

MINDSET CHANGE CHEAT SHEET

CLARIFY "WHY"

"If you want to identify me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, ask me what I think is keeping me from living fully for the thing I want to live for."

-Thomas Merton

Consistent high performers can easily tell you "why" they pursue their goals. Their answers are simple and honest. They remind themselves of their "why" regularly.

Tip:

1. Write out your Why. Don't worry about making it pretty. Just get it out.
2. Put it where you'll see it. Read it out loud for at least 21 days. Read when you feel discouraged, tired or frustrated.



RELATIONSHIPS MATTER

"You are the sum of the five closest people in your life." - Jim Rohn

Surround yourself with people who are, or are close to, who you want to become.

Reduce time with people who have the mindsets, habits, and life you want to change.

Successful, healthy and happy people's closest relationships are always other successful, healthy or happy people. Relationships matter. Curate and nurture the right ones.

Tip:

1. List the mindsets you want and the ones you want to change.
2. List people who have mindsets like you want. List at least one way to build a relationship with each.
3. For mindsets that don't exist in your network: Who has those mindsets? Join their group. Attend their conference. Hire one as a coach. Read their books. Listen to their podcasts.



KEEP YOUR PROMISES TO YOURSELF

“Self-confidence is built internally by keeping promises you make to yourself.” – Ed Mylett

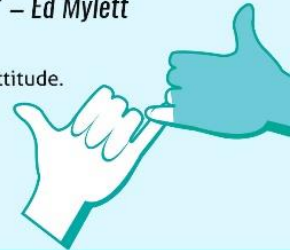
Each time you keep a promise made to yourself, you teach yourself that you can succeed.

Whether this is completing your workout, keeping to your diet, meeting a sales goal or correcting an attitude.

Tip:

1. Build an inventory of kept promises. Every day:

- Identify one goal that you will accomplish that day. Make it a priority and schedule your day around that goal.
- Identify one goal that you accomplished the day before.



GRATITUDE

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.” —Zig Ziglar

Gratitude is the master-key mindset. It unlocks all other positive mindsets.

You can't experience the good life if you can't see good in life.

Gratitude displaces fear, worry, and anger. Those are the primary emotions of negative mindsets.

It is impossible to be grateful and negative at the same time.

Tip:

Everyday, write out three things that you are grateful for.



CHANGE YOUR PHYSICAL STATE

“Success relies on being at a peak mental and physical state.” – Tony Robbins

You don't have to become an athlete. A 5-minute walk or stretching changes your physiology.

When you change your physical state you change your mental state: Your emotions, energy, creativity, problem-solving skills and outlook will shift.

When in a negative or unhelpful state - change your physical state. It will shift your mental and emotional state.

This teaches you that you can quickly change your mental and emotional state. It teaches you that you have influence and impact.



Tip:

Get up and walk or stretch for 5 minutes 1x a day. Ideally walk outside. It'll change your state. Do this when you feel tired, frustrated, angry or are cloudy in your thinking.