

* 1-Minute * Mindset Reset *

Since the future is unknown and uncertain, speculating about what **might** happen can easily lead you to have an unhelpful inner mantra. Instead of "I don't know what's going to happen but I bet it will be terrible/awful/disappointing and sucky," choose a helpful mantra to help you face uncertainty with grace and ease by taking the focus off of your own success, and on to providing value.

* For what situation do you need a mindset reset?

* What's your current mantra?

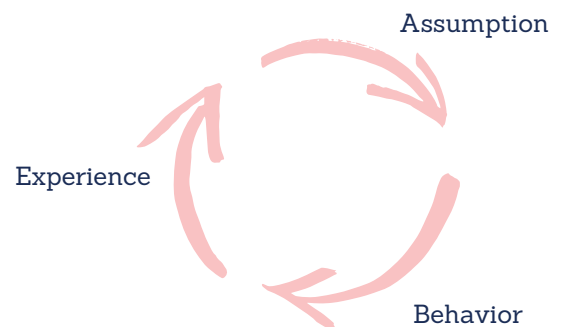
* What would be a helpful mantra to help you shift to your purpose?

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* Why this works:

Our minds are surprisingly strong. Our assumptions influence our behavior, which in turn influences our experience.

Whether we like it or not, we're doing this all the time. Our unconscious choices often stem from our biases, mental habits, mood, what we were just doing beforehand, and so on.



Rather than let our mindset choose us (and how we experience things as a result) we can use this tool to choose our mental messaging, shift our mindset, and reverse engineer our brains!

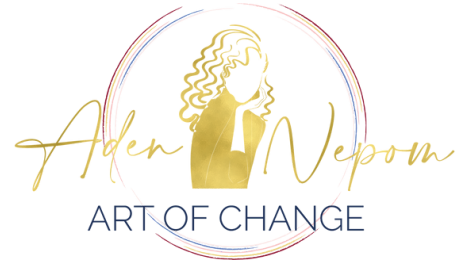
By simply choosing a helpful mantra (a message we say silently to ourselves on repeat) we open up the possibility for better outcomes.

If you're going to be right about something, why not be right about something fantastic instead of something terrible?



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* Examples



- * **Situation:** Giving a presentation
Current Mantra: I'm terrible at this!
Helpful Mantra: This can really help them.
Why it helps: Shifts the focus off of self and on to the audience's needs

- * **Situation:** Starting a new job
Current Mantra: I don't know if I'll be able to prove myself.
Helpful Mantra: Ready to learn! Ready to help!
Why it helps: Shifts the focus from fear of failure to curiosity and service

- * **Situation:** Joining a meeting
Current Mantra: I'd rather be anywhere but here. What a waste of time.
Helpful Mantra: Time to go add some value.
Why it helps: Shifts the focus from selfishly checking-out to engagement with purpose.

- * **Situation:** The world feels like it's falling apart
Current Mantra: We're all doomed and I'm powerless to stop it
Helpful Mantra: So far, so good
Why it helps: Shifts focus from an unpredictable future, to breath and the present moment. Look around your immediate environment. Roof still there? Still breathing? Then yeah! So far, so good!