

Growth is About Mindsets

Are your mindsets holding you back?

Most people think growth is about adding knowledge and skill, but what really holds them back are their mindsets.

What is real growth?

- It's more than adding new knowledge and qualifications
- It's more than developing new skills
- It's more than getting started
- It's more than willpower or trying harder
- It is about:
 - Shifting our limiting beliefs
 - Changing our mindsets
 - Then the rest is easy

Why do we need mindset change?

- It's our autopilot, most of the time. All the other things will return to our mindset settings the moment we let go
- When the mindsets change, everything else will follow
- When we shift what we believe about ourselves, we open new previously unimaginable possibilities

Who needs this kind of growth?

- Anyone who wants to change something significant in their lives
- Anyone who wants to leave a lasting impact on their worlds or their people
- Anyone who wants to be a conscious leader

When – what's the rush?

- Now - "one day when" doesn't exist. It's called the lotto mentality
- Every day - consistency is more important than effort
- Be patient - you will be rewarded!

How do mindsets shift?

- Being present - look for patterns, let's look at an eating example:
 - How do you feel when you decide to get pizza?
 - How do you feel when you take the first bite?
 - How do you feel 30 minutes later?
 - What is the programmed mindset you want to change?
- Awareness
 - What are the gaps between what you know to be true, and how you behave?
 - What's your intuition telling you?
- Affirmations / declarations of truth / manifestos
 - Speak your truth over yourself
 - If possible, say it out loud
 - Share it with your closest tribe, those who are rooting for your essence
- Make yourself your number one job each day
 - You are worth it
 - The daily reminder: My number one job today is me!



I hope you enjoyed the presentation!
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