



FIXED or **GROWTH** mindset.

Mindset! Is your mind set working for you- or against you?

Fixed mind set view

I believe that my body, time, energy, and potential are carved in stone and cant be changed. I view set back's as a reflection of my self worth.

Growth mind set view

I believe that my body, time, energy and potential can be developed. My true potential is in my control. I view set backs as **learning** and a wake up call.

How to get your mind set on your side

1. Recognize the fix mind set voice (become aware)
2. Know you have a choice
3. UNZAP the fixed mind set voice with your Growth mind set phrases
4. Take growth mind set action!

***“NEVER LEAVE THE SCENCE OF A DECISION WITHOUT TAKING ACTION” -
TONY ROBBINS***

INSTEAD OF	USE
That's just not me	If one can do it, I can do it.
I failed	What can I learn from this?
This is too hard	Focus on the benefit of taking action
It's all or nothing	Progress is the promise land
I don't have the time	I MAKE the time for _____ benefit
I don't like how _____ looks	I will focus on how I want to look or feel
I focus on what I don't like	I will FOCUS on what I want
I can't get motivated	What things can change my emotional state?
I can't seem to follow through	Who or what can keep me accountable?
I'll try	I WILL! I CAN!
I should	I MUST! I resolve to
I beat myself up after eating	I'm human. I'm progressing!
I already tried that	The past does not equal the future
Will I succeed or fail?	Will it allow me to grow?
I'm a failure. I knew id fail	I will learn from this and change my strategy
I enjoy sweets/wine too much	I earn a few sweets after eating healthy all week
I'm not seeing it	Where i'm going is more important then where i'm at

