

MINDSET: BELIEF-BUSTING WORKBOOK

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Mindset: Belief Busting Exercise

On each page, identify a mindset you need to work on from one of the 7 mindsets below. You may have more than one set of limiting beliefs for each mindset; take your time. Use pencil. In the next section, list the limiting beliefs you have around this mindset. Then, acknowledge the lack of truth in these thoughts and cross each one out in red pen as you acknowledge they do not serve you. Next, in red pen, create a better belief that serves you and write that, even if you do not fully believe it yet. This becomes your new, better belief that you'll reinforce over time to master your mindset. You will read all these limiting beliefs and corresponding better beliefs you have written 4 times a day for 2 full days. This will give your brain a positive trained response to the entrenched limiting belief you have held in the past. At the end of two days, begin again but erase the limiting beliefs that were written in pencil. Read through your new, empowering beliefs for the next few days, and refer back to them as often as needed.



Worth



Clarity



Value



Time



Leverage



Relationships



Money

Mindset(s):

Worth

Limiting Belief:

~~*I'm a failure if I try marketing and it doesn't work and I don't meet my goals.*~~

Better Beliefs:

I tried seminars multiple times, but it hasn't worked. It's not the right tactic for my ideal client. I need to learn and try something new.

I put too much on my plate, so I did little of it or did it inconsistently. I need to do less and be consistent.

Mindset(s):

Relationships

Limiting Belief:

~~*People hate their managers and I'm not a good motivator; past hires have been disasters. It's easier to just go solo.*~~

Better Beliefs:

I forgive myself for not knowing how to manage and communicate with former employees effectively. As I learn and apply better management skills, I will grow into my role and help my team become happy, high-performers.



Mindset: Belief Busting Exercise

Mindset(s):

Limiting Belief:

Better Beliefs:

Mindset(s):

Limiting Belief:

Better Beliefs:

When you notice your limiting beliefs (head trash) starting to stir up again, pause and take 1-2 minutes to reflect on this exercise. Remind yourself that your disempowering beliefs are just old, negative stories you thought over and over until they felt true.

With awareness, you can catch and correct these stories in their tracks, remind your inner voices those stories aren't true and reframe and reinforce your new, more empowering beliefs. Instead of "I can't do this, it's too overwhelming" you reinforce your reframe of "I'm ready to get clear, focused and tackle my next big priority. I don't mind being uncomfortable because I'm going to make sure it's worth it. I can and I will."

The science is in: when you elevate your thinking, you elevate your life.



7-Mindsets of Success

The 7 Mindsets of Success reflect your perspective in areas essential to expanding yourself and your success. Learning to master these mindsets is the key to raising your standards and stepping into a bigger, better future.



WORTH

Knowing your worth is what allows you to face business and life with confidence. When we look to external factors for worth and validation, we compromise our standards when challenging circumstances arise. I've seen this in advisers discounting fees, partnerships breaking down and CEOs struggling to manage their high powered executive teams to their fullest potential. Our sense of personal worth is what allows us to face challenges and conflicts with confidence, without compromising our values.



CLARITY

Gaining clarity about what you want, and why, is an essential ingredient in up-leveling your success. Too often, we react to daily circumstances rather than being driven by a sense of clarity about what we're striving to achieve. I've often joked with my clients about how easily distracted they are and their tendency to chase "shiny things." Without clarity, our circumstances can easily get the better of us and shift our focus away from what we really want, leaving us reacting to day to day demands or chasing the next new idea before finishing the last. With clarity comes the ability to focus our time, attention and resources on the actions that will truly "move the needle" and produce meaningful progress toward our goals.



VALUE

Knowing the value of what you do is a key success factor. Far too many advisers regularly discount their value in ways large and small. When you have a strong sense of the value you provide, you approach situations with greater ease and confidence. It's critical that you present your offering as a high value commodity, not a bargain bin item. When you establish a standard – say in fees, minimums or client type – and then make an exception, what you're really saying is "I don't think I can be successful holding to my standards, so I'll compromise my value in the hopes that it helps me get there." Such compromises may make you more money in the near but too often end up creating unnecessary struggles on the path to greater levels of success.



TIME

Advisers don't actually suffer from a lack of time; they suffer from a lack of knowing how to manage and make the most of it. The pace of your progress will be driven by what you choose not to spend your time on, as much as by what you do choose to spend your time on. When you possess a strong sense of worth, clarity and value, you become clear on the priorities that will deliver results, and focus your time on these areas. Too often advisers and executives spend their time "running the shop" instead of "leading the charge" or on email and administrivia rather than on revenue producing activities. Managing your time isn't your greatest obstacle, but rather your greatest opportunity.



LEVERAGE

Leverage is using the resources you have to maximize your impact and results. Many advisers struggle to extract the level of leverage possible from their packaging (branding, sales and marketing), people, process, and platforms. This is most often a symptom of other issues that result in difficulty delegating, perfectionist tendencies, control issues, fear of investing in scale, and/or the perceived need to do everything personally because, well, you do it better than anyone else can. Leverage is about using your resource to maximum advantage.



RELATIONSHIPS

Our relationships are a key contributor to our success and happiness at work. Advisers often don't truly enjoy the people with whom they are working. Compromising on your staff in terms of quality, capability, or cultural fit undermines performance, productivity and profitability. Add to this that many advisers have client relationships that are difficult and that they don't enjoy, and it's not hard to see where some of our success and satisfaction is lost. Creating a mindset that commits to working only with people they truly enjoy will make work a more rewarding experience.



MONEY

A positive money mindset is a major contributor to an adviser's level of financial success. This means that you believe you deserve to earn more, and allow yourself to do so. Such a mindset also recognizes that you invest in success, expect a good return on that investment and that money is an exchange of value between two parties that should be fair and reciprocal. A successful practice is built on a strong financial foundation. This includes profitability at both the client and firm level, as both are key components in a firm's financial success, and ultimately the income of the adviser. I don't know many advisers that would tell their clients to stay in an under-performing investment, yet advisers will stay in un-profitable relationships. Mastering your money mindset will deliver a greater level of financial success through the better decisions it fosters.

