

EXPLORING



mindset



What is mindset?

Why does this matter?

...and how can we put that into practice?



THE PROBLEM

Humans are a lovely mess of competing short-term interests.

Like hunger or oh, a butterfly!



Without an established mindset:

- ✗ Your mind and emotions control you
- ✗ Your mind state and frame are random
- ✗ You will struggle to focus on what matters to you



definition

A mindset is an **established set of attitudes** of a person or group concerning culture, values, philosophy, frame of mind, outlook, and disposition. It may also arise from a person's worldview or **beliefs about the meaning of life**

keywords:

set of attitudes

+

beliefs about the meaning of life



KEY ELEMENTS

1.
Examine your underlying beliefs about yourself and life
2.
Create a hierarchy of your values and priorities
3.
Reflect your interactions BEFORE and AFTER events



Now we have our mindset
in place. Here's how we
build upon that foundation:



Combine key elements

The key elements establish the foundation

+

Frames

The mind frame you consciously create

+

states

The mind state of your mind frame!



MIND FRAME vs. MIND SET

Your mindset is the foundation of your reality. Your hierarchy of values and priorities and what you focus on will literally decide how you “see” the world.



A Mind Frame

...or “cognitive frame” is like the clothes you wear.

Ideally, you create several “outfits” and wear them according to the situation.

If you’re facing tough conditions, you’ll chose tough clothing. It’s the same with your mind.



The mind frame is something you consciously enter and leave - just like **MIND STATES**

Okay, let's be honest, this takes a lot of practice, but it is possible to enter and change the state of your mind at will.

Your brain is a chemical computer.

Depending on your state, it will operate differently. Your frames and states are like the software you install and the programs you use.

If you want to learn how, I can coach you ,-)



in short:

1.

Examine your essential beliefs

2.

Create a hierarchy of values and priorities

3.

Systemize:

a. Create mind frames and states.

b. Learn how to switch them.

c. Have coping and processing strategies in place.

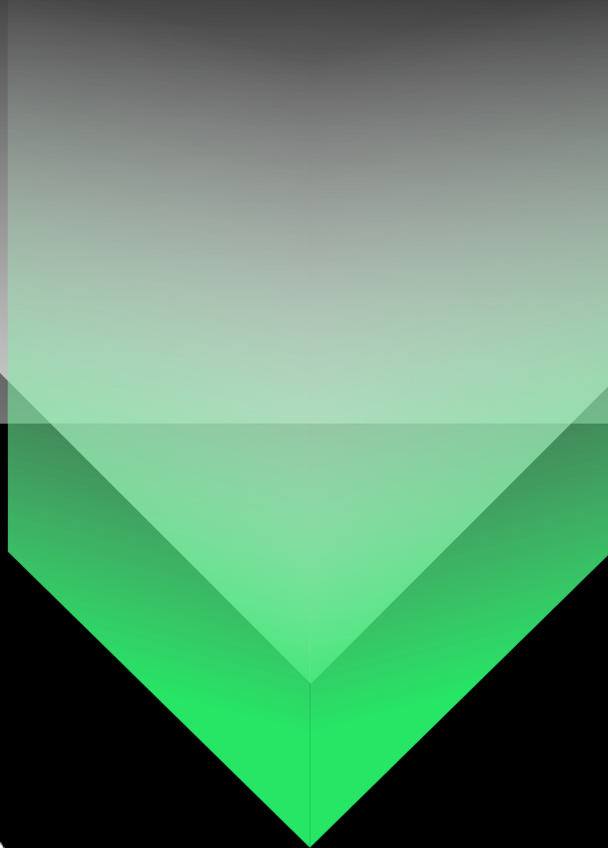
4.

Build an adaptable and resilient mind!



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pauL Piper

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