



IMPROVE YOUR SUCCESS WITH MOTIVATION AND GOAL ACHIEVEMENT

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Fixed Mindset	Growth Mindset
Intelligence is static.	Intelligence can be developed.
Leads to a desire to <i>look smart</i> and therefore a tendency to	Leads to a desire to <i>learn</i> and therefore a tendency to
• avoid challenges	• embrace challenges
• give up easily due to obstacles	• persist despite obstacles
• see effort as fruitless	• see effort as path to mastery
• ignore useful feedback	• learn from criticism
• be threatened by others' success	• be inspired by others' success

****Small Thinking May Be Influencing Your View of the World****

There are essentially two types of thinking in the world – scarcity thinking and abundance thinking.

Scarcity thinking is a limiting belief that there isn't enough.

Abundance thinking is a belief that there is always more than enough for everyone.

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If you find yourself thinking small (scarcity thinking), understand that it's not your fault. You've probably been taught at an early age that there is not enough. There isn't enough water, money, clean air, etc. But, the truth is, there is abundance in the world, so there is not just enough to go around, there is an overflow of enough to go around.

Let's look closer into scarcity thinking and then we'll move on to how you can change that to thinking in abundance instead so that you can plan for your dream life.

Thinking Small (*Scarcity Mindset or Fixed Mindset*)

Here are some ways small thinking or scarcity mindset will generally show up:

When you think small you believe that no matter how hard you work there will never be enough. Due to this idea of scarcity, you act as if you're always in some type of competition with others.

You often tend to hoard things/money, avoid helping others because they might take your ideas, and often develop a negative attitude about your competition. You may even be terrified of being replaced in all aspects of your life whether it's work or your personal life.

You think that times are tough all around and are going to get tougher. It may be the political climate; it might be what you see as problems with the environment, the world, and other issues. You may even have limiting beliefs about love in that you think you can't love more people than you do which may create jealousy in your heart.

You tend to avoid risk and fear change.

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You may or may not have all of these limiting ideas that make you think small, but for most people, at least one or two of these ideas linger and cause them to think too small, thus limiting their potential.

Let's look at each of these limiting beliefs more closely and describe with an example how they're not always true, or may be an exaggeration based on preconceived ideas.

- On Day 2 we'll explore these limiting beliefs more closely.
- On Day 3 and Day 4 we'll cover strategies you can implement to change your limiting beliefs that create small thinking and a fixed mindset.
- On Day 5 we'll discover how to transform negative thinking with Thinking Big.

Because of our background and culture, we have cultivated certain beliefs. As a result, we think a certain way and display unconscious behaviors that we accept as the norm. These thoughts and behaviors could be keeping us small and stop us from thinking big.

I invite you to join me on this journey over the next 30 days to discover how creating a new mindset – a motivated mindset and big thinking -- can help you achieve your goals and find success; however you determine that to be for you.

My goal is to help you identify and get rid of small thinking so that you can plan your dream life instead.

Warmly,

Yvonne A Jones