

**Managing mindset to
regain perspective.**

**What does success look like?
How do I want to show up right now?**



GROWTH MINDSET = Passion & Continuous Improvement

GROWTH MINDSET

“I can’t yet”

With passion & persistence, I can achieve

“I believe my abilities and intelligence can be developed through effort, learning, and continuous improvement, viewing challenges as opportunities, and learning from experience as the path to success.”

Examples:

- I asked for help
- I asked questions, I listened with curiosity
- I tried again, seeing good and bad experience as learning
- I explored instead of defended
- I shared early instead of perfecting
- I sought a new strategy, took risks to innovate

FIXED MINDSET

“I can’t”

With frustration & fear, trying is pointless, risking failure

“I believe that my intelligence, talent, and personality are innate, static traits that cannot be changed. Under pressure, I revert to old habits or what I fear, versus exploring what could be.”

Examples:

- I avoid asking a question
- I stick to my view, or my way not open to any other
- I shut down an idea
- I take feedback personally, defensively
- I feel threatened by someone else’s success
- I played it safe instead of trying to avoid failure

The Leadership Equation

$$P = C \times M^2$$

Manage the Emotional Hijack in the moment

$$\text{Performance} = \text{Capability} \times \text{Mindset}^2$$

Set yourself up for
Success

Invest in the
Brilliant Basics to support
your success

Manage your Mindset
in the Moment.
What does success look like?
How do I want to show up now?

EMOTIONAL AGILITY

Our ability to experience thoughts
and feelings - positive and negative -
and “show up” as the best
version of ourselves more often



UNHOOK from the emotional hijack

Be curious about **emotions as data not fact.**

"I am angry."

"I am scared."

"I am frustrated"

Emotion becomes my identity

"I experiencing anger."

"I am experiencing fear."

"I am experiencing frustration"

Emotion is used as a data point



How do I want to show up right now?

GROWTH MINDSET = Passion & Continuous Improvement

When you're emotionally hooked...which bait do you take? What do you do with your emotions?

ALL 3 will dramatically diminish:
Well-being * Communication * Empathy * IQ
* Relationship quality * Problem solving * Goal attainment



The Bottler



Push away or suppress negative emotion to avoid discomfort of feeling them; perceives emotion as a sign of weakness.
Bottled emotions surface in unintended, irrational ways.



The Exploder



My emotions become my identity.
I respond as the emotion.

I am hijacked in the moment by my emotions and show up as my monkey!!



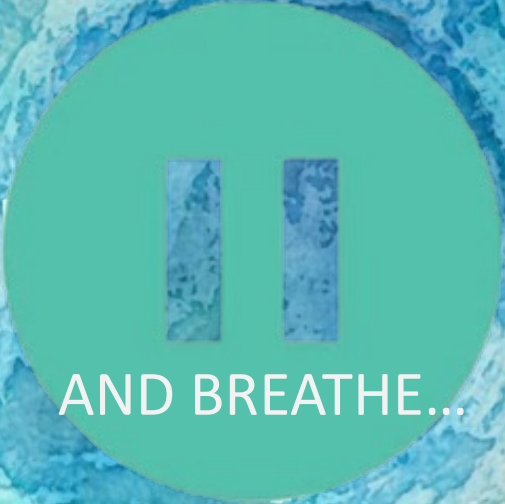
The Brooder



Stuck in negative feelings.
Relives & ruminates over the negative feelings. Focus on internal chatter and tends to personalize it.
Brooding up emotions makes them more powerful, personal and catastrophic.



By breathing down
into the gut, we
trigger a brain hit
of serotonin, our
calming drug



AND BREATHE...

Imagine you are sitting in a
meeting and are triggered...
Feet anchored on the ground
Sit upright, straight back
IN & OUT THROUGH NOSE
Take 3 long deep breathes,
pushing it down into your gut.

micro- mindfulness

With the lightest touch
rub your thumb and
forefinger prints
together...

