



MINDSETS FOR SUCCESS

Credit: Rodney Campbell

Acrylic Artist

A large yellow arrow pointing upwards and to the right, with a white outline, is positioned in the top left corner of the slide.

Objective

Apply the six, time-tested mindsets of high-performers.

QUESTION

What determines why
two people with the
same advantages
achieve radically
different outcomes?





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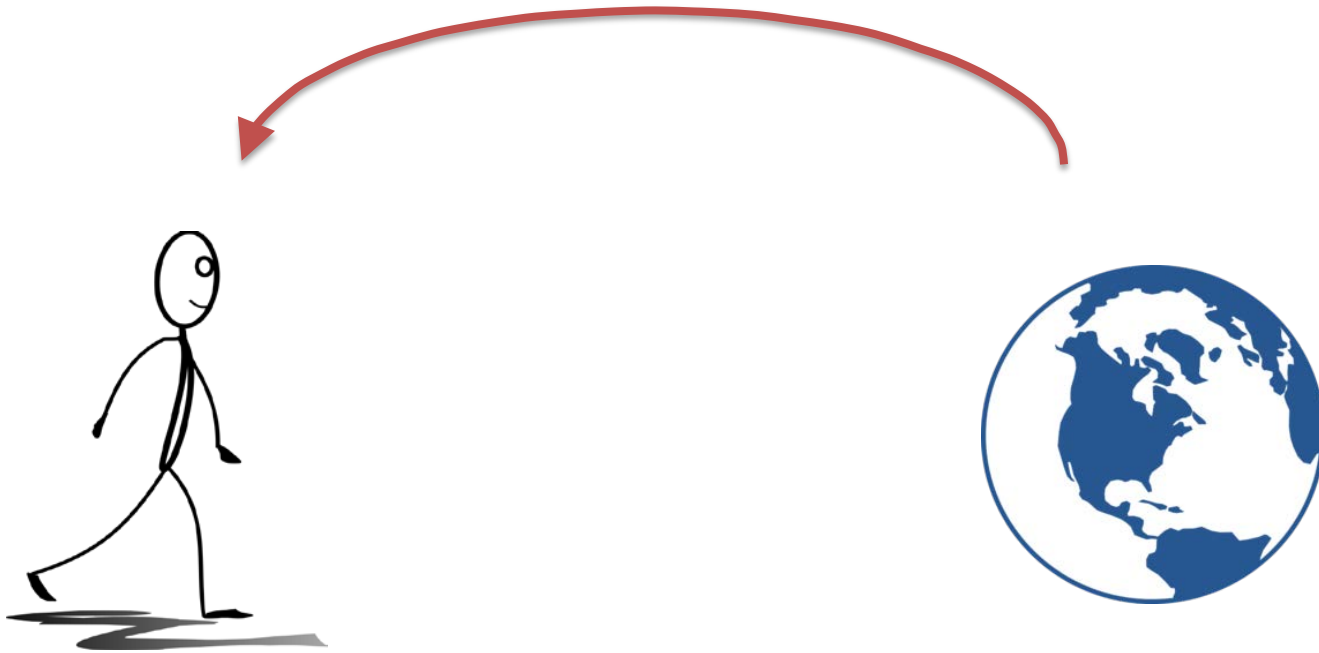
ANSWER

The power of interpretation
and
The power of purpose

HOW DO YOU RESPOND TO CHALLENGES?

Choose your interpretation:

The most common pattern is to complain (emotional), blame (rational), & give up (volitional). The result is to abdicate responsibility. Alternatively, high performers...



1

Give Thanks



2

Test Truth



3

Imagine Destination



HOW DO YOU MANAGE YOUR LIFE?

Choose your purpose:

The most common pattern is to go with the status quo, stick to what is comfortable, and act reactively. The result is an undefined life. Alternatively, high performers....





