

Get your mind working
for you!

5 MINDSET TRAPS TO AVOID

Ignited by Lisa Clifford



Power for
Success



**IS YOUR MIND
WORKING FOR
YOUR OR
AGAINST YOU
OR BOTH?**

**COMMON TRAPS OUR
WANDERING MIND CAN FALL
INTO, WHEN LEFT UNATTENDED.**

You can be so committed to your growth, doing the mindfulness, the affirmations and the powerful intentions ...

But are you undermining your great work and progress with unconsciously allowing your mind to follow unhelpful thinking?

Have a look at my 5 Mindset Traps to Avoid and see if any of them resonate with you?

1. ASSUMPTIONS

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Making decisions on fear based assumptions is your mind's way of keeping you safe and protected. Assumptions are good when you're working with a spreadsheet of analysis... they are calculated forecasts. However in your life your mind can make "stuff" up and then lead you into decision making that assumes your thoughts are facts, when indeed they're not.

Ask yourself "what are the facts in this situation that I know to be true". Then investigate/research what you don't know to help you make your best decision.

2. CATASTROPHISING

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It's often great to think "what's the worst case scenario that could happen here and could I handle it or/and recover from it?".

But too often that's where our mind leaves us ... at destination Disaster.

Visit there but do not unpack and move in ... it's just one possibility of what could happen. Your job now is to consider all other possibilities including what could be the most amazing outcome?

Build that picture - align your energy and plan towards that destination.

3. WHAT WILL OTHERS THINK OF ME?

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It's human nature to want to be accepted and to want to fit in, to have harmonious relationships and environment, however you do not have to compromise your dreams, hopes and goals so other people won't get ruffled.

Sometimes we can calibrate what we truly want based on keeping harmony with others, so just notice whether your mind is changing your inner truth so not to lose favour, based on your assumptions of what people will think. What other people think of you is non of your business.

4. I HAVE TO DO IT ALL MYSELF

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Sometimes we think asking for help shows weakness or we have thoughts of “I should be able to do this on my own” all this does is keep your knowledge, growth & results restricted.

Or maybe you have a need to be recognised for your expertise and asking for support will undermine your professional standing. But ask yourself “how is this thinking working for me right now?”.

Learn from the best... bring in the experts and stand on the shoulders of giants, everyone wins.

Let go of your pride, quieten the ego and grow into your brilliance. No-one knows everything, so why should you? Thinking you do - restricts your growth & potential.

5. IT'S NOT MY FAULT

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No-one likes to be blamed... but so often in the flee from the blame zone we miss where we can grow the most.

If something has not worked out choose to take a position of "what can I take responsibility for and how I can use it as a gift for the future?". What is my learning here?

When we own a part of the problem however indirect our involvement is, we get to forever have the gift of the solution, if we stay in "not my fault" zone we lock ourselves in "judgement" which is not a place for your growth.



Lisa Clifford

THIS IS JUST A TASTER

I hope this snap shot into "5 Mindset Traps to Avoid" has been intriguing and thought provoking.

I do lead in-house coaching programmes which have supported businesses into a growth mindset culture and therefore High Performance results.

Have a look around the website and if you feel I'm a fit for the direction you want to take your team and business in, then please get in touch.

Regards,
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