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# MINDSET

— One compass towards health  
and well-being —

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## WHAT IS MINDSET?

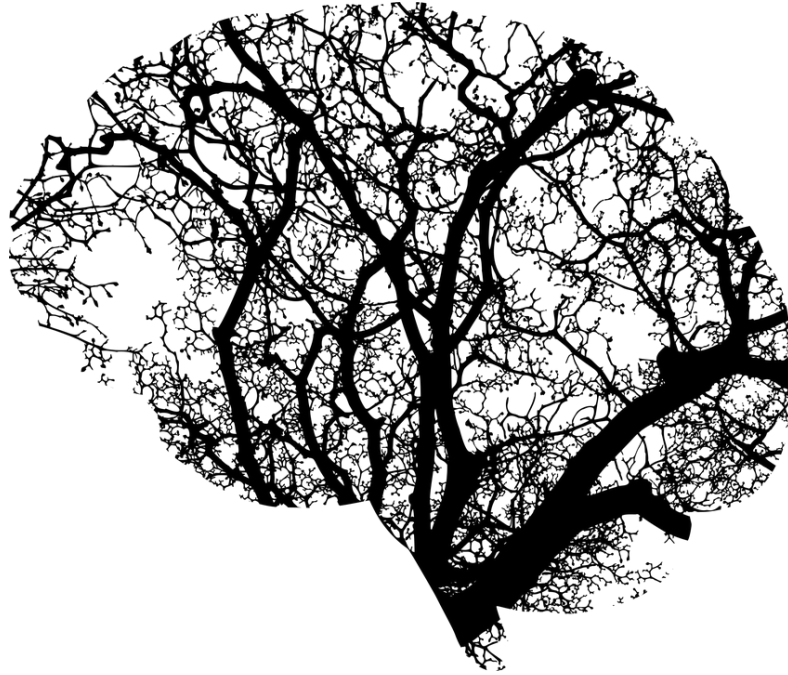
**MINDSET IS HOW YOU MOVE THROUGH THE WORLD BASED ON WHAT YOU BELIEVE. IT DOES NOT MATTER IF WHAT YOU BELIEVE IS TRUE OR REALITY BASED. IF YOU BELIEVE SOMETHING, THEN YOU WILL ALWAYS ACT ON WHAT YOU BELIEVE.**



## Three Components To Mindset

1. **External Layer:** The Physical Brain-Brain health is very important and impacts every aspect of ourselves.
2. **Internal Layer:** This is our day to day self-talk and how this impacts how we view ourselves and our world.
3. **Symbolic Area:** Represents Expansion-Personal growth.

# MINDSET: The External Layer-The Brain



# Questions to Consider Concerning Your Brain

1. Do you feel clear and energized upon awakening?
2. Do you experience brain fog throughout your day?
3. Is what you eat good for the health and well-being of your brain?
4. What is your level of Exercise?
5. How much water do you consume in a given day?
6. Are your sleeping habits something you would recommend to a friend or family member?
7. Do you believe every choice you make in a day impacts the overall well-being of your brain and mindset?
8. What activities or habits am I engaged with that are detrimental to me?

# Taking Care of Your Physical Brain

Our brains, just like our heart, kidneys, lungs, liver, pancreas, bones, reproductive organs, eyes, spleen, stomach and intestines, are organs that demand high quality service and supplies to function properly and perform at its best. The starting point of all health is what we put into our mouths. Often we care more about the quality of what we feed our animals more than what we feed ourselves.

**THE GIGO PRINCIPLE**

**GARBAGE IN GARBAGE OUT**



# **“Farmacy” Food for Brain Health**

## **1. Essential fatty acid foods**

- a. Leafy, green vegetables
- b. Seeds: sunflower, pumpkin, chia, or flax
- c. Wild Alaska Salmon, Herring, and Sardines
- d. Avocado's
- e. Nuts: Walnuts, pecans, cashews, pistachios, almonds
- f. Oils: Olive Oil, coconut oil, avocado oil

## **2. Green Tea Daily-Plant based and can reduce depressive symptoms**

## **3. Berries: blueberries, blackberries: Frozen works and is cost effective.**

## **4. Fruits and other high fiber rich foods**

## **5. Whole grains not refined grains**

## **6. WATER-THE FORGOTTEN NUTRIENT**

# Endorphins and Mindset

1. **Spicy foods: hot peppers, cayenne, horseradish and wasabi**
2. **Dark chocolate. The higher percentage of cocoa the better**
3. **Laughter**
4. **Exercise**
5. **Excitement**
6. **Music**
7. **Sunshine**

# Microbiome and Mindset

Good gut health equals good brain health, as 90 % of serotonin is produced in the gut and is supported by the foods we eat.

