

"The 7 Mindsets to Live Your Ultimate Life"
by Scott Shickler and Jeff Waller
Monday, June 16, 2014

- Mission Live Stream Monday at 8 PM EST, 9 PM EST, 10 PM EST, 11 PM EST www.m5mlive.tv. Dial 800-768-2983, Access Code 4712222# or 24/7 www.m5mlive.com
- Building Champions Call – Saturday 10 AM CT - 800-768-2983 – Access code 4717417#
- Mannatech Now – NEXT Tuesday - June 24th - Jason Lester 7:30 Pm CT at Mannatech Corp or Mannatechlive.com
- MannaQuest – August 8-10 Chicago... You need to be there!

1. The Great Paradox

"We cannot solve the problems we face with the same level of thinking that created them." -Albert Einstein

a. If everyone wants to grow up to live a happy and successful life, why do so few achieve it?

Finding the right advice is only a preliminary challenge; making the necessary changes is what derails most.

b. After multi millions of dollars spent on research over many years, the one thing the ultra successful have in common: the way they think. And 7 common mindsets were clearly identifiable.

2. Change Your Mindset, Change your Life

"Our environment, the world in which we live and work, is a mirror of our attitudes and expectations." -Earl Nightingale

a. Memes: Phrases we are taught that leave emotional scars

1) Money does not grow on trees.

2) Curiosity killed the cat.

3) Never make the same mistake twice.

4) Seeing is believing.

5) The key to happiness is learning to be happy with what you have.

b. Henry David Thoreau "The mass of men live lives of quiet desperation."

The perception of scarcity robs men of "life"...Life becomes a zero sum game and fear takes over as we fight for our "share." What if ...

Seeing is believing serves our scarcity mentality.

c. We are products of our experiences.

"Stop taking risks, think outside the box is unacceptable" in a structured

- school environment mindset taught. It stops us dead in our tracks.
- d. The subconscious mind makes all your decisions...outweighs conscious on a scale of ten million to one according to brain researchers.
 - e. Your brain has incredible capacity...so no issue with adopting new mindsets! How is Bill Gates able to accrue \$50 billion in wealth while the majority in the world struggle for just their necessities? ***Our Mental habits and the behavior they drive in our life.***

THE SEVEN MINDSETS:

1. Everything is Possible

“Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible.” -Claude T. Bissell

- a. Our lives are a product of what we expect them to be.
- b. Interviewing some successful billionaires, asking them what would they do differently if had it all over again: dream bigger and start earlier.
- c. Everything in the world today was just an idea in the mind of someone curious enough to wonder. Change the consciousness of those around you and change their outlook on the future.
- d. *The counter:* Learn to be happy with what you have. Garbage! Settling is selling out.
- e. *Action Steps:*
 - 1) Look inside before you look outside
 - 2) Challenge current thinking
 - 3) Engage your imagination
 - 4) Put your imagination into action
 - 5) Dream big
 - 6) Don't worry about the how
 - 7) Be wary of dream snatchers

2. Passion First

“Many things in life will catch your eye, but only a few will capture your heart—follow those.” -Unknown

- a. If money did not matter, what would you do for free? Each one of us has a passion seed...I call it a voice to be heard. Finding your passion and organizing your life around it is the path to fulfillment/happiness.
- b. "To know others is wisdom, to know yourself is enlightenment." Lao Tzu. William Shakespeare once wrote, “This above all else, to thine own self be true.”
- c. *The counter:* Putting money first...show me the money. This attitude

pervasive in our society almost always leads to a path void of passion.

d. *Action Steps:*

- 1) Play to your strengths
- 2) Pursue your passions
- 3) Connect your uniqueness to the world around you
- 4) Build your authentic dream
- 5) Lean into your passion
- 6) Embrace your genius

3. We are Connected

"If you can accomplish your dream alone, you aren't dreaming big enough." -Scott Rigsby

a. Have you ever thought about someone and how you want to get in touch and then soon thereafter they call?