PQ Reps

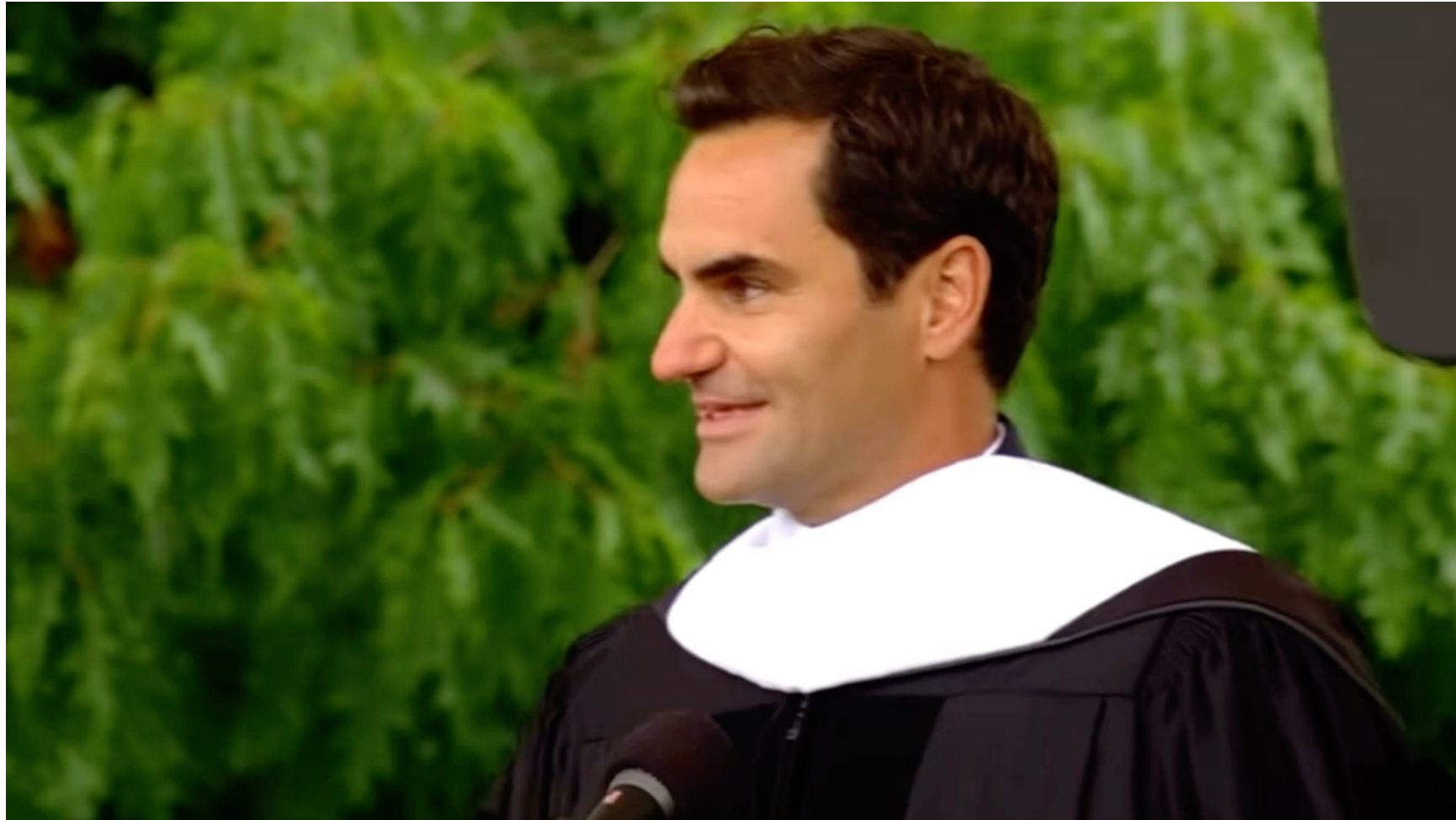
Triggers your para-
sympathetic nervous
system to return your
body to a state of calm.



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**Mindset... Hear it from a G.O.A.T.
ROGER FEDERER**

LIFE'S LINE OF CHOICE.



Choose to walk
towards the best
version of yourself.
Set your intention.

Beware of
reasonable
reasons to walk
away from your
best self.

