

MINDSETS

FOR SUCCESS

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

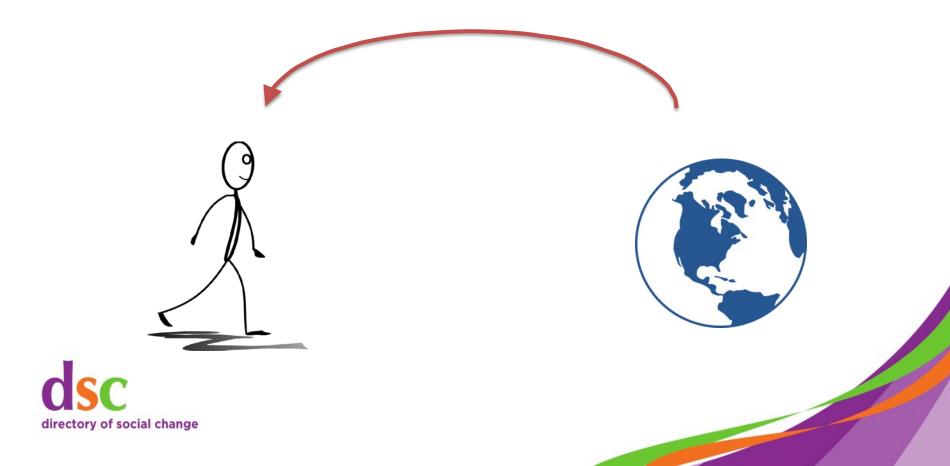
The power of interpretation and
The power of purpose



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...



Give Thanks



Test Truth

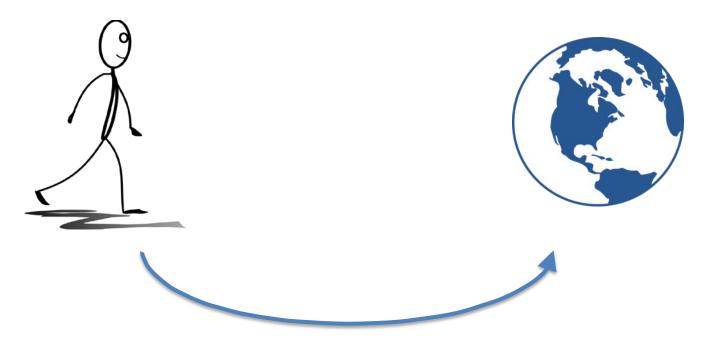


Imagine Destination



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....









Position by Strengths



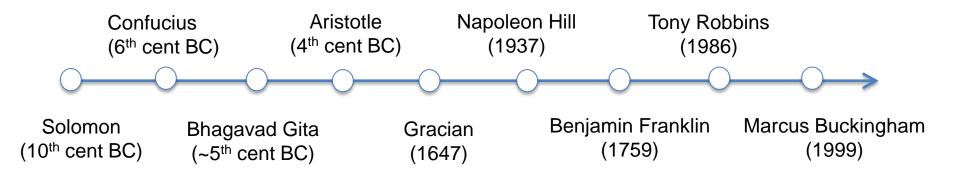
Persevere by Discipline

06

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



3000 Years of Success Literature





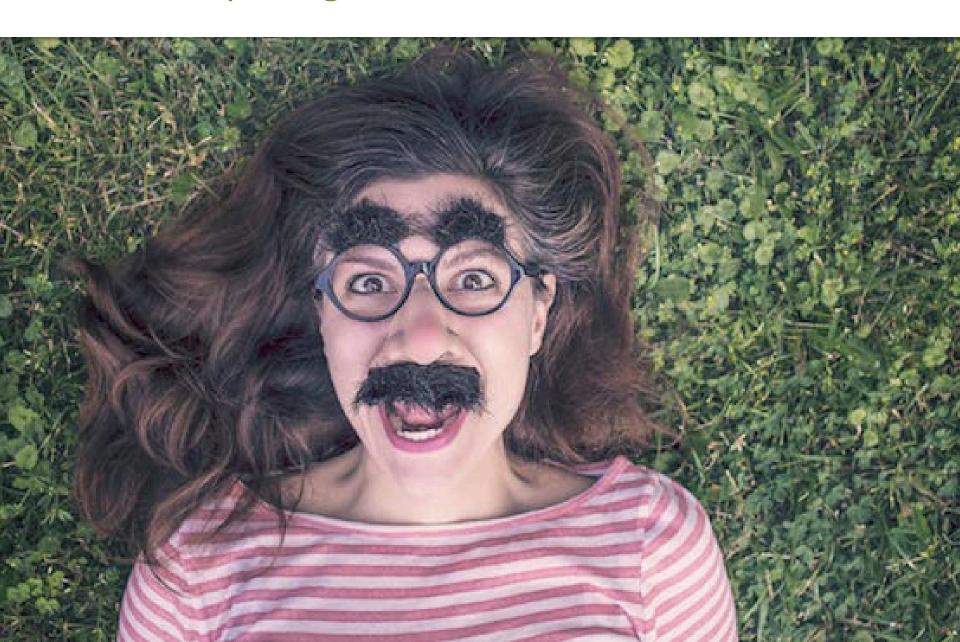
...plus many, many more.

