



CULTIVATING THE SEEDS OF CHANGE ©
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The Year of Celebration

Your Mindset Is Your Greatest Asset

There are days that seem to take so much effort just to get through. Others seem to pass without a hitch. What makes the difference?

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It was snowy and bitter cold outside. He could not convince himself to get out from under the warmth of the down comforter she had given him to celebrate his first apartment. He lingered just for a while longer. After all, he hadn't really committed to visit her again today.

The phone jangled him from his dreams.

"I am sorry for your loss. She died peacefully, with no pain. She asked for you this morning...."

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Joanne was so excited she could hardly wait for the mail to arrive. Today was the day! This was her dream and it was coming true! Oh gosh, there's the mailman.

"Thanks, thanks so much!" she shouted to the mailman.

"You sure are welcome!" he responded with a smile.

She ripped open the plain envelope-no return address, but she knew this was the news she was expecting.

"Dear Joanne, we are sorry to inform you that we are unable to accept you at this time in to our scholarship program. However, we can offer you an internship opportunity..."

She stopped reading. Joanne was crushed. How could they do this to her? She deserved it.

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They never really expected that he would be very successful. He did ok for himself, but a superstar he would never be. "We're just glad he's able to take care of himself and won't be a burden to anyone".

Little did they know how hard he had worked to get to this point. He always believed he would make it. Every day he told himself, "No matter how hard it is, I am going to work at this. I can do it".

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What *is* it that makes the difference in our outcomes? I believe one word sums it up: **mindset**. Outlook, attitude, perspective, preparation, and beliefs play a large part in forming our mindset. Our mindset determines how we deal with joy, disappointment, confusion and upset. Our mindset is influenced by our prior experiences and how we evaluated them, our definition of self and our assumptions. Here are some quotes to guide you to developing a new mindset:

- Assumptions allow the best in life to pass you by. **John Sales**
- Every man takes the limits of his own field of vision for the limits of the world. **Arthur Schopenhauer**
- Each indecision brings its own delays and days are lost lamenting over lost days... What you can do or think you can do, begin it. For boldness has magic, power, and genius in it. **Johann Wolfgang von Goethe**
- Developing the plan is actually laying out the sequence of events that have to occur for you to achieve your goal. **George L. Morrissey**
- My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out. **Ronald Reagan**
- One thing is sure. We have to do something. We have to do the best we know how at the moment... if it doesn't turn out right, we can modify it as we go along. **Franklin D. Roosevelt**
- Once you make a decision, the universe conspires to make it happen. **Ralph Waldo Emerson**
- We tend to live up to our expectations. **Earl Nightingale**
- I take nothing for granted. I now have only good days, or great days. **Lance Armstrong**
- What happens is not as important as how you react to what happens. **Thaddeus Golas**
- It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared. **Whitney Moore Young, Jr.**
- We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery. **Samuel Sales**
- In the middle of every difficulty lies opportunity. **Albert Einstein**

What is the *one* shift you can make today towards a new mindset? Have you tried the Resolution Revolution *no cost* teleclass? Email or call for details!

For things to be different you have to cultivate change. If you are ready to take action to create and live an extraordinary life, contact Renée for a coaching consultation at Renee@landofpossibility.com or call (301) 279-2363. All rights reserved. This may be reproduced with copyright statement and credits intact.