

# Mindset Success

*Mindset Definition:*

*The established set of attitudes held by someone.*

*"The region seems stuck in a medieval mindset"*

You may have heard the phrase "Mindset Shift" buzzing around the internet. If you haven't heard about Mindset until now, not to worry.

Have you ever wondered why some people just seem to succeed and make it look almost effortless while others struggle in vain to make any real forward progress?

Have you ever wondered what one person had that the other did not? You may have thought it was money, emotional support, good looks, or some other advantage. About 95% of the time the only difference was mindset. What lies between winning or losing is pure and simple mindset.

We will take a look at some real-life examples of this. Yes of course there are a few people who have just inherited "Wins" but if you look up the line from where the win came from you will find someone who had a success mindset.

## Mindset Exercise

Can you think of examples of mindsets that you currently have?

Do you feel your current mindset is working for you or against you?

Explain:

Give an example of a mindset that is helpful for you.