Give Thanks





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 generousity (McCullough et al 2002)
- 7. Greatest predictor of marital longevity (Buehlman, Gottman & Katz 1992)

Starting a new habit (#1)

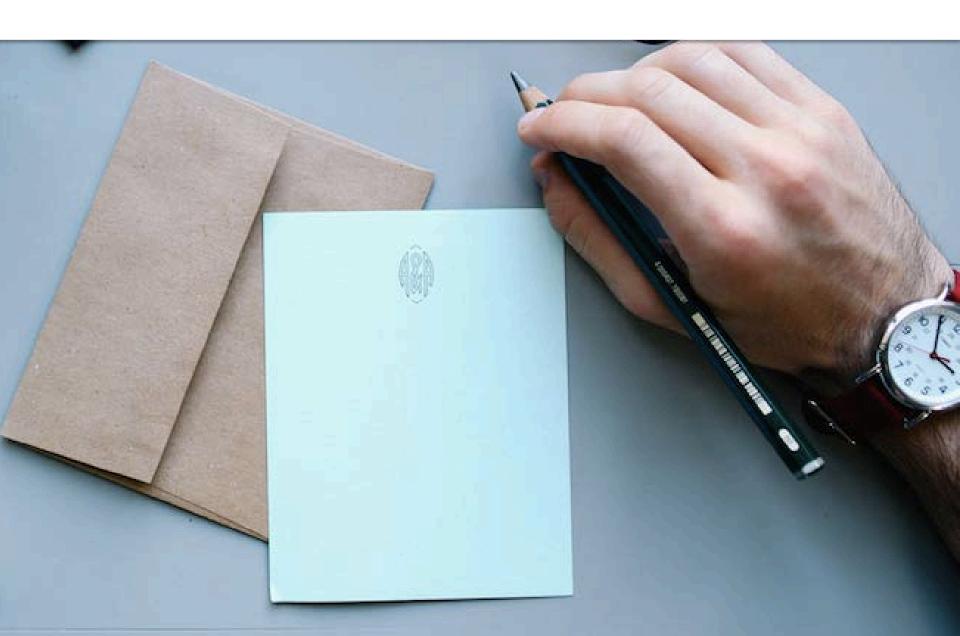
I am thankful for ...

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____





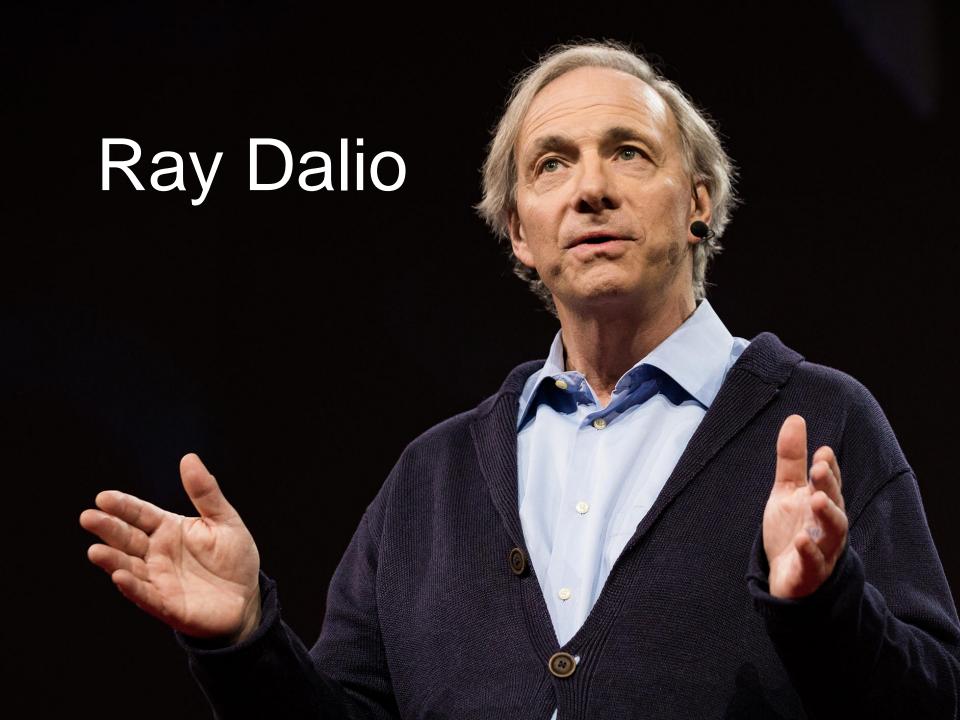
Starting a new habit (#2)





