



MINDSET EVOLUTION

Rewire Your Mind For The Life You Want To Live

SESSION GUIDE

Session One

Clarify, Commit, Change

Everest Therapy Solutions
Created by Michael Chester, MA, LPC

EVEREST
THERAPY SOLUTIONS

WELCOME

Welcome to Session 1.

This Session Guide is designed to help personalize your experience throughout the course. While the video sessions mimic real in-person interactions, the reflections and exercises help you apply them to your own life. The more genuinely and intentionally you engage with this guide, the more meaningful and valuable your experience will become.

There are no right or wrong answers. This guide is designed to help you reflect on what matters most to you.

Some of what you write today will be revisited throughout this course, so keep this guide in a place where you can easily return to it.

Throughout the course, you'll also have the opportunity to continue the conversation with others in the Mindset Evolution Community. While not required, many people find that sharing their experiences and learning from others helps deepen what they take away from each session. At the end of this Session Guide, you'll find a community discussion prompt where you can continue the conversation, share your experiences, and learn alongside others who are also creating the life they want to live.

BEFORE YOU BEGIN

This Session Guide is designed to follow the session from beginning to end. As you watch, continue through the session until you're prompted to pause. At each pause, complete the next reflection before continuing. Between pauses, use the Notes & Insights pages to capture any thoughts, ideas, questions, or insights that stand out to you.

This guide is intentionally organized to match the flow of the session, creating a personalized learning experience as you apply each concept to your own life. Take your time, engage fully, and remember — this guide is yours. The more thoughtfully you reflect, the more meaningful and valuable your experience will become.

Continue moving forward to the Notes section on the next page.

NOTES & INSIGHTS

Continue engaging with the session until asked to pause again.

This page is here to support takeaways from the session, not distract from it. As you continue through the session, use the space below to capture any thoughts, ideas, questions, or insights that stand out to you.

You don't need to write everything down. Instead, focus on the moments that resonate with you, challenge you, or make you think differently.

If something feels meaningful, write it down.

Notes

STAY HERE — stay in the Notes section until asked to pause again, then turn the page →

When the video prompts you, move on from where you are — the next questions will be waiting for you.

REFLECTION • BURN THE BOATS

1. What boats are you willing to burn?

(Examples: "Procrastinating until I 'feel ready,'" "distracting myself with video games," "spending hours on social media.")

2. What stories or excuses are you done listening to?

(Examples: "I'm too busy," "I don't have time," "Because I failed before, I'll fail again.")

3. What's at least one reason you'll show up anyway?

(Examples: "Because I want to be a better parent," "Because my health matters," "Because I'm tired of feeling stuck.")

NOTES & INSIGHTS

Continue engaging with the session until asked to pause again.

This page is here to support takeaways from the session, not distract from it. As you continue through the session, use the space below to capture any thoughts, ideas, questions, or insights that stand out to you.

You don't need to write everything down. Instead, focus on the moments that resonate with you, challenge you, or make you think differently.

If something feels meaningful, write it down.

Notes

STAY HERE — stay in the Notes section until asked to pause again, then turn the page →

When the video prompts you, move on from where you are — the next questions will be waiting for you.

REFLECTION • COURSE COMMITMENT

1. What day(s) of the week are you committing to these sessions?

(Examples: "Sunday evening," "Monday and Thursday," "Friday morning.")

2. What time of day will you set aside for the course?

(Examples: "6:00 AM," "12:30 PM," "8:00 PM.")

3. How long will you commit?

(Examples: "60 minutes," "90 minutes," "two hours.")

(60 minutes minimum recommended.)

4. Where will you be while watching?

(Examples: "Quiet room, headphones in, phone on silent.")

(A place where you can write and fully focus is recommended.)

5. What will you need?

(Examples: "A quiet place to focus, WiFi connection, my laptop.")

6. What's your backup plan if life throws a curveball?

(Examples: "Reschedule within 48 hours," "set a reminder on my phone," "make a commitment to complete next week same time.")

NOTES & INSIGHTS

Continue engaging with the session until asked to pause again.

This page is here to support takeaways from the session, not distract from it. As you continue through the session, use the space below to capture any thoughts, ideas, questions, or insights that stand out to you.

You don't need to write everything down. Instead, focus on the moments that resonate with you, challenge you, or make you think differently.

If something feels meaningful, write it down.

Notes

STAY HERE — stay in the Notes section until asked to pause again, then turn the page →

When the video prompts you, move on from where you are — the next questions will be waiting for you.

REFLECTION • CLARIFYING WHAT TRULY MATTERS

Tip: There's a full Values Reference Guide on the next page. We recommend looking through it before starting this section.

1. What actually matters to me?

(Examples: "Family, health, honesty, growth, contribution.")

2. What kind of person do I want to be — no matter what life throws at me?

(Examples: "Someone who shows up with patience," "someone who keeps moving forward," "someone who treats others with respect.")

3. What do I want to be about in this one life I've been given?

(Examples: "Living with courage, helping others, creating meaningful work, staying present with loved ones.")

VALUES REFERENCE GUIDE

A value is the kind of person you want to be and the way you want to live in terms of your behavior. Unlike a goal that you eventually accomplish, a value is an ongoing direction you choose through your actions, again and again.