4

Decide by Values

5

Position by Strengths

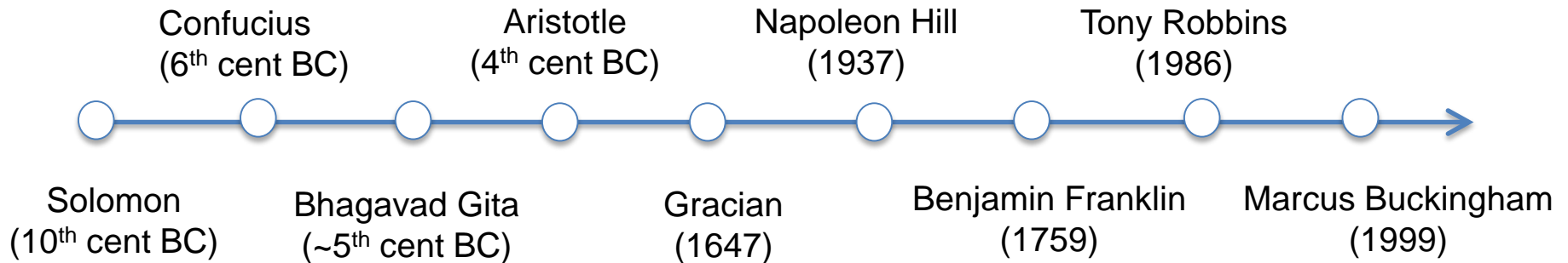


6

Persevere by Discipline



3000 Years of Success Literature



...plus many, many more.

1

Give Thanks



directory of social change

Nick Vujcic



Surprising Statistics about Gratitude



Surprising Statistics about Gratitude

1. 25% increase in overall health & well-being (Emmons & McCullough 20003)
2. 25% increase in sleep quality (Emmons & McCullough 2003; Wood et al 2009)
3. 19% increase in exercising time (Emmons & McCullough 2003)
4. Decreases symptoms of depression by 30% (Seligman et al 2005)
5. Decreases blood pressure (Shipon 2007)
6. Decreases materialism and increases generosity (McCullough et al 2002)
7. Greatest predictor of marital longevity (Buehlman, Gottman & Katz 1992)

Starting a new habit (#1)

I am thankful for ...