Test Truth





Test conclusions





Examples

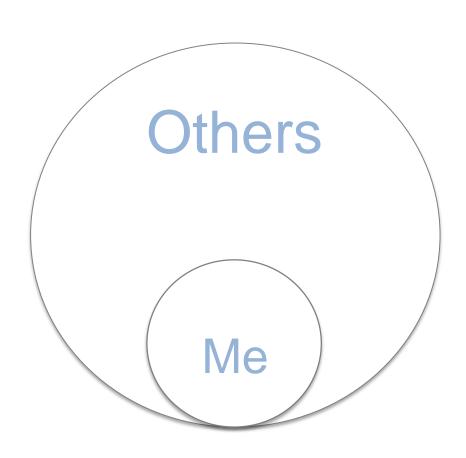
1. "I am bad at _____."



- 2. "My boss is _____."
- 3. "DSC will never _____."
- 4. "I don't enjoy____."
- 5. "My mother-in-law is_____."



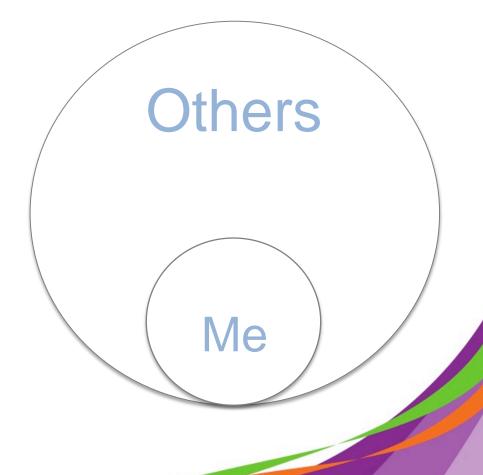
Separate locus of control





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?





Imagine Destination





My Destination



















Activity

How can we align our values with our decisions?



Position by Strengths





What's your strength?

Influencing

Activator, Command, Communication, Competition, Maximizer, Self-Assurance, Significance, WOO

How an individual moves others to action.
Interpersonal strengths that enable a person to impact or influence others in powerful ways by taking charge, speaking up, and making sure ideas are heard, inside and outside a group.

Executing

Achiever, Arranger, Belief, Consistency, Deliberative, Discipline, Focus, Responsibility, Restorative

What pushes an individual towards results. Motivational strengths that generate and focus energy to achieve and accomplish a lot, for themselves and their teams.

eating How a person analyzes the world. Strengths of perception, organization, and information processing that produce lifelong learners and help teams make better decisions. They help us focus on what could be,

Analytical, Context, Futuristic, Ideation, Input, Intellection, Learner, Strategic

stretching our thinking for the future.

Strategic Thinking

Relationship Building

Adaptability, Connectedness, Developer, Empathy, Harmony, Includer, Individualization, Positivity, Relator

How a person builds connections with others, including interpersonal bonding, forming deeply meaningful and close personal relationships. In teams, these themes are the "essential glue that holds a team together," creating groups that are greater than the sum of their parts.



Photo credit: monroecc.edu





12,472 Runs

NatWest



33 Hundreds

Activity

How can we maximise our strengths?



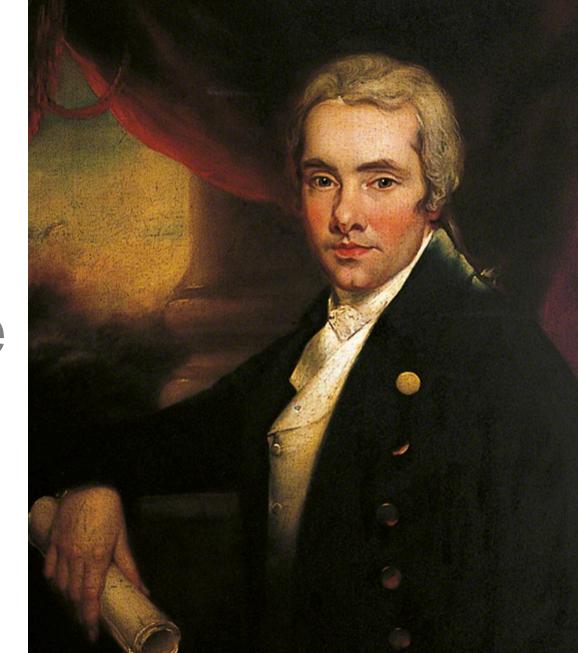
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1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



William Wilberforce





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