

9 "Mindset Traps" During Coronavirus October 12, 2020

- Weekly Product and Business Meeting – 1st Saturday is live at 10 AM CT. <https://zoom.us/j/215452258> or www.allaboutmannatech.com: the others are prerecorded links that are text to you by 10 AM CT on Saturdays.
- Next TNL, October 13th at 7:30 Pm CT www.allaboutmannatech.com
- Mannatech Made Simple – Oct 24 – Click here to Register: <https://www.eventbrite.com/e/mannatech-made-simple-registration-116262691841>

Why Mindset is critical...not just now, but every day of our lives, every moment...

"If you fail to control your own mind, you may be sure that you will control nothing else."

Napoleon Hill

Live life by choice...not chance and circumstance.

MINDSET TRAPS during Coronavirus (as coronavirus is affecting everyone)

1. Using Coronavirus as Excuse
 - a. We allow the coronavirus to be our "excuse" why life is not working out.
 - b. Our mean, selfish, and otherwise "anti-social" behavior is blamed on the virus
 - c. You ARE at choice: What can you choose here instead?
 - d. Gov. of Ohio on Sat 10/10 *"We're sick of wearing masks, we're sick of all of this, and I get it, but we have to hang in there for ourselves."*
2. Seeking out a scapegoat
 - a. Are we looking to blame our situation/lack of results on something else?
 - b. Deflection is a part of most people's psychology...alternative? Take personal responsibility as it is the ONLY way to success.
 - c. *"I am responsible (able to respond) for my life."* Hm, empowering?
3. Judging Others
 - a. Our own mental state/outlook causing us to lash out at others...play blame game
 - b. Redirecting our angst (check out the Michigan militia after the Governor; racist attacks like never seen since the 1960's, name calling every day in every way...)
 - c. Politics today is giving us a huge platform to do exactly that; shootings, etc. like have not seen in years
(And we say "we love one another as Christ loves us..." Is the behavior reflecting that?)
4. Excusing unhealthy coping behavior
 - a. We make choices to take on anti-social behavior...and excuse others
 - b. Our actions (even excusing bad behavior) always have consequences...
5. Guilt for not doing enough
 - a. Blame self ("I should do more to help"), and then get more depressed
 - b. Financial resources are challenged and feel guilty for that

- c. Always others who are feeling greater pain than you...losing homes, jobs, going every day to food banks, moving in with 3 families in one house, getting kicked out of leased apartments, etc. (23,078,000 unemployed in April)
6. Feeling sorry for yourself
- a. "Woah is me..."when I really do not need to concern myself with what's around
 - b. "I..." is your first statement when others have 100X worse predicaments
 - c. **"If only....** I would have by now. 2020 WAS MY YEAR! Focus on "what can I do for others" and catapult your spirit
7. Ignoring your needs and not asking for help
- a. "I can do this without help" attitude...leaving collaboration out of your life
 - b. Overestimating our own capacity to deal with things
 - c. Give a person the incredible blessing of pouring into your life...knowing that can give you the energy to do even more for others! Adopt "pay it forward."
8. Having a mindset of scarcity
- a. Not enough...money, I am not good enough, my business is not successful enough, I am not a good networker, father, whatever.
 - b. Cannot do my business the way I always had...it will never be the same
 - c. People are all scraping for money/limited cash flow and no sign of it getting better
In fact, signs of a second wave as the weekend just reported some of the worst data yet on coronavirus. Projected earlier due to flu season coming on.
9. This is Forever
- a. Giving up...giving in; look at the numbers.
 - b. Another mental escape route...accepting long term defeat
"Now whatever I do does not matter."
 - c. Now I have an excuse why my life is not turning out like I planned/dreamt...and will never.
 - d. Drama sets in..."It doesn't matter what I do, it never will be like it was!"