1. _____

2. _____

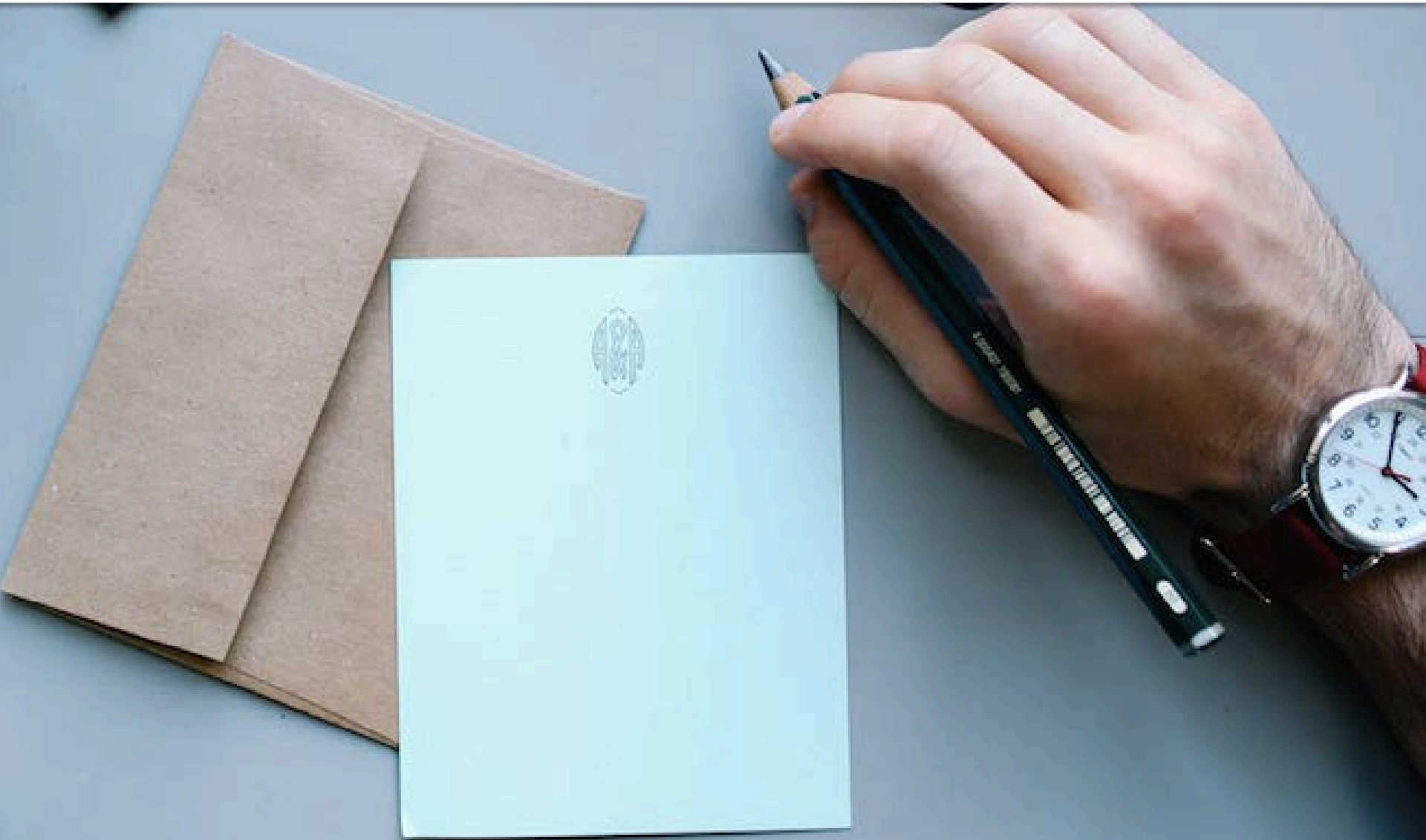
3. _____

4. _____

5. _____



Starting a new habit (#2)





Reflect

2

Test Truth



Ray Dalio



Test conclusions

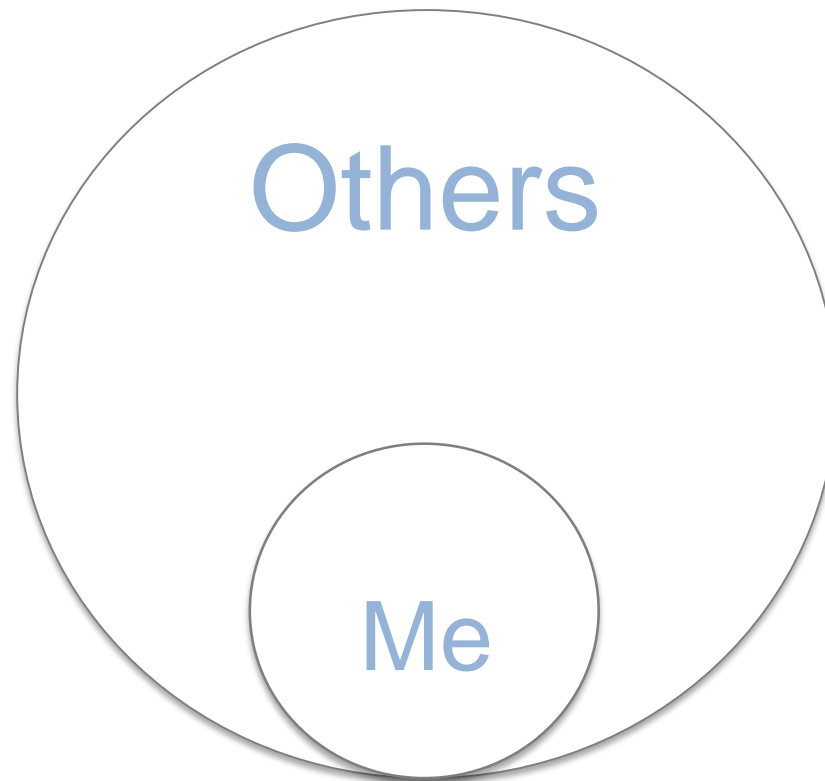
A = B ?

