



Cultivating & Creating a **stronger mindset** for success

Mindset is the first thing to work on when looking to make any sort of change in your life. Mindsets can really block you from seeing the things you want and act as barriers, like a foggy cloud.

There are TWO parts of you and your brain - also known as the CAN & CAN'T do voices. One is speaking louder than the other, and that one wins. More often than not, the louder voice is the self-sabotage 'can't do' voice.

We need to address the thoughts inside our head. Listen to what we're telling ourselves and re-programme our mindset. It's a long process that takes perseverance and commitment - this is something **I can work with you on.**

"We cannot solve our problems with the same thinking we used when we created them"

In the meantime, the below processes & tips are a good place to start:

1. Create positive morning habits

Make a mental list of what you're looking forward to that day. Your oat milk cappuccino!? Your spin class? A glass of wine after work? It creates a feeling of anticipation and excitement that sparks momentum for the day ahead.

2. Reflect on your "wins"

Before going to bed, finish the day on a good note too. Reflect on what made you feel good, what made you smile and any positive surprises that came up! It doesn't have to be excessive, but it'll keep your focus on appreciation & cultivate positive energy.



3. Write out an action plan

Start off with 3 things you want to achieve in the next 3 months. Look at what you can do to get you there. This is about looking at the possibilities and taking action. Forward thinking will move your focus away from where you don't want to be to where could be. Don't know what the right steps are? Don't worry, just identify the first thing you could do that'll get you on track. You have the vision; go with it.

4. Tune in with your thoughts

On average, our thoughts are negative 80% of the time - which is shocking! So we need to tune in with these. For the next 7 days (longer if you can), set a timer for 5 minutes and write down all your negative thoughts - about yourself, other people, your situation etc. Once this is up, write a positive thought next to each one. i.e. my boss is so irritating / I appreciated the cup of tea my boss made me today! Once we become more aware of our thoughts, we can start to adjust the way we see things and think about them.

5. Keep an open mind

If you believe you can only do so much, you're putting limitations in place. You're creating a mindset that you can't - we need to listen to the I CAN! By being open minded, you allow hope and opportunity in, you allow yourself to dream about what could be. This will create the motivation needed to take action and make changes to improve your life.

"Whether you think you can, or you can't, you're right"

When faced with negative thoughts or a sense of "can't", use one or more of the tips above to shift your mindset into a more positive place. A positive attitude will help you achieve your goals and reach your full potential in everything you do, so you can start to feel more energised and fulfilled in life.

Being aware of your mindset allows you to be in control of your life. It allows you to interrupt the auto-pilot mode, and realise what you want to achieve.

Mindset is perhaps the biggest barrier to success and achievement, so don't let it stop you!