

Week # 5: MINDSET

Suggested Resources:

BOOK: *The Big Leap* by Gay Hendricks

BOOK: *Mindset: The New Psychology of Success* by Carol S. Dweck Ph.D.

VIDEO: YouTube Tedx "Change your Mindset, Change the Game" with Dr. Alia Crum

"Whether you think you can, or you think you can't. You're right". Henry Ford

Most battles really start in the mind. The truth is, our results never exceed our self concept. If we are thinking we are limited, doomed, destined to be "stuck" forever...then we will be. When we have a fixed mindset, we use "I can't" language. These limiting, subconscious beliefs hold us back. A growth mindset helps us to use empowering language and that's what propels us forward. Let's uncover and explore some mindset shifts and clarify what is really holding us back and what we can do to move forward.

STEP # 1: IDENTIFY LIMITING BELIEFS: Awareness is key!

Uncover the area in your life where you feel stuck. Write all of the reasons that come to mind as to why you believe you can't get the result you want. Use the word "because" and fill in the blank here or in your journal.

Examples:

I can't find a lover because I am overweight.

I can't lift weights because I am too old.

I can't eat healthy because I can't afford it.

I can't stick to anything because I don't have support.

I can't exercise because I don't have the time.

Fill in the blanks:

I can't _____ because _____

STEP # 2: ASSESS IT! Fact-vs-Belief

Notice what comes after the word "**because**" in your above statement(s). What comes directly after the word because is your limiting belief. Next, ask yourself; *Is this the truth or is this just a belief that I have?*

STEP # 3: WRITE YOUR EMPOWERING BELIEF STATEMENT. Change Perspective

Rewrite your belief and come up with a new story. Imagine what life would look like if you could get the result you were looking for. List all of the reasons why **YOU CAN** get unstuck by using this empowering statement for each:

I CAN_____ because_____

STEP # 4: WRITE IT/READ IT/SAY IT IT DAILY!

Build the growth mindset habit by writing your empowering belief statement in your journal daily. Say it out loud. Develop a mantra. Cement it into your subconscious. Speak and act as if you already have the result that you desire:)

WEEK # 5 CHECKLIST



	M	T	W	TH	F	S	SU
Journal	_____	_____	_____	_____	_____	_____	_____
NEAT	_____	_____	_____	_____	_____	_____	_____
Self-Compassion	_____	_____	_____	_____	_____	_____	_____
Functional Move	_____	_____	_____	_____	_____	_____	_____
Mindset	_____	_____	_____	_____	_____	_____	_____