Examples

A = B ?

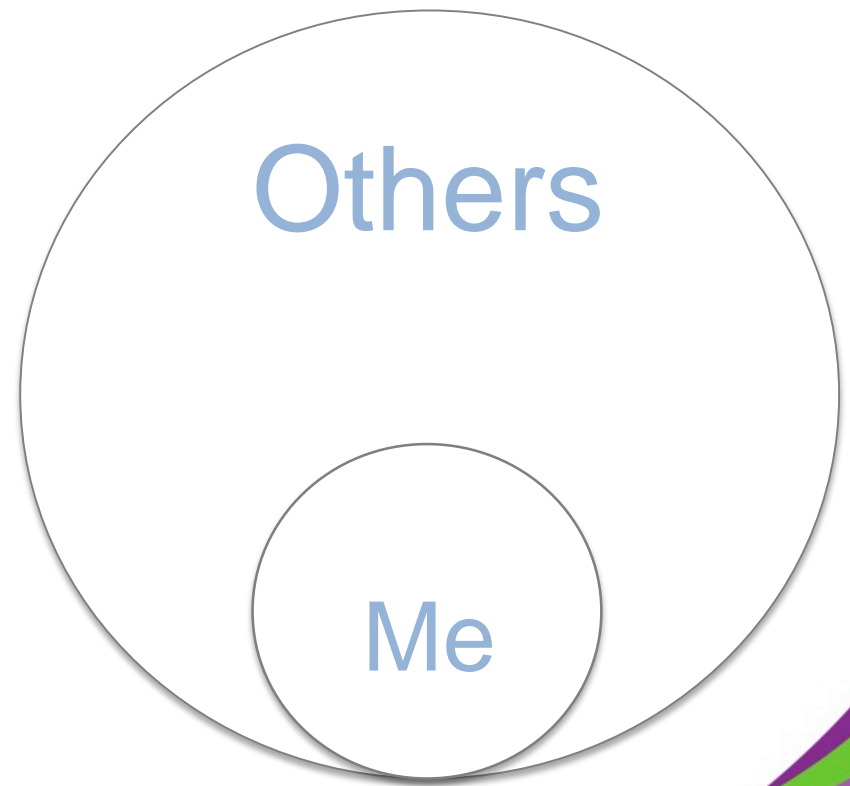
1. "I am bad at _____."
2. "My boss is _____."
3. "DSC will never _____."
4. "I don't enjoy _____."
5. "My mother-in-law is _____."

Separate locus of control



Examples

1. My frustration with my co-worker.
2. My frustration with my career.
3. My frustration with my husband.



Activity

What have I changed my mind about in the last 24 hours?



Reflect

3

Imagine Destination





My Destination



My Ideal Average Day





Reflect



4

Decide by Values



Activity

How can we align our
values with our decisions?