“Serotonin is the **key hormone that stabilizes our mood, feelings of well-being, and happiness.** This hormone impacts your entire body. It enables brain cells and other nervous system cells to communicate with each other. Serotonin also helps with sleeping, eating, and digestion.”

~<https://www.hormone.org>~

# Nurturing a Healthy Gut Biome

1. Fermented foods: Sauerkraut, tempe, raw pickled vegetables, and miso, kimchi.
2. Yogurt with no sugar added.
3. Cheeses: Feta, gouda, swiss, gruyere, cottage cheese, parmesan, provolone, and raw cheddar. ~  
[www.fermentorskitchen.org](http://www.fermentorskitchen.org) ~
4. Beverages: Kombucha and Kefir
5. Foods high in fiber help healthy gut bacteria to grow and thrive



# Vitamin J-JOY



# **AFFORDABLE SOURCES OF VITAMIN J**

- 1. AT THE BEGINNING OF EACH MONTH, MAKE SCHEDULING PERSONAL TIME A PRIORITY.**
- 2. CREATE SOMETHING**
- 3. WRITE A LETTER**
- 4. TAKE A WALK**
- 5. WATCH YOUR FAVORITE PROGRAM OR READ A BOOK**
- 6. ORGANIZE OR CLEAN AN AREA IN YOUR LIVING SPACE**
- 7. VOLUNTEER ONCE A MONTH**
- 8. PAMPER YOURSELF WITH A BATH, HOT SHOWER, NEW PAJAMAS ETC.**
- 9. LISTEN TO MUSIC**
- 10. DRINK SOME TEA IN THE AFTERNOON**

**POST IN THAT CHAT BOX SOME THINGS THAT YOU CAN DO  
TO BRING MORE JOY TO YOUR LIFE OR BRING BACK SOME  
MEANING IN YOUR LIFE?**



# MINDSET: The Internal layer-Self Talk





# QUESTIONS TO CONSIDER ON THE INTERNAL LAYER

1. HOW DO YOU THINK AND FEEL ABOUT YOURSELF?
2. DO YOU ACCEPT WHO YOU ARE?
3. WHAT DO YOU TELL YOURSELF WHEN YOU MAKE A MISTAKE?
4. WHAT IS THE RECORDING THAT PLAYS IN YOUR MIND THROUGHOUT YOUR DAY?
5. HOW DO YOU RESPOND TO STRESS?

# DAILY CHOOSE AND TAKE RESPONSIBILITY FOR YOUR ATTITUDE

1. YOU OWN EACH DAY. CHOOSE THE CRAYON YOU WILL COLOR WITH.
2. HAVING THE RIGHT THINKING ABOUT YOU, YOUR DAY, AND YOUR CIRCUMSTANCES IS YOUR RESPONSIBILITY AND NOT THE JOB OF ANOTHER.
3. THINK, ACT, AND BEHAVE EACH DAY LIKE THE PERSON YOU DESIRE TO BECOME.
4. VALUE PEOPLE AND SEEK OUT WHAT IS VALUABLE ABOUT THEM.
5. CHOOSE GRATITUDE AND ARRANGE YOUR MIND AROUND ABUNDANCE AND NOT SCARCITY.
6. DECIDE TO THINK RIGHT, AND THEN MANAGE THAT DECISION DAILY.
7. YOU ARE NOT RESPONSIBLE FOR THE EMOTIONAL WELL-BEING OF ANY ONE OTHER THAN YOURSELF. REMOVE THEIR HAND FROM YOURS.

## **DAILY CHOOSE AND TAKE RESPONSIBILITY FOR YOUR ATTITUDE**

- 7. CHECK IN WITH YOUR THINKING OFTEN DURING THE DAY-IT IS NOT A ONE AND DONE WHEN IT COMES TO MINDSET.**
- 8. LOOK FOR THE POSITIVE AND GOOD IN EACH PERSON AND IN EACH SITUATION.**
- 9. IN EVERY CONVERSATION, SAY SOMETHING OF VALUE AND WORTH.**
- 10. EXPRESS GRATITUDE TOWARD PEOPLE, SITUATIONS, CHALLENGES, AND ANYTHING THAT FORCES US TO STOP AND REFLECT.**

