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What Is Your Mindset?

What we take for granted is often our most powerful and underutilized resource. Our ability to create and fully activate powerful mindsets is one such resource.

As an executive and business leadership coach, I emphasize the phenomenal power of generating mindsets when planning and setting goals for the year, month, week, any worthy situation or event.

The greater the intensity related to the mindset, the more powerful it becomes toward achieving the ultimate objective. Mindsets are simply structured as affirming phases, which are intensely linked to a previously successful life experiences. Mindsets can also be effectively utilized by either individuals or teams.

One of my situational mindsets is, "nothing you can't handle." Those four words are intensely anchored to a single situation during private pilot flight training.

While executing numerous landings in strong turbulence and crosswinds, I wrestled for what seemed like an eternity to maintain control of the aircraft. This is a rite of passage for all pilots. At the moment of greatest intensity, my flight instructor calmly stated, "nothing you can't handle." At that moment, a powerful mindset was born to serve me well for the rest of my life. Just four words can trigger a powerful state of being, producing great determination and confidence in any situation in a moment's notice.

Each day is a new page and each year represents a new chapter in our lives. Both are worthy of powerful mindsets that should never be taken for granted.

Here are three steps you can take to create a powerful mindset:

1. Think about and write down a major challenge you are facing.
2. Link that challenges with an intense experience that you've previously overcome or achieved.
3. Create an affirming and empowering phase that emotionally triggers a mindset that drives you to the achievement of your goal.

"Make this your best year ever!"



Rick Forgay is President and CEO of Business Leadership Mastery. Applied education for Executives and Entrepreneurial leaders who want to excel at growing thriving companies in any economy. Programs include customized corporate and small business leadership coaching, strategic summit facilitation, keynote and conference presentations. Contact Rick at 413-262-4906

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