Take your time with this section. The clearer you become about what truly matters to you, the more meaningful the rest of this course will become. Your values will serve as the foundation for many of the reflections, goals, and choices you'll make throughout Mindset Evolution.

At the same time, remember that discovering your values is a process. You don't have to have everything figured out today. As you continue learning, reflecting, and gaining new experiences, your understanding of what matters most may become even clearer, and that's okay.

Use this guide as a starting point, not a final answer. If a word means something different to you, write your own definition. If a value that matters to you isn't listed here, add it. What matters most is that these values genuinely reflect the life you want to create. Getting it close will give us a great point to start from.

Family Making time and investing in the people you love.	Growth Continuing to become a better version of yourself.	Health Taking care of your physical and mental wellbeing.	Integrity Living in alignment with what matters most.
Connection Feeling close to and understood by others.	Freedom Having the space to make your own choices.	Security Feeling stable and safe in your life and finances.	Contribution Making a difference for others.
Adventure Seeking out new experiences and challenges.	Peace Feeling calm and settled, even when life is busy.	Honesty Telling the truth, even when it's hard.	Courage Facing fear and doing the hard thing anyway.
Compassion Caring about the pain of others.	Gratitude Noticing and appreciating what you have.	Creativity Expressing yourself in original ways.	Independence Standing on your own and trusting yourself.
Loyalty Staying committed to the people you care about.	Fun Making room for play and lightness.	Balance Giving fair time and energy to what matters.	Discipline Doing what you said you would, even when it's hard.
Faith Trusting in something greater than yourself.	Curiosity Staying open to learning and asking questions.	Kindness Treating others with warmth and care.	Respect Valuing yourself and others.
Authenticity Being real, not performing for others.	Ambition Pursuing what you want with drive.	Generosity Giving freely of your time, energy, or resources.	Justice Standing up for what's fair.
Wisdom Learning from experience and using good judgment.	Humor Finding lightness even in hard moments.	Simplicity Keeping life uncomplicated and intentional.	Leadership Guiding others in a positive direction.
Community Belonging to something bigger than yourself.	Resilience Bouncing back after setbacks.	Patience Staying calm while things unfold in their own time.	Presence Being fully here, not somewhere else.
Achievement Working toward and reaching meaningful goals.	Spirituality Connecting to something sacred or deeper.	Financial Stability Feeling secure in your resources.	Self-Respect Treating yourself with the same care you give others.
Service Using your time and skills to help others.	Open-Mindedness Being willing to consider other perspectives.	Trust Believing in the reliability of yourself and others.	Purpose Feeling like your life is moving in a meaningful direction.
Empathy Understanding and sharing what others feel.	Perseverance Sticking with something even when it's tough.	Flexibility Adjusting when plans or things around you change.	Playfulness Bringing lightness and fun into everyday life.

TAKE THIS WITH YOU

Session Highlight

"If you're waiting for the perfect moment to take action, you'll be waiting forever. The time to take action is now."

What We Covered

- Real change happens now — waiting for the perfect moment can mean waiting forever.
- Lasting change comes from evidence-based tools practiced consistently, not hype or willpower alone.
- Burning the boats means letting go of the old habits, safety nets, and excuses that pull you back to what's safe.
- Consistency, not intensity, is what rewires new patterns — that's why this course moves one session at a time.
- Values aren't goals or approval — they're a way of behaving you choose on purpose, or your survival brain will choose comfort for you instead.

Key Terms

Survival Brain (Primitive Brain): The part of you wired to avoid risk, change, and discomfort in order to keep you safe — not to help you grow.

Burn the Boats: Fully committing to a new direction by letting go of the old habits, safety nets, and excuses that make it easy to retreat.

Values: The kind of person you want to be and the way you want to live in terms of your behavior. Unlike a goal that you eventually accomplish, a value is an ongoing direction you choose through your actions, again and again. (See the Values Reference Guide included in this Session Guide.)

My Weekly Commitment

Some potentially helpful things you can do this week could be to review what you wrote in Burn the Boats, review your Values, and/or notice any shifts in how you approach your day.

One thing I'm committing to this week:

(Examples: "Review my values every morning," "Think more about the person I want to be five minutes a day," "Check in with the Mindset Evolution Community once a day.")

continuing on next page →

When will I do it? (optional)

(Examples: "Right after I wake up," "During my lunch break," "Before bed.")

What might get in the way?

(Examples: "A busy schedule," "Forgetting," "Feeling too tired.")

What could I do if that happens?

(Examples: "Set a phone reminder," "Ask someone to check in with me," "Make sure to get my work structured so I have time.")

How confident am I that I'll follow through? (0 — not at all → 10 — completely)

What can I do to become more confident?

(Examples: "Write my values somewhere I can see them," "Tell someone about what the session was about.")

Looking Ahead

Next session, we'll take the values you clarified today and turn them into meaningful goals — ones that actually energize you and move you forward.

CONTINUE THE CONVERSATION

Growth doesn't stop when the video ends.

One of the best ways to strengthen what you're learning is by reflecting with others who are also committed to creating the life they want to live. Your experiences, challenges, and insights may not only help you — they may encourage someone else on their journey as well.

If you're part of the Mindset Evolution Community, we'd love to hear from you.

Join This Week's Conversation

"What's one 'boat' you're committed to burning, and what's one reason you'll continue showing up anyway?"