



Creating a Mindset for Success

Did you know that every obstacle in your life is subject to change? We can change or at least positively impact most obstacles in our lives by simply creating a mindset for success. By creating a mindset for success, we are opening ourselves up to new possibilities and ultimately setting ourselves up for future successes *aka* fulfilling our dreams!

Step 1: Eliminate Head Trash

It is time to have a serious conversation with that annoying, self defeating voice in your head. You know what I mean, that voice that says things like “I’ll never have time to do what I really want to do with my life.” Or “Who am I kidding, I can’t do this.” Become aware of how much control that voice has over your actions. Make a conscious decision to identify why that voice is so destructive and ultimately, what it is going to take to turn those negative thoughts into positive thoughts.

After all, if you do not believe in yourself – who will?

Step 2: Focus on your strength zone

Each of us has one. It is perhaps best described as those moments in times when we are most productive without putting forth a lot of effort. You know what I mean, when you loose track of time, when ideas are endless, when the stars align and everything seems almost perfect.

Our strength zone can be described as those moments when we feel as though we are living out our true purpose – without even consciously thinking about it.

How do you identify your strength zone? The answer lies in the answers to the above questions.

Step 3: Have a plan

Set short and long term goals. Write out specific action items (or tactics) for each goal. Then, create a list of how achieving each goal will benefit you.

Consider what actions you willing to set into motion today, tomorrow, or the next day and what actions you are unwilling to do.

Step 4: Let go of perfectionism

No one on this planet is perfect so, why do we think we should be the only one? Give yourself a break and recognize that everyone has 'stuff' that gets in the way of our ideal path to success. Be realistic in your approach in developing your plan.

Step 5: Be disciplined

Just because you have a plan does not necessarily mean that you will follow it. Break your goals into small time drive, measurable action steps and review those steps on a regular basis. Better yet, invest in your success and partner with an accountability rep, hire a business coach, or join a mastermind group.

Step 6: Celebrate Successes

Acknowledge and celebrate each step of the way. It may take years to reach your ultimate goal – do not deny yourself positive reinforcement in the short term. Reward yourself along the way.

Success can not be achieved unless your own head is right! **Get your own head right! Get focused and Create a Mindset for Success**....Contact Julie Taylor for a FREE Business Coaching Strategy Session visit: www.jadcc.com