



Developing Your Live Love Success Mindset Through Self-Reflection

Our minds interpret, filter and assimilate our concepts, strengths, fears and desires. Your mind is like a garden.

What information are you planting in your mind's garden ~ flowers or weeds?

Has your mind become a friend or foe?

For this exercise we are going to reflect upon where you are now mentally and the ways you can begin to improve upon them.

For the seven different mindsets follow this Live Love Mindset Process for each one:

- Answer the questions from a positive and negative perspective.
- Go into the past, present and future. Stating times when you did not have that mindset, also reflecting upon what you may have lost or never received because you did not have that mindset.
- Feel into the Loss then Visualise present and /or future YOU when you are operating daily with that mindset.
- Feel how you will be, who you will be and what you will obtain in life due to this heightened mindset.

Take your time. This a very important exercise.

Mindset 1: Self-Trust Mindset

Do you have a self-trust mindset? Do you trust yourself and believe in your capabilities? Do you have the confidence to banish any negative voices in your head?

Trusting yourself is like building a muscle. You don't just go to the gym and immediately become fit; there is a process to it that involves coming back regularly until you eventually reach your goal.

Every time you flex your trust muscle, it strengthens.

It's time to turn up the volume of your inner voice and create the kind of person you will be happy to live with for the rest of your life.

Remember: You are the only person you will spend your entire life with. You have your best interest at heart.

Mindset 2: Goal-Setting Mindset

Do you have a goal-setting mindset? Do you know what you want? Are your goals motivating you? Challenging you? Are you willing to set high goals and never give up until you achieve them?

Answering these questions following the *Live Love Mindset Process* will assist you to easily implement your Live Love Vision and Target goals.

Mindset 3: Patient Mindset

Do you have a patient mindset? Do you give up on your goals when you're standing still, not moving forward quickly enough? Are you prepared to do all you can to move forward? Do you know when to wait and watch?

Patience is definitely a valuable character trait to develop. It may appear to be passive, however it is an active, purposeful and necessary form of self-discipline. Without patience many of our actions would be counter-productive and ultimately much time and energy would be wasted spinning our wheels.

Mindset 4: Focused Mindset

Do you have a focused mindset? Do you have tools that will keep you focused and keep procrastination at bay? How disciplined are you? What are your known distractions? What tools do you utilise to keep you in the present; the here and now.

When we improve our skill to focus on anything we want to accomplish we can dramatically improve our productivity and the results.

Develop your mental focus to be on only one thing at a time i.e. not to focus on all the other distractions that are constantly around us. It means to have the ability and also the discipline to say yes only to the most important thing at this moment and to say no to all the rest.

Mindset 5: Positive Mindset

Do you have a positive mindset? Do you choose to be positive and have a good attitude in any given moment? Are you giving yourself reasons why you can't or shouldn't? or do you give yourself reasons why you can and permission to go for it? Does your happiness come from within?

Multiple scientific studies have demonstrated the physical and mental benefits of positive thinking. Positive thinking can give you more confidence, improve your mood, and even reduce the likelihood of developing conditions such as hypertension, depression and other stress-related disorders.

Mindset 6: Learning Mindset

Do you have a learning mindset? Are you looking for the lessons whilst you are struggling? What have you learnt from your failures? How have they helped you to grow? Remember if you are determined to learn, no one can stop you.

A learning mindset means that you see challenges as opportunities and that you are motivated to learn something new every day.

Mindset 7: Courageous Mindset

Do you have a courageous mindset? Do you know how to work through your fears when they show up? Are you courageous enough to face your fears, saying "I am scared, though I am moving forward anyway?"

A courageous mindset comes from developing all of these mindsets, with the three factors that have significant influence being:

1. Developing self-confidence and believing in yourself without limits.
2. Keeping worries in perspective knowing that 96% of your worries are without merit.
3. Maintaining an optimistic spirit seeing situations as opportunities to excel and grow.

Conclusion

Which mindset will you be developing/ enhancing first?

What books can you read to assist you in achieving some of the self- reflection mindsets?

Will you create a schedule for the next three months that will assist you to grow in all seven mindsets?

Remember: What You Believe You Receive. What beliefs are no longer serving you?