5

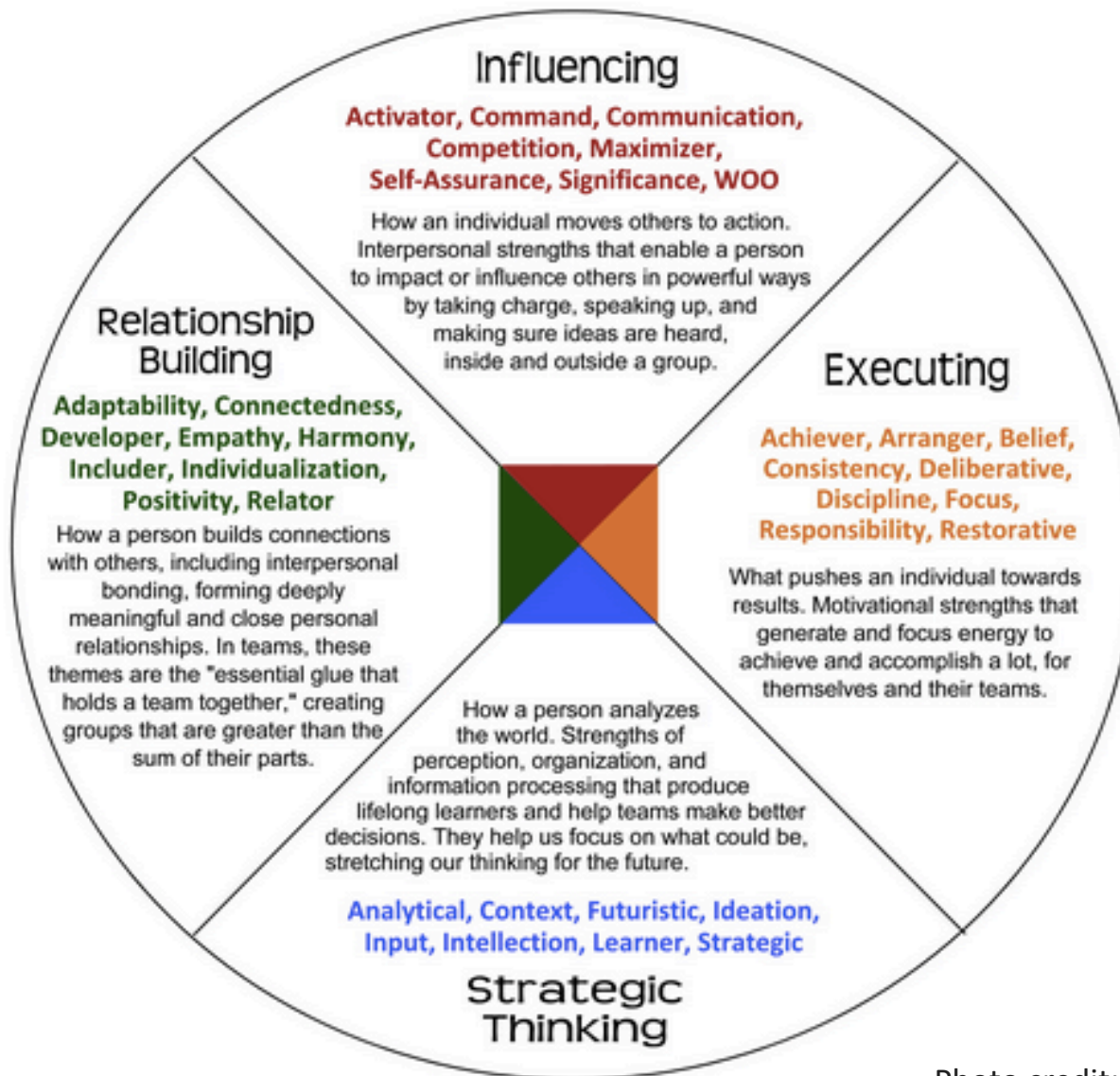
Position by Strengths






Marcus Buckingham
Strengths Revolution Pioneer

What's your strength?



