

POWER UP YOUR LIFE YOUR CAREER YOUR MINDSET!

What if you could see possibilities that currently escape you?

What if you could deal with change easily?

What if you knew what you want to do, where you want to be?

How different would your life be?

How important is this to you?

Well, the good news is that this is entirely possible. The “bad news” is that like many things in life, it will take some effort and some time.

Obviously, we won't solve it all today. However, I would like to give you some essential principals and simple steps to get you started. You can use these not only in the context of your work or career but also in all areas of your life.

So, let's get started!

Step 1: Being aware of our programs

Many of our reactions to a given situation are the results of a learnt behaviour. For example, how would you react if your boss called you into his/her office right now? Is it possible that some people will feel their heart beat faster, some anxiety rising, thinking “I'm in trouble” while others will be excited about it thinking “at last, I'm going to get that pay rise!”?

Simply put, we have inherited many of our reactions from people we grew up with, we work with, from behaviours we saw work for us in the past. However, these reactions are not always beneficial to us.

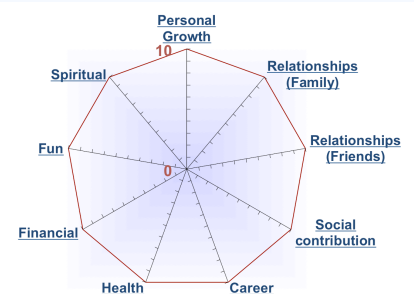
Can we really change our behaviour? Yes. Scientists have demonstrated that the brain can actually re-wire itself and that new connections can be created.

Actions: start observing your behaviour and ask yourself if this reaction serves you and if not how would someone else react to it?

Simple Wheel of Life

Too many things going on? Not sure where to start? Take this simple test to give yourself a good overview of where you're at and what needs some work.

For the categories, rank yourself from 0 to 10 and plot it against a diagram like the one below, where each branch of the “spider diagram” represents the results for the category.



Categories: personal growth, relationships (with family/partner), relationships (with friends), social contribution, career, health, financial, fun, spiritual.

This “spider diagram” will then provide you with a simple “map” of where you are at in general in your life and what to work on.

Why would you want to be coached? Why do famous sports people get coached?

High-level sports people know that it takes an outsider to point out very simple things about ourselves, to set real goals, to act as a sounding board and much more.

Just imagine a world without mirrors or reflective surfaces: how would you know what you look like? A mindset coach is a bit like a mirror for your Mindset.

A good coach will give you tools and strategies to shift your Mindset; will help you identify and deal with your limiting beliefs, your fears, what holds you or your business back; will guide you to reach your goals and achieve your full potential; will keep you on track and hold you accountable.

If you choose to be coached, make sure that there is a true compatibility and alignment of values with your coach to get the best possible result.



Nadine Rabu
Accredited Professional Mindset
Coach

Step 2: Set clear goals

You would have heard of “SMART” goals (Specific, Measurable, Actionable, Realistic, Timely). A number of studies have demonstrated the importance of these have demonstrated how important it is that the goals are: WRITTEN down AND written in the NOW. By this I mean that when writing the goal, it needs to be as if it was written at the moment the goal is achieved.

Action: Write down your top 5 goals, and make sure that they are in the NOW.

Step 3: Visualising

As far as the brain is concerned, science has demonstrated that the same areas of our brain fire up whether an event is real or imagined. These principals are used by high-level athletes who “rehearse” their next match or performance mentally, imagining each movement, making it as real as possible.

Action: Visualise your top goal, in as much details as you can, imagining the colours, the sounds, where you are, who is around you, how you are feeling, make it as vibrant as you can.

Step 4: Knowing our values

Why would it be important for us to know our values? Just imagine that one of your goals is to be the leader of a large team and that on the other hand, time with your children is the most important thing for you; you’ll most likely find yourself continuously struggling to reach your goal and feeling “bad” for not being with your children. Most of us “inherit” values from our parents or from authority figures; these at times clash with our own values. It is essential that we learn to identify which are our values, and which are “inherited” values, and to ALIGN OUR GOALS WITH OUR VALUES.

Action: Assess what your values are; when you take action, ask yourself if this is according to your values or not. Ask yourself if these are your values or inherited values.

Step 5: CHOOSE

Action: Choose your behaviour, choose your emotions, choose your actions. Practice, practice, practice. If you are not in control of these, then who is?

This is only a brief overview of how you can achieve what you want in life.

You will find more about your options to take this further at www.ItsAllintheMindset.com.

Do not hesitate to contact me at NadineRabu@ItsAllintheMindset.com if you do not find the answers you need on the website.