Andy Andrews in "The Butterfly Effect" says those who seem to never catch a break...they describe their lives as being the pits. they are right. then there are those who everything flows great for, turn up roses. Their lives get better and better...they are right. " The people living great lives are the types of folk that others want to be around. They constantly make positive and meaningful connections, and they use relationships to constantly expand their own happiness and success."

b. Everyone who comes into our lives has a piece to the puzzle, a unique perspective, something important for us to fulfill our dreams.

c. *The counter:* It's a dog eat dog world. If you want something done right you better do it yourself. This is more garbage.

d. *Action Steps:*

- 1) Create a sense of connectedness
- 2) Choose empowering relationships
- 3) Relish competition
- 4) Celebrate diversity
- 5) Build your dream team
- 6) Always seek synergies
- 7) Seek to serve first

4. 100% Accountable

a. Magic Johnson story about passing to a rookie who then fumbled the ball and the game was lost. Step up.

b. *The counter:* That's just my luck. I would rather be lucky than good. With this attitude your life falls into victim mentality.

c. *Action Steps:*

- 1) Reconcile with the past
- 2) Overcome fears

- 3) Remove limiting beliefs
- 4) Accept ownership of your results
- 5) Change what you can control
- 6) Become truly free.

5. Attitude of Gratitude

"If you change the way you look at things, the things you look at change." -
Wayne Dyer

a. About 65,000 thoughts go through our mind every day, and about 95% of those are the same as they were yesterday, the day before, etc. Problem: about 80% of our thoughts are fueled by negativity. The Happiness Advantage by Shaun Achor...focus on being grateful.

c. *The counter:* We are conditioned more by negative experiences than we are by positive ones. The subway train study...

d. *Action Steps:*

- 1) Focus on the positives
- 2) Journal your gratitude
- 3) Defuse the negatives
- 4) Thank it forward
- 5) See both sides of the coin
- 6) Become an inverse paranoid

6. Live to Give

"We make a living by what we get, we make a life by what we give." -
Winston Churchill

a. Live to Give mindset. Bob Burg's book on "The Go-Giver" tells us the best thing we have to give is ourselves.

b. We create value in this world when we do things that are positive and constructive. The benefit of Live to Give mindset is we get what we give. "Lives of great meaning are led from an orientation toward service, and the sharing of oneself to the advantage of others."

c. *The counter:* We can only give our time and money when we have more of each. Giving should never feel like an obligation but rather an opportunity to lead a more fulfilling life.

d. *Action Steps:*

- 1) Share your unique genius
- 2) Give before you get
- 3) Seek ways to serve
- 4) Align with your passions

7. The Time is Now

a. Owner of Subway: begin by taking small but purposeful steps. He lost a

lot of money on first store and lots tried to tell him to quit, but instead he opened a second one. Lost in that one as well. 5 years later it was a huge hit. Most would quit, most would wait to figure it out. The Time is Now allows you to enjoy every step of the journey, start living your ultimate life today. Move on it now even if small steps.

c. *The counter*: Good things come to those who wait. One more garbage meme: Don't ever make the same mistake twice. Ugh!

d. *Action Steps*:

- 1) Enjoy Now
- 2) Understand that everything you do matters
- 3) Get in the Zone
- 4) Be a continuous learner
- 5) Act on purpose

Conclusion: Live your Dreams

Learning the 7 mindsets is eye-opening, living them is life-changing. Personal development is a very personal experience. 98% of what is out there really doesn't work. You learn and acknowledge all of this but how do you sustain it?

Only you can define this change in your life, only you can choose to have a new set of eyes. Here are some ideas on how to sustain the change:

1. Answer the Q: What is in it for me? Define your why, what does your life look like living totally fulfilled...
2. Your chances are increased greatly by collective effort...have a support team to hold you accountable, keep you growing. Coach, mentor, etc.
3. Measure the milestones. Know when you change, going into a new routine, true and sustainable change happens slowly.
4. Expect the unexpected. Challenging roadblocks will present themselves. How you respond is your choice. If you mentally prepare for it, you will not give in. It will not rob your energy or your commitment. Perseverance a must. "A setback ain't nothing but a setup for a comeback."