

Episode 50: How to Have a Badass Year

Top 5 Tips

5 Tips to help you ditch the lack mentality and develop a growth mindset:

1. **Notice if you use words that create a lack mentality in your daily self-talk:** so things like “I can’t, I’ll try, I have to, I always, I never” Using these words creates feelings of deprivation and lack, which are not great feelings to feel especially on a day to day basis.
2. **Write down all of your negative self-talk:** Take pen to paper and spend 15 minutes writing down negative self-talk that you say to yourself or that you think in your head. Write it all down, don’t limit yourself, and don’t judge yourself. Let it out and let it be.
3. **Know that these are just thoughts and that they are not truths:** Your brain will want you to believe them as truths, however, they are just thoughts you have thought over and over so many times in your head that they seem to be true.
4. **Recognize how these thoughts are creating negative feelings towards yourself:** Know that it is your thoughts that are creating negative feelings towards yourself. Thinking negative things like “I’m too fat, I’ll never lose weight, No one will love me when I weigh this much.” Will only bring pain and negative feelings towards yourself. Recognize this, that you are in control of your thoughts and that you are creating these negative emotions by what you are thinking.
5. **Write down growth mindset thoughts & practice them daily:** Now that you have recognized and taken responsibility for your thoughts that create a lack mindset, it is time to add in some thoughts that create a growth mindset. Grab your pen and paper and write down thoughts that will create a growth mindset. Now, these thoughts need to be believable, something that you are going to believe and take on as your own. Write them all down and practice them on a daily basis. Just because you think a thought once, does not make it automatic. You need to think a new thought over and over again in order for it to become automatic.

