

Grokker

Build a Mindset for Success in 7 Days



Learn practical and effective mindfulness techniques to help you reach your personal and professional goals.

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BUILDING SELF BELIEF

In today's exercise, we will focus on cultivating a stronger sense of Self Belief. We're going to take a little time to reflect on our accomplishments and remind ourselves what we are capable of when we set our mind to it.

First, take a moment to reflect on one thing you accomplished or achieved in the past 24 hours.

Good. Now, let's shift our focus to the past week. What is one thing that made you feel proud, no matter how big or small that goal was?

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Moving on to the past month. Over the last 30 days, what's something special that you achieved, accomplished, completed, or carried out?

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Now think about the past year. Bring into your awareness a moment that you were incredibly proud of.

Finally, think about one moment in your whole life. Choose just one moment when you felt the most amount of pride and the greatest sense of achievement.

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What did that moment feel like? Where were you? Who was with you? Hold that moment in your mind and allow yourself to feel that sense of accomplishment again.

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At some point, these things you remembered today seemed impossible. At some point, you questioned your ability to accomplish them. Yet with perseverance and self-belief, you made it.

By spending time revisiting past achievements, you increase your self-esteem and confidence, creating a greater sense of wellbeing. In moments of doubt or when you require extra motivation, use this exercise to strengthen your self-belief.

FOCUS ON THE POSITIVES

Today we will take a step forward, shifting our focus to view ourselves and the world around us through a positive lens. Take some time to reflect on the follow questions:

What thoughts, feelings and emotions do you experience each day? Are they positive or negative?

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What language do you use towards yourself? Is it positive or negative?

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What statements do you repeat over in your mind daily? Do you criticize yourself regularly? Do you praise yourself?

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Now think of a criticism that you have of yourself. A statement that belittles you. Think about this statement that you regularly repeat and ask, is this true or is this a story?

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Think about your negative statement and consider how you can reframe this to be more positive. What is your new positive statement?

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For the next few minutes, repeat your new statement over and over in your mind.

Regularly repeating your new statement will help you create new belief systems and more positive ways of thinking.

You can continue to use this exercise to create as many new positive statements as you like. I recommend writing them down and using them as your personal affirmations.

BUILDING MOMENTUM WITH HABITS

Today, we will be exploring how to build momentum by creating healthy habits. This exercise will ask you to reflect on your ideal workday. A day when your routine aligns completely and you feel energized, confident and composed. Take some time to reflect on the following questions:

What time do you wake up?

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How do you feel when you wake up? Are you energized, alive and awake? What impact does this have on your day?

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What rituals and habits make up your morning routine? Think through each thing you do in the morning.

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Do you take time to exercise? Do you practice meditation? Do you prepare a nutritional breakfast and spend time with your family and loved ones?

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How do these morning habits make your feel?

How does your mood impact your day? What effect does your energy and spirit have on those around you?

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How do you respond when faced with challenges?

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Now take a few minutes to contemplate which of your daily habits are serving you well and which are not. Select one habit that is not serving you well and make a commitment to replace this habit with a more positive action tomorrow.

PLANNING FOR SUCCESS

Creating a plan of action is a key ingredient in any pursuit of success. Take some time to reflect on or write answers to the following questions.

Do you have a goal that you are working towards? Is there something in life that you would like to achieve? Maybe you have been thinking about this task or goal for a while. Something you would love to achieve but you are a little uncertain where to start.

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Picture your end goal. What does it look like? Who are you with? What does it feel like to have achieve your goal?

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What is the first step you can take to move towards your desired outcome?

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Who can help you on your journey? Write a full list of people and how they may be able to help.

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What research do you have to carry out? If so, where can you gather this information?

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When would you like to achieve your goal? Is this timeline inspiring and realistic?

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How will you measure your progress?

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What obstacles can you foresee that may impact your ability to reach your goal?

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Within your answers, there will be actions that you can capture. These actions will be the catalyst to move things forward. In our next exercise, we will explore further how to approach and complete these actions, moving past fears and doubt along the way.

EXECUTING THROUGH ACTION

In today's exercise, we are going to shift from planning and strategy to execution and action! Moving into a state of action is the only way we will reach our goals and turn our dreams into reality.

As human-beings we all have different learning styles. These learning styles often dictate how we move through life when it comes to planning, decision-making, and taking action.

Two men called Peter Honey and Alan Mumford noticed this and proposed the theory of learning styles. They stated that there are 4 distinct types of learning:

Activist:

Learns by doing. They want to dive in head first.

Theorist:

Likes to understand how the new learning fits into their 'framework' and into previous theories.

Pragmatist:

Cares about what works in the real world.

Reflectors:

Likes to think about what they're learning.

In order to learn effectively, it's important to be able to use all four styles, but most people have a preference for one or two.

Take some time now to answer these four questions:

Remember a time when you had a goal or a task to complete. Consider your approach: was it activist, pragmatist, reflector or theorist?

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Is this a common approach for you when tackling challenges, tasks, or to-do lists?

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Do you feel like you always need more information, more skills, or more time to think?

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Do you jump straight in and then wish you had taken more time to plan?

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Now that you have some greater clarity on your learning style, look over the actions you identified in Exercise 4 – Planning, and ask yourself, what actions can I take right now that will help me move forward towards my goal?

RESILIENCE & WILLPOWER

Today, we will be activating our inner-power by increasing our willpower and resilience. Willpower and resilience are what enable us to maintain focus, belief, and desire.

Think of a moment in life when you had to overcome a challenge or an obstacle that felt insurmountable. A moment when you doubted yourself or your ability to reach your end goal.

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What was the goal you were working towards?

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What were the challenges you had to overcome?

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Once you moved past these challenges or obstacles, how did you feel? What did you learn about yourself?

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Remind yourself of the inner strength and power you possess. You managed to find a solution, create an idea, or convince yourself that you were enough, that you were strong, that you could achieve all that you set out to.

Now repeat the following statements out loud or write them down.

I Am Powerful

I Am Strong

I Am Enough

Whenever you feel overwhelmed, stressed or doubtful, you can take some deep breaths and repeat these affirmations to bring you back to a place of inner calm and confidence.

CELEBRATE AND REWARD

In everyday life, we move so fast that we sometimes forget to stop, take a breath, and reflect on our day and our achievements. Today, we will be taking time to develop a deeper understanding for the need to celebrate your wins and reward yourself.

Reflect on three things you accomplished today. Maybe you never gave yourself credit for these three things you accomplished.

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How does it feel to take time to acknowledge your achievements?

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Challenge yourself to make a habit of acknowledging your achievements at the end of each day for the next 21 days and see how this impacts your sense of fulfillment.

Now, for our final task, take a couple of minutes to write down a list of things that you like to do or activities that make you feel great. They can be big or small. It could be having a nice cup of coffee, treating yourself to a massage, watching your favorite movie, going out for a delicious meal, spending time in nature, or going on a mini-vacation; whatever you love to do, write it down.

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Each week, commit to rewarding yourself with at least one thing on your list, based on the list of accomplishments you write down throughout that week. Rewarding yourself for victories, big and small, will make a world of difference.

Congratulations on completing this seven-day program. You've built a mindset for success to help you achieve your goals. Remember to celebrate those wins!