

3 Steps to a Success Mindset

A positive success mindset holds beliefs that are both productive and true. Unfortunately, cultivating both productive and truthful beliefs is not automatic. Flawed and detrimental beliefs are common. If unchecked, they drive a toxic pattern of negative feelings, unproductive actions and poor results. Below is a *cognitive restructuring* technique for transforming faulty unproductive and dissatisfying beliefs into **productive and true convictions that deliver success and satisfaction**.

Step 1: Reveal any Toxic Beliefs

Our minds whisper beliefs in a continual stream of thoughts. Most of the time, we don't notice this running internal commentary. But, this chronic flow of beliefs has a enormous impact on success. A stream of high performance thoughts fuel motivation and productivity. A river of toxic beliefs delivers a corrosive flux of damaging negativity. The first step to building a positive mindset is to reveal any toxic beliefs that are undermining success.

Ask yourself: *"What are my underlying thoughts?"* It's best to think of a real situation. We remember thoughts and feelings more clearly, when we focus on the specific situation where they arise. Try to remember the exact thoughts that went through your mind. If you encounter the situation regularly, notice what thoughts and feelings emerge as you face it again. Write any thoughts down in their raw form. Do **not** sanitize them into something more reasonable or polite.

Step 2: Expose the Lies

After you have written down **all** the thoughts, ask yourself two questions:

Are these beliefs absolutely true, in every way?

Often toxic beliefs are *partially* true, but rarely are they completely true. When a partial truth is distorted into an negative extreme, it becomes toxic.

Are these beliefs helping or hurting?

Even if the beliefs *seem* totally true, they're probably not helping you or the situation.

Step 3: Create a Positive Success Truth

The last step is very important. Use the actual truth to create a new belief that is **both true and helpful**. Craft a motivating statement that you can declare **with conviction**. When the toxic belief surfaces (*and it will*), refute the lie with the positive success truth. Repeat the new belief until the lie is completely erased from your thoughts. When completed correctly, this technique delivers powerful transformation.

Boost Success:

Make it Concrete

If you make it concrete, the high performance truth will become habit more quickly. Writing it down is one way to make it concrete. Another, is to declare the new truth out loud as you refute the lie. Anything physical helps. Combining visual, auditory and physical repetition triples the power.

Get Help

This technique is proven and you can DIY. Most often, it is done with a professional. Contact me if you find your own efforts are not working as hoped.