Alastair Cook





161 Matches

12,472 Runs

33 Hundreds

Activity

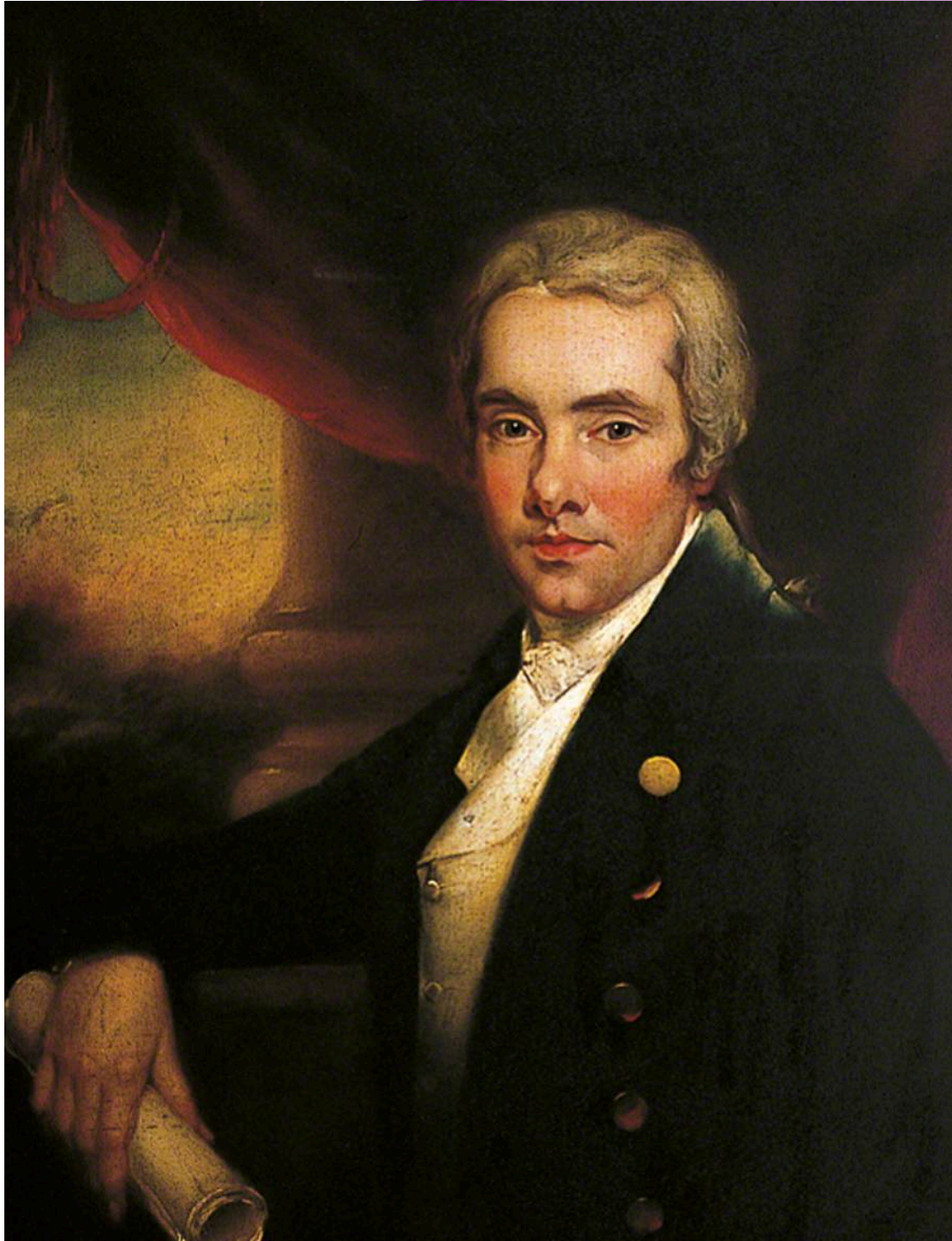
How can we maximise
our strengths?

6

Persevere by Discipline



William Wilberforce



directory of social change

Activity

How can we plan
our future?

Resources

1. The Art of Worldly Wisdom by Baltasar Gracian
2. The Relationship Cure by John Gottman
3. Go Put Your Strengths to Work by Marcus Buckingham
4. Amazing Grace by Eric Metaxas
5. Happierhuman.com
6. TonyRobbins.com
7. BrendonBurchard.com