

**GROW YOUR
MINDSET,
BOOST YOUR
CONFIDENCE,
GET MOTIVATED**

FATEMA DEWJI





CO-CREATE A DRAWING— LETS DO IT!

- You partner with someone sitting next to you
- Grab a pen and start drawing something – THE MINUTE YOU LIFT YOUR PEN YOUR TURN IS OVER
- Then it's the other persons turn and they will add to the drawing until your drawing is done
- When you feel your drawing is done you will title it and you will go back and forth with letters

SO.....



What was it like to draw a drawing with someone else?



What was going through your mind?

WHAT WAS GOING THROUGH YOUR MIND?

How can you keep this going?

Trying to read someone else's mind

Were you always in sync with your partner?

What did it feel like not to be in complete control and not be in sync with your partner?

When something did go your way how did it make you feel?

WHAT DID IT TEACH YOU?

How to deal with something
not going your way

How to deal with curveballs

Stay open minded

Stay flexible

Creatively problem solve
around an idea

No one way to do anything –
in business or LIFE!

You will have an idea of
something to go and IT
WONT ALWAYS GO LIKE
THAT! – ITS OK – LET GO –
HAVE ATTITUDE TO
RESPOND TO POSITIVITY
RESPOND AND ADAPT

WHAT IS MINDSET

A set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation of the world and yourself. It influences how you think, feel, and behave in any given situation.



“GREAT ATHLETES ARE NATURALS?”

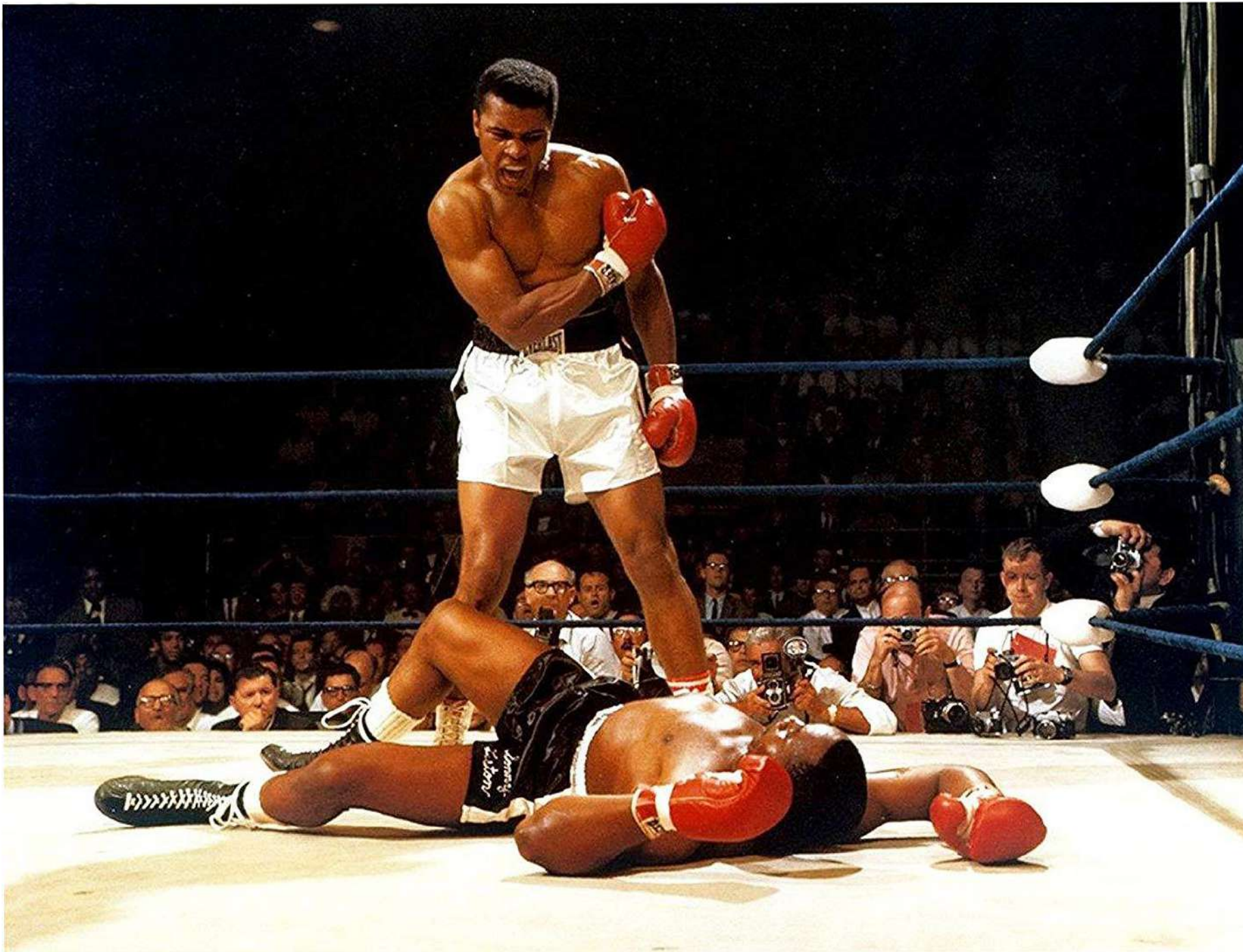
Muhammad Ali

- Failed the “tales of the tape”
- Lacked the strength
- Lacked the classical moves
“boxed all wrong”
- Didn’t block punches with
arms & elbows
- Kept jaw exposed

