

Mind Sets - Developing A Success Mind Set

Clear Out the Cobwebs and Make a Fresh Start

Want to make a great new start, right now? Begin by clearing out the cobwebs from every corner of your life!

You may not think your corners have cobwebs but I assure you, if you have been mired in negative, fear-based thinking for any length of time, your entire life is filled with stagnant energy that will continue to drain your power.

Clearing out the cobwebs is a very simple process of sweeping away old, stagnant situations that no longer serve you so you can make room for shiny new circumstances that DO. What do I mean by “stagnant situations”?

- ❖ Destructive or unfulfilling relationships, partnerships and friendships
- ❖ Boring or unchallenging jobs
- ❖ Unhealthy habits
- ❖ Unfinished business
- ❖ Unnecessary expenses
- ❖ Excessive obligations

These situations will vary greatly from person to person, and only you will know when it is time to let something go.

You might be in a marriage that has become a drag, but that doesn't mean you have to eliminate it unless you feel a need to do so. There are other options, like having a heartfelt talk with your partner and working on improving the relationship together.

Your job might be boring and unchallenging, but you balk at the thought of quitting without another job to take its place. That's okay! You don't have to quit, but at least give some thought to obtaining a better job that makes you feel happier.

The point of clearing out the cobwebs isn't to go on a “wrecking-ball rampage” through your life, but rather to **identify situations that are out of balance and in need of attention**. Once you have identified these areas, you can decide on the best course of action for each one.

Little by little, begin addressing any areas of stagnation or blockage in your life, and little by little you'll notice yourself FEELING BETTER. As your mood improves, so will your ability to look to the future with hope and enthusiasm, rather than dread and fear.

Special areas to pay attention to:

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Work	Incomplete tasks and projects, overloaded schedule, cluttered office, unproductive habits, unresolved resentment, unhealthy work relationships, unclear objectives, lack of long-term planning.
Relationships	Unspoken truths, bitterness, unaddressed anger, grudges, guilt, regrets, dishonesty, destructive behavior, abuse, trust, passion, cooperation.
Financial	Increasing income, reducing unnecessary expenses, proper money management, long-term planning, saving and investing, budgeting, reducing debt, collecting monies owned to you.
Physical, Emotional, Spiritual	Poor health habits, excessive work, procrastination, work/life balance, recreational time with loved ones, proper rest and nutrition, anti-social tendencies, moodiness, anger, spiritual disconnection, inner emptiness, lack of purpose or direction, personal time, personal growth, self-improvement.

Do you see the importance of this process? It's like clearing a logjam out of the river so water can flow freely downstream again. If you clear the situations that are causing a blockage in your life, you will open the door to greater success and prosperity – in all areas of your life.

Allowing Yourself to Be Successful

Even without your conscious awareness, your current beliefs may be holding you back. Whether you struggle to believe in yourself, your capabilities, or the vast array of limitless possibilities for your life, you may be shutting out the very thoughts that can propel you to the success you desire.

Pause for a moment and answer this question: Can you really “see” yourself as a confident, successful person? If you close your eyes and call up an image of yourself, what does that self look like? Is he or she enthusiastic about life, willing to take risks,

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eager to grasp the joy and abundance he/she deserves? Can you imagine this person with endless opportunities for growth and advancement in life?

If you can't quite "see" yourself as being successful (or at least having the potential to be successful), it is likely that your own beliefs are creating an inner blockage.

Unless you turn this around and open your mind to what is possible, you will continue to sabotage your own efforts.

Dissolving inner blockages is not as difficult as it may seem. The two main things you need to have are: 1) the willingness to believe something different, and 2) the courage to take action on your new beliefs.

The first step requires a large dose of faith when you first begin to shift your beliefs. All of the "evidence" in your life seems to reinforce your current beliefs, right?

You believe you are not successful, not confident, not courageous enough to take risks, and perhaps not the "lucky" type of person that finds great opportunities to move forward.

If these are your beliefs, your outer life probably "proves" them to be accurate. You may struggle with lack, fear, procrastination, confusion and frustration on a daily basis. Therefore you know your beliefs are "true".

What many people fail to understand is that their beliefs are what create the "evidence" in their lives.

Here is how it usually happens:

As a child, you are naturally confident, optimistic, open-minded and ready to tackle challenges. You've got all the potential in the world at this point, and your life is a blank slate, waiting for you to turn it into a masterpiece. Then the negative conditioning begins. You are given conditions and limitations by the adults in your life (whether your parents, teachers, pastor, or other authority figures).

These conditions and limitations begin to alter your belief in what is possible for your life. Rather than encouraging your dream of becoming an astronaut (or whatever your personal dream is), you are scolded into being more "practical".

My mother said to me,
" If you become a
soldier, you'll be a
general, if you become a
monk you'll end up as
the pope." Instead, I
became a painter and
wound up as Picasso.

- Pablo Picasso

You start to believe that your dream is foolish, and you are foolish for believing in useless fantasies.

Even worse, the adults in your life start attaching limiting labels to you: learning disabled,

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dumb, unlucky, accident prone, head in the clouds, challenged, sensitive, weak-willed, irresponsible (and sometimes much more damaging ones).

Eventually, after you begin to believe these things, your actions are affected by them. Instead of choosing Path A, you move toward Path B because you just don't have what it takes to be one of the "elite" in life.

Throughout your lifetime, every decision you make is based on the beliefs you formed as a child and young adult.

**Beliefs prompt specific actions
which create specific results
which reinforce the beliefs.**

Changing your limiting beliefs requires a willingness to have faith that you are NOT dumb, challenged, irresponsible, weak-willed, or unlucky – even though your experiences thus far seem to have "proven" those things as being true.

But here's the good news: if you suspend your beliefs and dare to hope that maybe your impressions are false, and once you start taking actions that correspond with more positive beliefs, your results will change!

Wishing you a smooth transition to the success you deserve,

Mind Sets Team