

# YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

## Monkey Mind Symptom #5

### *Taking things personally:*

I'm going to reference the master on this one. According to Don Miguel Ruiz, author of *The Four Agreements*, "Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering. When you make it a strong habit not to take anything personally, you avoid many upsets in your life. Your anger, jealousy, and envy will disappear, and even your sadness will simply disappear if you don't take things personally."

## Monkey Mind Symptoms

Fragmentation  
Being Paranoid  
Scarcity Thoughts  
Either/or Thinking  
Qualifying Statements  
Complaining/Petulance  
Being a Victim or Martyr  
Taking Things Personally  
Talking of The Past or Future as if it is the Present



Excuses  
Defensive  
Deflection  
Solidifying  
Bargaining  
Resignation  
Comparison  
Being Vague  
Justification  
Impulsiveness  
Rationalization



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