**ALLOW YOURSELF TO FEEL ALL FEELINGS AND EMOTIONS**





# BUSY-BUSY-BUSY DOES NOT EQUAL IMPORTANT



# TAKE INVENTORY OF YOUR BUSY LIFE

1. WHAT IS FILLING UP YOUR CALENDAR AND CREATING BUSYNESS?
2. DO THESE THINGS REALLY NEED TO BE ON YOUR CALENDAR?
3. HOW EFFECTIVE ARE YOU BEING AT THE THINGS YOU ARE STAYING BUSY DOING?
4. DO YOU ENJOY WHAT IS CONSUMING YOUR TIME?
5. **WHAT ACTIVITIES SHOULD YOU ELIMINATE**
  - a. WHAT WOULD BE THE IMPACT OF ELIMINATING ONE OR TWO THINGS ON YOUR ACTIVITY OR “BUSYNESS” LIST?

# CHOOSE LIVING NOT BUSYNESS

1. BE PRESENT MINDED ON WHAT YOU ARE DOING, WHO YOU ARE WITH, WHAT YOU ARE EATING OR ENJOYING IN THE MOMENT NOT ON WHAT IS COMING OR WHO IS COMING NEXT.
2. FOCUS ON WHAT YOU ENJOY THE MOST
3. STOP TRYING TO BE EVERYTHING AND DO EVERYTHING.
4. DETERMINE WHAT YOU REALLY NEED TO BE DOING AND DO THAT.
5. FOCUS ON WHAT YOU DO BEST RATHER THAN ON DOING WHAT DOES NOT COME NATURAL TO YOU OR THAT YOU ARE SKILLED AT DOING.
6. DETERMINE TO LIVE WITHIN YOUR STRENGTHS AND NOT YOUR WEAKNESSES.
7. DIGITAL DETOX-WHAT IS THE IMPACT OF YOUR DIGITAL HABITS
8. FOCUS ON CONNECTING WITH PEOPLE OVER THE PHONE OR IN-PERSON IF ABLE, GIVEN OUR PRESENT CIRCUMSTANCES.



# PRIORITIZE TO NEGATE BEING “BUSY”

1. FOCUS ON PLACING YOUR TIME AND ENERGY ON WHAT GIVES YOU THE HIGHEST RETURN.
2. TAKE BACK TODAY AND EACH DAY.
  - a. WHAT IS REQUIRED FOR TODAY?
  - b. WHAT WILL PROVIDE THE GREATEST RETURN OF MY TIME AND COMMITMENT?
  - c. WHAT WILL BE MOST SATISFYING FOR ME TODAY?
3. STAY IN YOUR STRENGTH ZONE-EAGLE AND DUCK
4. EVALUATE YOUR PRIORITIES DAILY, WEEKLY, MONTHLY, YEARLY.

~THE ART OF BEING WISE IS THE ART OF KNOWING WHAT TO OVERLOOK~

*WILLIAM JAMES, PHILOSOPHER*



**WHAT IS ONE THING YOU CAN DO TO TAKE BACK YOUR CALENDAR?**



# MINDSET: The Symbolic Layer: Expansion



# Expansion is About Personal Growth

1. HOW OPEN ARE YOU TO DOING OR TRYING SOMETHING NEW?
2. DOES FEAR HOLD YOU BACK FROM DOING OR TRYING THE THINGS THAT IGNITE YOUR IMAGINATION AND STIR YOUR DEEP LONGINGS?
3. DO YOU MOVE TOWARD NEW OPPORTUNITIES OR SHRINK BACK FROM THEM.
4. **WHAT IS THE LAST NEW THING YOUR DID OR TRIED THAT YOU WISHED YOU HAD THE COURAGE TO DO ON A REGULAR BASIS?**

# LEARN TO BE MORE OPEN AND ENGAGING WITH LIFE

1. GROW YOUR CURIOSITY MINDSET
2. CHALLENGE YOUR SELF BELIEFS
3. TRANSFORM NEGATIVITY-REQUIRES  
CHANGING YOUR VOCABULARY
4. SAY YES TO WHAT MAKES YOU NERVOUS
5. LOOK FOR OPPORTUNITIES AND NOT DEAD  
ENDS

