

A MIND WITH LOTS of Potential



You may have **big dreams** and you know **you have the drive to go full throttle ahead**, but you can't seem to start. Perhaps you're overwhelmed or in doubt, find out **why and learn how you can 'train your brain' to serve as your most powerful muscle.**

Firstly, let's debunk the myth that you may only use 10% of your brain. You use 100% of your brain however, you may not be tapping into your complete potential because you may be living your day-to-day life with a fixed mindset rather than with a growth mindset. Our brains can be modelled in three parts:



- **The brain stem** which comprises of the spinal cord and connects the brain to the rest of your body and regulates physiological processes such as respiration and heart rate.
- **The limbic area** which help regulate emotions (amygdala) and works with other features of the brain to create various forms of memory (hippocampus).

- **The cortex** which includes the prefrontal cortex this allows you to think and reflect. It also lets you to manage and regulate your emotions, desires and impulses. This is also where your mind develops awareness and subjective experiences.

WHY YOU PROCRASTINATE

If you find yourself having big ideas but you tend to spend your time doing senseless tasks instead of implementing your ideas, then it may be time for you to confront your emotions. That's right, procrastination isn't a time management problem, it's more of a challenge with you regulating your emotions. You may actually be worried about failure, or your mind may take you on a trip down memory lane back to an experience where you may have not done as well as you

expected on a project or task. Some behaviours that you may exhibit are:

- **Rumination** being fixated on certain aspects of your life.
- **Comparison**, scrolling your social media feeds
- **Engaging** with activities that drive your impulses and give you momentary pleasure such as playing games.

GROWTH MINDSET VERSUS FIXED MINDSET

A fixed mindset is going with the status quo or not being able to site a reason for change. It's the type of mindset in which you may be less fluid and more rigid in your way of thinking. Growth mindset is creating opportunities for success, it's the ability to see the big picture in bringing about a positive change. It's also your level of health and happiness that bring attention to you.

YOU NEED TO STEP OUTSIDE OF THE FRAME TO BE ABLE TO SEE THE ENTIRE PICTURE AND RECOGNIZE THE OPPORTUNITIES BEING SHOWN TO YOU

HOW TO RECOGNIZE YOUR FIXED MINDSET

You can begin to raise your awareness and combat your fixed mindset by:

- **Catching yourself** when your mind gets into a negative loop of doubt and worry. When this happens, nurture your thoughts, reflect as to why you have developed a fear-based way of thinking at any moment and tell yourself that you are in a different place. It's time to flow forward.
- **Being aware** of your level of happiness. If you aren't entirely happy with certain aspects of your life; write out why you may not be happy and list some things that you would like to change.
- **Recognizing negative experiences** that you keep attracting. What attitudes, behaviours and thoughts might need to transform?

THE PHYSIOLOGICAL AFFECTS OF WORRY-FILLED THINKING

Many times when you fill yourself up with worries, doubts, and fears; it comes from your level of subjective awareness. This means that you may not be totally aware of how well you are actually doing because you may slip into self-criticism. What happens is that your mind begins to scan its memory bank for similar situations you've experienced that may have had an undesirable outcome and you start to associate your past

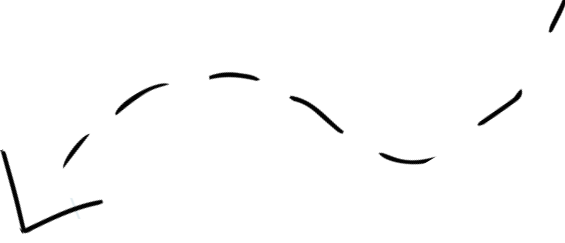
experiences with your present moment. Your body also begins to feel the physiological affects of your thinking:

- **Muscles tensing up** - your shoulder and leg muscles may tighten up preparing itself for some type of threatening situation.
- **Tight jaw muscles and headaches** will come on which will bring on moment of unrest
- **Increased heart rate/elevated blood pressure** can bring on potential panic attacks.
- **Shallow breathing** is a common symptom of anxiety.
- **Increased or decreased intestinal and/or bladder activity** - your body may begin to secrete certain chemicals or hormones that can affect your digestive organs.

Your mind can't distinguish between your actual reality and your imagination or your past thoughts. Therefore, it's important for you to be aware of your thoughts that don't accurately represent your present moment.

YOUR MOOD ALSO GET AFFECTED

Yes! Even though your present reality may be so much better than your past; when you begin to worry about an outcome that hasn't occurred yet your mood will undergo a subtle change.



DO YOU BEGIN TO SLIP INTO SELF-DOUBT, WORRY AND FEAR OR LEAN TOWARDS A FIXED MINDSET WITHOUT EVEN NOTICING IT WHEN YOU START TO WORK ON AN EXCITING NEW PROJECT? (IF YOU EXHIBIT THE FOLLOWING BEHAVIOURS, YOU PROBABLY DO...)

- Prolonged periods of procrastination
- Withdrawal from your social groups
- Perfectionist way of thinking
- Self-criticism
- Comparing yourself to others
- Thinking of what can go wrong instead of thinking about everything that can go right
- Mood swings and irritability
- Fixated on irrelevant details
- Constant rumination about past experiences

HERE ARE 10 WAYS TOWARDS CREATING A POWERFUL MINDSET

#1 Keep a notebook filled with all of your positive experiences, achievements, and happy moments. Pull it out and read through your stories as a reminder to you of how much potential you have.

#2 If your negative experiences keep coming up, confront them. Instead of dwelling on the challenges that you've experienced, write down everything that you learned from each situation and how you have improved from them. Also, create a plan of how you will successfully deal with similar situations.

#3 Make a list of your big life goals and why you want to achieve them. Each time your mind slips into fear, consult your goals.

#4 The brain is always growing and expanding - read more books and take part in experiences that foster your growth mindset. New knowledge will replace your fear-based thoughts to a motivated way of thinking.

#5 Make new goals each day. This way you always have something to look forward to. Keep your goals small, fun and achievable.

#6 Raise your awareness. Make a list of things and situations on which your point of focus is on. Examine your list and reflect on which items may appear to affect you negatively. Bring awareness on what you wish to focus on

#7 Write positive affirmations and messages to yourself which reveal your strengths, ambitions and intentions.

#8 Meditate for five minutes each day. Go to a quiet place and close your eyes and sit still in the silence. By closing your eyes you remove yourself from sensory stimulations and distractions in your environment and focus on being in the moment

#9 Create a gratitude list. Write down all the people, situations, and things in your life that you are grateful for. This brings your focus back onto everything that is working for you.

#10 Challenge yourself regularly. When you take small bite-sized risks you begin to develop your weaker muscles and gradually develop a growth mindset because you begin experience positive changes.