

Building Your Mindset Muscle

Control your Thoughts

Control Your Actions

Control your Results!



Mindset is a muscle



Our mindsets help us spot opportunities, but they can also trap us in self-defeating cycles. They either move you toward your intentions and goals or keep you from reaching them. Develop the muscle of a mindset that helps you accomplish your goals with clarity, focus, ease and grace.

Mindset is a belief that orients the way we handle situations



What you practice thinking causes it to reinforce and grow stronger!
There is no good or bad – there are mindsets that help us reach a goal.

We need to practice the mindset thoughts and habits that allow us to achieve success.

Develop that muscle with small sweet steps!

Practice Gratitude



Being grateful for the challenges we face is merely recognizing the ability we all have to take our first thoughts and become more interested in a more productive thought.

Action: Use a gratitude journal. Just write down three things a day you are sincerely grateful for.

Practice Intention



Have a mindset that produces an insatiable belief in future success.
Act as if fame and success is as real as gravity.

Action: “When they say this ... I’ll say this.” Develop this habit to create ease and gratitude. Gradually this can change your mindset from “gosh darn it” to “Hot Dog! I know I can handle this.” Pay attention to your words and your intonation of that voice in your head.

Practice Thinking



Look, See, Tell the Truth is thinking about what occurred or is occurring and gives your mind the space needed to notice the next authentic action.

Practice: Slow down and looking for new ideas or opportunities before taking an authentic action. A visioning exercise like Lei Wang's did on Monday is very powerful. What is really exciting that you can do in the next 3 months?

Practice Dealing with Negative Thoughts



We all have them and they derail most people but not us because we recognize that we are not our thoughts – thoughts have no inherent power. We are all uniquely imperfect 😊

Practice: When you have a negative thought become more interested in another thought. *Thanks for sharing –never the less - I am willing, Before today ...* This shift in perspective can change a problem into What an opportunity!

Practice Meditating



While techniques and tools vary, a meditation practice allows you to become aware of your thoughts and to get to know yourself on a deeper level while also lowering your stress and anxiety.

Action: Moments of stillness, Box Breathing, TM (You made need to wake up earlier GASP!

Practice Working with A Coach



The most successful people hire coaches to help them stay focused, remain accountable and to hone their craft. A coach is a key ingredient to pushing your mind and talent to the next level.

Action: Schedule a time with YCM to see if you should start private coaching.

Practice Constant Learning



One trait shared by remarkably strong mindsets is a dedication to reading and learning. They know that learning is a key way to keeping the joy and wonder in their lives. Really knowing your market, the Stats, and how to present these facts to buyers and sellers is a confidence booster.

Action: Switch by Heath Here's a list of 20 Books All Entrepreneurs should read:<https://www.inc.com/andrew-thomas/20-books-all-entrepreneurs-should-read-in-2017.html>

Practice Setting Goals



You gotta know what you want – it gives you clarity in what you need to focus on doing. This isn't just about money.

Action: Write your goals down. Make a vision Board. Share the goals with at least two other people you have a high opinion of. Use the KYNT.

Practice Exercising



We all know that exercise is good for us, yet that doesn't mean we actually make it a priority. I bet Warren Buffett or any billionaire would trade \$Billions for another 5 years of healthy life. The demands we face are more manageable when your mind AND BODY are strong and healthy.

Action: Small Sweet Steps. Schedule (yes you may need to do this early in your day) increasing amounts of exercise.

Practice Grace



Be gentle with your sweet self my friends. Know your first thought is just a thought, it's not who you are. Focus on the next thought. And be beautifully imperfect. We all are. Make mistakes. We all do. Look for progress not perfection.

Action: Say “Nevertheless I am willing to do this” and add “Until Today.” Then Do the next step.

Practice Laughter



Everyone needs to laugh it releases endorphins, the brains' feel good chemical and allows us to let go of stress. Adults laugh an average of 17 times a day with a range of 4 to 80. Adults laugh more often when they are with others.

Action: Laugh at least 25 times a day – [youtube.com](https://www.youtube.com) is great for this.

Practice: Put it in your schedule



Use your calendar Do it Move it Or Delete it! You GET TO do this — you don't HAVE TO.

Action: Put at least one Action into your calendars as soon as we finish this call.