strengths and the "Right Stuff" in your life now AND a pat on the back and acknowledgment for everything you have learned to this point
- Some "low hanging fruit" in the form of current activities that are working in your life you can do ore of right now.

If You DO NOT FEEL YOU HAVE ACCOMPLISHED THESE OUTCOMES, I encourage you to go back through this Mind Flip process – play it at 100% - until you feel you can legitimately check these boxes.

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NEXT STEPS:

I sincerely hope this FREE Report has been of value as you explore building more happiness and fulfillment into your Nursing Career. Professional Burnout affects up to 1/3 of working Nurses on any given day. This simple tool from the world of Appreciative Inquiry can help you decrease your stress and beat burnout.

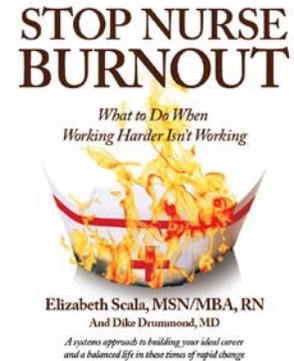
I encourage you.... **Do not discount the Satisfaction Mind Flip because of its simplicity.** Notice how it is different than the way you currently conduct yourself ... and try it out. This technique has a solid research basis for its effectiveness. It WILL WORK for you too.

The Mind Flip is just one way to beat burnout. Here are several more:

1) Buy the book: "*Stop Nurse Burnout – What to Do When Working Harder Isn't Working*"

This is the first step-by-step self help guide for nurses to prevent burnout for good. It is a complete system to build a more Ideal Career and a much more Balanced Life.

[Click Here to learn more and get your copy](#) – including an additional 6 Power Tools at the website.



2) Visit StopNurseBurnout.com for additional resources and tools to lower stress, build more life balance and a more Ideal Career

- Stress Management and Burnout Treatment and Prevention
- Nurse Leadership Development
- Nurse Wellness and Engagement Resources

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That's all for now. Keep breathing and have a great rest of your day,



Elizabeth

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