

7 Mindsets That Will Radically Improve Your Life...Right Now!

June 8, 2020

- Weekly Product and Business Meeting – Every Saturday, 10 AM CT. <https://zoom.us/j/215452258> or www.allaboutmannatech.com
- Next TNL, June 9th at 7:30 Pm CT www.allaboutmannatech.com
- New 3 Lap Mini incentive... where are you?
- Have you joined E-Merge? Are you enjoying Andrew Leedham
- Business Presentation is now in the Library

As we said last week, possibly more than any other single factor, your mindset determines your success.

“What you think is what you become.”

Here are seven mindsets that will radically improve your business and your life.

1. Self-trust mindset.

- a. In order to produce at your highest and best level, which will then produce your maximum results, you inherently have to trust yourself. Success does not just happen. Have you noticed?
- b. How do we build self-trust? #1 is build self-confidence. Build confidence in your capabilities. Andrew Leedham is doing a great 9-week program so join it NOW (E-Merge).
 - 1) Stop the voices in your head...self-doubt, past indiscretions do not control your future, past results are ONLY to learn from.
 - 2) You have to have the confidence to banish any negative voices in your head.
 - 3) Don't give up on the things you believe in--and most important, don't give up on yourself.

2. Goal-setting mindset.

- a. In order to get somewhere, you need to know what you want and where you are going. You can be a meaningful specific or a meandering generality: these produce totally divergent results and it is YOUR CHOICE.
- b. When you plan and know your goals, they will motivate you. Keep in mind that if it doesn't challenge you, it won't change you. Set bite size short term and large goals long-term, and never, never, never stop until you reach them.

3. Patient mindset.

- a. There's a fine line between moving forward and standing still. Although the highly successful people do all they can to move forward, they also have the patience to wait, watch and re-calibrate where necessary.
- b. Get mentorship to support your ideas/plans and recalibrate before just moving. If you are impatient, you will tend to lose out on great opportunities...as every “shiny apple” is not one that produces fruit. Sometimes you have to wait for the right thing.

4. Courageous mindset.

- a. Courage is the core ingredient to accomplish anything. Everyone has fear. Successful people eat fear for breakfast, lunch and dinner. Doing anything great requires courage but fear always has a way of showing up.
- b. So, courage does not mean being unafraid; having courage and showing courage means facing your fears, saying "I am scared, and I am moving forward anyway." Courage is like a muscle you can strengthen with use. Read "Feel the Fear and do it Anyway" by Susan Jeffers.

5. Focused mindset.

- a. We have 100 and one distractions today. Social media contributed to this by 100-fold. But nothing has changed in regard to the necessity to be focused in order to complete anything successfully.
- b. One of the worst setbacks that can happen is losing focus and allowing procrastination to step in. Important as it is, it's difficult to be focused and disciplined. A suggested method to stay focused is to concentrate on everything going on in a particular moment.
- c. Distraction wastes time, and procrastination stops you, killing momentum. Discipline is the bridge between goals and accomplishment, and a *mindset of focus* builds that bridge. . Read "Power of Focus" by Jack Canfield, Mark Victor Hanson, and Les Hewitt.

6. Positive mindset.

- a. "Choosing" to be positive and having a good attitude will determine the majority of your results. "If you think you can or think you can't you will always be right." Henry Ford
- b. Setting your mind on positivity will go a long way as it improves your creativity and your energy levels to move forward.
- c. Be positive and release any concept of passive. Remove the words of "can't", "shouldn't" and replace with all the reasons WHY, giving yourself reasons why you can and permission to go for it. Happiness is chosen, it comes from inside. Circumstances don't create it, or you are like a blade of grass, moved right or left depending on the way the wind blows. You were given a brain...so CHOOSE TO USE IT.

7. Learning mindset.

- a. Learning is a struggle at times so do not look at roadblocks as being "stuck." That is when you can rise to the occasion...so they are truly opportunities to learn something, and everything you learn helps you grow. "If you are unwilling to learn, no one can help you; if you are determined to learn, no one can stop you." Zig Zigler
To radically change your life, you have to change yourself. Start building your new mindset today-- think the thoughts that will help you move toward your goals right now.