SHARE IN CHAT ONE WAY YOU CAN BEGIN TO EXPAND AND GROW AS A HUMAN BEING







**LIFE IS NOT “ONE SIZE FITS ALL”**

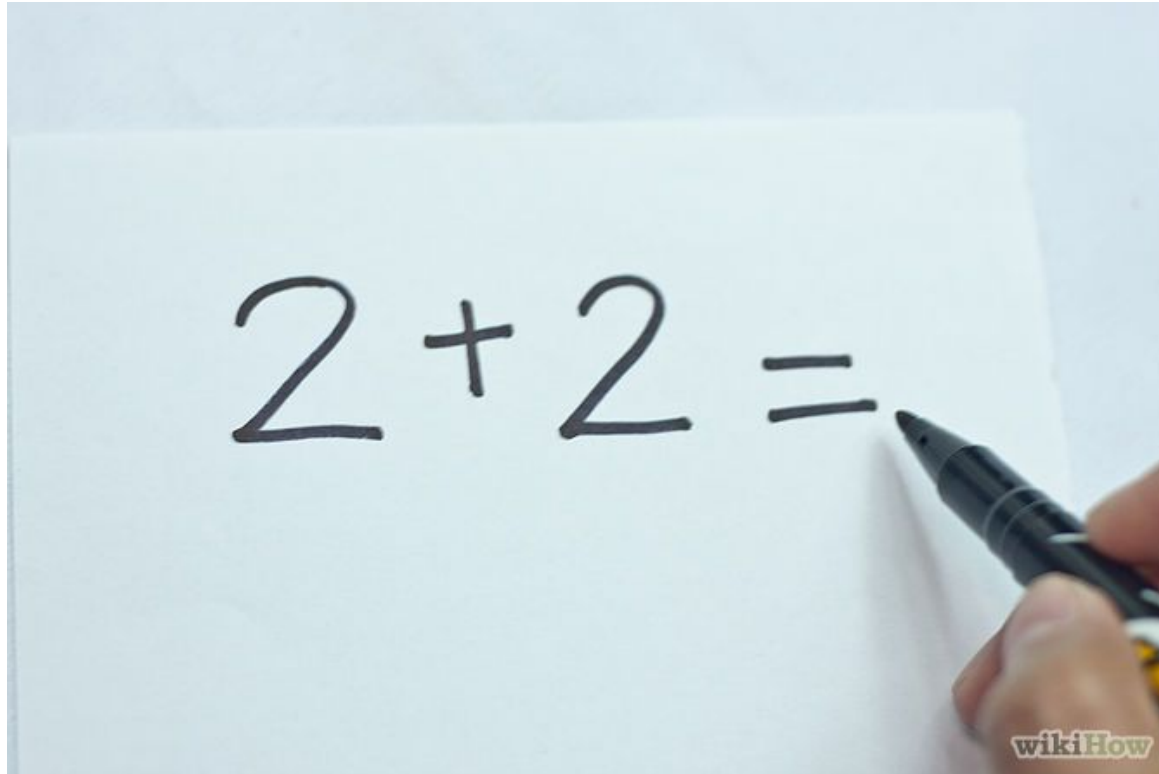
# **MINDSET: GROWING IN ALL THREE LAYERS**

- 1. MAKE ONE DIETARY CHANGE FOR 30 DAYS.**
- 2. EXERCISE 3 DAYS A WEEK FOR 30 MINUTES FOR 2 WEEKS.**
- 3. LIMIT YOUR SOCIAL MEDIA.**
- 4. GIVE YOURSELF PERMISSION TO TAKE A REST PERIOD EACH DAY.**
- 5. SEEK THERAPY TO HEAL YOUR “WOUNDED CHILD” OR TRAUMA IN YOUR LIFE.**
- 6. JOURNAL 10 MINUTES EACH DAY.**
- 7. FIND THINGS YOU ENJOY DOING AND SCHEDULE THEM INTO YOUR CALENDAR.**

**SHARE IN CHAT ONE AREA YOU DESIRE TO GROW IN.**



# SUBTRACTION BY ADDITION



# BEGIN WITH LOW HANGING FRUITS FIRST



## **JOHN C. MAXWELL**

**EVERYDAY OF YOUR LIFE IS MERELY PREPARATION  
FOR THE NEXT. WHAT YOU BECOME IS THE RESULT OF  
WHAT YOU DO TODAY. IN OTHER WORDS...YOU ARE  
PREPARING FOR SOMETHING. THE WAY YOU LIVE  
YOUR LIFE TODAY IS PREPARING YOU FOR YOUR  
TOMORROW. THE QUESTION IS, WHAT ARE YOU  
PREPARING FOR?**

# RESOURCES



# RESOURCES

JOHN C.  
MAXWELL  
NEW YORK TIMES BESTSELLING AUTHOR

MAKE  
TODAY  
COUNT

THE SECRET OF YOUR SUCCESS  
IS DETERMINED BY YOUR DAILY AGENDA

# RESOURCES

