

# Mindset Success Sheet

## 6 Steps To Experience A Success Mindset In All Areas Of Your Life

When you start to implement these 6 steps into your life, you change your energy and your success mindset brings you closer to what you truly desire.

1. Be Willing and Flexible - Since these are your thoughts, you have the freedom to change them. Many of our beliefs were formed when we were children under the influence of parents or adults, but you are now an adult and you have the power to change it now. Be bold and be willing to choose the life you desire and that starts with being more flexible when something doesn't happen the way you thought it would.

Take Action: What is something that keeps you up at night that you can now look at in a brand new way so that you release the power it has had over you?

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2. Feed The Mindset You Desire - The fastest way to transform your mindset is to feed the one you want to create. Every time you feed your mind with positive thoughts, it weakens the negative ones. When you do this, you create new neurons that form the new neural network. And as you continue to do this, your new mindset becomes stronger. Feed your mind and soak in your new desires like a sponge soaks in water.

As you do this, watch your confidence blossom!

Take Action: What is one new positive thought that you could create about your life that will release an old belief that is keeping you in fear, doubt and worry?

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3. Love It With Passion - Create the passion for the new mindset you desire to create. The burning desire that keeps you up at night is the fuel to ignite the passion deep within your soul.

Everyday envision the life you desire or the business you desire to create and picture it in your mind “as if” it has already come to be. Imagine yourself at a movie theater and as you watch the screen, you are watching the movie of your life play out and you are seeing a beautiful, confident, successful woman live her dreams without fear or doubt.

Doubt and fear have no place in the new life you have envisioned for yourself.

Take Action: What is one desire that makes your heart race and the excitement bubble up inside of you?

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4. Speak a Different Language - Our words create our reality. Do you find yourself saying things like, “it will never happen for me”, “I am so fat”, I’m such a klutz”, “I’m so stupid”, “I hate my job.” Words are very powerful and they carry a certain vibration. How would it feel if the words you spoke, breathed healing into your mind? You can change how you think no matter your circumstances.

Become aware of the words that come out of your mouth. If you desire to experience joy and success in your life, start to speak words that carry a high vibration like “I am, I choose, I believe, I love, I feel, I hear, I speak, I trust, I create, I can, I will and I enjoy.”

**Here are a few statements that can transform your thoughts so you are vibrating at a high frequency and create joy, love and success in your life:**

- I am unique. My gifts and talents and services attract the right people at the right time. I live and breathe unlimited abundance into my life and business.
- I get paid for being me.
- My inner wisdom guides me to confidently make decisions and take the steps necessary to achieve my biggest goals.
- My work is of great value and it brings me joy and success.
- I am beautiful inside and out.
- I create interesting programs and services that create wealth

Take Action: Which of these “I” statements resonate with you? Once deciding on one, create your statement here. (Ex. I create success wherever I go, I choose confidence over fear, I feel healthy and strong.)

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5. Cheer Your Sisters On! - Feeling genuinely happy for someone else's success can generate high vibrations in your own life and business. If you find that you compare yourself to others and feel jealous about their success, change that feeling by cheering on their success and envision it for yourself.

And to go one step further, reach out to that person and let them know how happy you are for their success. And allow yourself to feel genuinely happy for them. You'll be surprised at how quickly that comparison and jealousy will fade from your mind.

Take Action: Who is one person that comes to mind that sort of rubs you the wrong way, but truth be told, in your mind you feel like she has it all. She's beautiful, a "girls" girl, kind and successful? Have you secretly felt jealous of her? This week, make it a point to reach out to her to let her know that you admire her success and would love to connect.

That person is \_\_\_\_\_

I will reach out to her by (date) \_\_\_\_\_

Journal below how you felt after speaking with her either through phone, Skype or social media.

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6. Find Your Voice - We all have many things that make us unique. Sometimes we have to peel back the layers to find them. How would it feel to know that people want to connect and work with you just for you being yourself and allowing your expertise in your field to shine through?

I recently read something from Steven R. Covey that I thought was pretty profound. He said, "Voice is the overlapping of the four parts of our nature"

He said, "To help you find your voice, answer these 4 questions."

1. What are you good at? - That is your mind.
2. What do you love doing? - That is your heart.
3. What need can you serve? - That's your body.
4. What is life asking of you? What gives your life meaning and purpose? What do you feel like you desire to do? In short, what is your conscience directing you to do? - That is your spirit.

Take Action: Write down answers to each of these questions and take a few days to fully embrace what you wrote. Connect your heart to what you have written.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
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3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
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