Sonny Liston

- Power was legendary
- Perfect physique
- Experience and strength
- “Tales of the tape” showed him
to be a natural

*Their matchup was so ludicrous
the arena was only half-full*



GREAT TALENT IS DEVELOPED

Ali studied Liston's fighting style as well as his life outside the ring

He pictured how Liston's mind worked

other athletic greats that weren't "naturals": Ben Hogan, Larry Bird, Babe Ruth & Michael Jordan (who was cut from his high school varsity team)

HOW TO CREATE A WINNING MINDSET



Learn to hear your “mindset voice”

Are you afraid of failure and backing away from a challenge? Making excuses when there is a setback? Feeling angry when receiving constructive feedback?



Recognize that you have a Choice

It is up to you how you interpret challenges, setbacks

HOW TO CREATE A WINNING MINDSET

Step 3: Talk
back to it with
a **Growth
Mindset Voice**

FIXED “If you
don’t try, you can
protect yourself
and your dignity”

GROWTH ?

FIXED “It’s not
my fault. It was
something or
someone else’s”

GROWTH ?

DEVELOPING A WINNING MINDSET

Step 4: Take the growth mindset action

- Take on a challenge wholeheartedly
- Learn from your setbacks and try again
- **Acknowledge** and embrace imperfections
- View challenges as opportunities

**“What are the opportunities for learning and growth today?
For myself? For the people around me?”**

Then make a Plan: WHEN, WHERE, HOW will I embark on my plan

When faced with a set-back, form a new plan (repeat)

CREATE A POSITIVE ATTITUDE

- **Disengage from negative information.**
- **Imagine your best possible self every day.**
- **Practice positive self-talk.**
- **Keep a gratitude journal.**
- **Practice mindfulness.**
- **Recognize when you entertain negative thoughts.**
- **Be in the company of positive-thinking people.**



CREATING HEALTHY HABITS THAT STICK

Start Small.

Change your surroundings.

Ask for support.

Fill your time with healthy activities.

Track your progress.

Reward yourself.

Be patient.

BUILD CONFIDENCE AND DESTROY FEAR

- Use the action technique to cure fear and build confidence
- Manage your memory so as to increase your store of confidence
- Overcome your fear of other people
- Increase self-confidence by satisfying your own conscience
- Think confidently by acting confidently
- Learn the five positive steps to build confidence and destroy fear



BUILD CONFIDENCE AND DESTROY FEAR

- Action cures fear
- Make a supreme effort to put only positive thoughts in your memory bank
- Put people in proper perspective
- Practice doing what your conscience tells you is right
- Make everything about you say, “I’m confident, really confident.” Practice these little techniques in your day-to-day activities. For example be “front seater” , Speak up, Make eye contact, Smile big.



SELF COFIDENCE = SELF DICIPLINE



DON'T BREAK THE
PROMISES YOU MAKE
TO YOURSELF



BE KIND TO YOURSELF



FOCUS ON THE THINGS
YOU CAN CHANGE



CELEBRATE THE SMALL
WINS



SURROUND YOURSELF
WITH THE RIGHT KIND
OF PEOPLE

MEL ROBBINS – 5 SECOND RULE



- The moment you have an instinct to act on a goal you must count down 5-4-3-2-1 and physically move or your brain will stop you.
- Start by counting backward to yourself: 5-4-3-2-1. The counting will help you focus on the goal or commitment and distract you from the worries, thoughts, and fears in your mind. As soon as you reach “1,” move. That’s it.
- The Rule will work every time you use it. But you have to use it. It is a tool. If you stop using it, fear and uncertainty will creep back in and take control of your decisions. If that happens, just start using the Rule again.
- Physical movement is the most important part of my Rule, too, because when you move your physiology changes and your mind follows.

POWER POSE

HIGH POWER POSE



STANDING, WIDE STANCE

ARMS RAISED IN A "V"
ABOVE THE HEAD



HANDS ON HIPS

ARMS CROSSED
BEHIND THE HEAD,
SITTING OR STANDING



LOW POWER POSE

SITTING WITH HANDS
FOLDED IN THE LAP



ARMS CROSSED
OVER THE CHEST

ONE ARM ACROSS THE
BODY IN A SELF HUG



HUNCHING



AHEAD OF THE HERD