



Mindset Tipster Sheet

Mindset: *What can You do Each Day to Learn?*

Look at some quotes to see if you can find the wisdom in them.

To explore these quotes, review the information you have learned to explain some of them from different perspective.

Quote #1: "Many of life's failures are people who did not realize how close they were to success when they gave up." *Thomas Edison*

What does this mean to you? Remember the Churchill quote, Never give up, never give up...?

What is the difference between giving up and giving in?

What is the difference between realizing when it is time to "close one door so another door can open?" Is it always the wise thing to never give up? Or is it wise to know when the time is right to give up? Does it depend on the situation?

What can you do to know when giving up is in your highest good?

Quote #2: What if there are no mistakes?



One of my favorite Spiritual teachers expanded my awareness by telling me that I wasn't capable of making a mistake. I told him that I have made many, many mistakes, and he said "No, that isn't possible".

He went on to explain that he believed that we make a contract with Spirit when we come into the human experience to do just that - have many experiences – daily and of many varieties, which is why it is called the human experience, not the *right* experience.

Every choice you make precedes an experience and because you're always fulfilling a sacred contract, therefore, there is no such thing as a mistake. We have the capacity for free will and have choices in every opportunity. The possibilities of choice are endless, excluding making a mistake.

You can remember this throughout the rest of your life - aim above all else to make wise choices - but if you review some of your choices and realize there might have been a better one – you're going to have an experience, and that's for sure.

Just don't make the mistake of thinking your choice was a mistake...

Quote #3: "I cannot give you a formula for success, but I can give you the formula for failure, which is: Try to please everybody." *Herbert Bayard Swope*

One of the underlying beliefs of being a people pleaser is that you can make people happy. You don't have this ability. We are each responsible for our emotions and no one can make you feel anything you don't give them permission to feel.

Your best efforts at happiness are the efforts that you do to make yourself happy. These efforts pay you an energetic dividend.

It has been said that "One moment of anger depletes your immune system for 4 – 6 hours. One minute of laughter increases your immune system function for 12 hours." What can you do to please yourself and make sure you enjoy your life?

You may feel good about helping another person feel good, but you feel even better when you spend the same time and effort to make yourself feel good. AND when you feel good, the people around you can pick up on that energy and feel good.

Quote #4: "You wouldn't worry so much about what others think of you if you realized how seldom they do." *Eleanor Roosevelt*

How much time do you spend worrying about things over which you have no control?

Think about this – if you are really fulfilled with being present and fully living your life, how much time do you have to think about other people?

For instance, if you have 10 people in your immediate family and 15 people in your extended family, and 14 friends, that is 39 people. Do you think about each of them all day, every day? Probably not. There may be one or two people you think about consistently, especially if they are your children or spouse because you have interactions with them frequently.

You may think of them briefly and then you move on with your life. They are doing the same thing. Living their life.

Quote #5: "Confidence comes not from always being right but from not fearing to be wrong." *Peter T. McIntyre*

This is an interesting quote. Look at quote #2. If there are no mistakes, is there a right and wrong?

What if you have been fearing and living in the fear of something that doesn't exist? What would it take for you to know that there have been choices you have made and learning experiences as a result of those choices?

As Gregg Braden has so eloquently stated, "What if our beliefs are wrong?" What if you have been living a life that has lacked purpose and fulfillment because you thought you have been wrong?

What would it take for you to believe something different?

Quote #6: "When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't." *Jodi Picoult*

There was a story roaming around the internet about a teacher who wrote this on the board:

$$9+1=8$$

$$9+2=11$$

$$9 \times 5=45$$

$$9 \times 10=90$$

The students raised their hands to correct the teacher. They told him that he got the first equation wrong.

He said, "Did you notice how many I got right?" "No", the students said.

He said it is easy to notice the mistake, harder to notice what is correct.

What would it take for you to notice and accept the "millions of people who accept you as you are?" And, going back to quote #3, accept yourself for who you are and allow and accept other people for who they are. Notice the people who can do that – focus on what is good and loving about you instead of always looking for the error.

Quote #7: "Successful people have fear, successful people have doubts, and successful people have worries. They just don't let these feelings stop them." *T. Harv Eker*

Did you realize that successful people face the same emotions that you do?

What do they do differently to manage them? It is easy to say that “They just don’t let these feelings stop them.” But how do they do that?

You have learned a lot of skills, techniques and practices that allow you to manage your emotions in healthy ways. You have explored your beliefs and sifted and sorted them into beliefs that support you and beliefs that destroy you.

You have created a new brain by learning something new and exploring new ideas and concepts.

You have the skills and knowledge necessary to not let fear stop you.

Remember what Antonovsky said in your Bonus Reading, “you have a “sense of coherence” that flows from an inner certainty or faith about one’s place or role in life.”

You, too, can choose to not let those feelings stop you.

Complete your day, release it, and wake up inspired.
