



"You might not be able to always control everything that happens to you, but what you can always control is how you let what happens to you affect you." — JONAS CAIN

Your mindset is the attitude you use to approach your everyday life, influencing how you frame your past, experience your present, and dream of the future.

You can think of your mindset like a sailboat: With a negative mindset, it's like a boat filled with holes, threatening to sink your enthusiasm with frustration, discouragement, and despair. By contrast, with a positive mindset, it's like a worthy craft that can weather any storm and keep you afloat.

The question becomes, how do we avoid the default holes of frustration, discouragement, and despair to instead craft by design a positive mindset that can keep us moving forward with clarity, confidence, and courage?

PRACTICE

To help you foster a positive mindset, here are three suggestions you may wish to consider:

1. Fascination: Frustration can sneak into our lives when reality doesn't quite meet our expectations. This can be overcome by choosing fascination over frustration. When you're frustrated, you wish for things to be different but you're more interested in complaining about the state of affairs than doing anything about it. By contrast, when you're fascinated you hope for a brighter future and then take proactive steps to make it happen. In other words, frustration focuses on the problems, while fascination focuses on the possibilities.

2. Growth Mindset: We can become discouraged when we feel a lack of capacity for doing the very things we most want to do. This can be overcome by having a growth mindset rather than a fixed mindset. With a fixed mindset, you believe your current level of knowledge and skills are fixed where they are and you cannot learn anything new. By contrast, with a growth mindset you believe you have the capacity to gain new knowledge and skills to rise and meet the challenges ahead.

3. Internal Locus of Control: We can fall into despair by experiencing learned hopelessness—a state where you feel a complete lack of control over your life. This is known as an external locus of control, where you believe that no matter what you do, you will never affect positive change because you believe your experiences are ruled by forces outside of your control. By contrast, with an internal locus of control, you believe you do have influence over the outcomes of your efforts and are fully empowered to control your experience of what happens to you.

REFLECTION

- 1. Do you tend to easily get frustrated? Or are you able to maintain fascination, curiosity, and wonder in order to see the possibilities within the problems?*
- 2. Do you believe your currently level of knowledge and skills are fixed? Or do you believe you can learn new knowledge and skills to level up your abilities and enhance your capacity?*
- 3. Do you believe what happens to you is the result of outside forces that you have no control over? Or do you believe you are in control of your life experiences and achievements?*

FINAL THOUGHTS

Your mindset is the attitude you use to approach your everyday life, influencing how you frame your past, experience your present, and dream of the future. When you're not careful, it can be easy to fall into a default negative mindset filled with the holes of frustration, discouragement, and despair. Yet, by engaging in the positivity practices suggested here, you'll be empowered and encouraged to foster a positive mindset that can keep you moving forward through life with clarity, confidence, and courage.

• KEY INSIGHTS & NEXT STEPS •

Making positive changes isn't a quick process, but it is achievable when you engage in positive daily habits and remain patient. In the space below, outline your key insights from this lesson along with your next steps for applying your new knowledge and skills:

- *What information has been most helpful and how will you apply it?*
- *What reinforcement, resources, or support do you need in order to succeed?*
- *What daily habits will you be called to engage in, and what habits might you consider getting rid of?*
- *How will you know that you are making progress?*

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