

## **2. YOUR THOUGHTS:** Change your mindset

I found myself glued to the television during the 2016 Summer Olympic Games. I watched a number of sporting events, some of which I had no personal interest, but I was memorized by the athletes' stories. I found watching those incredibly passionate people push past their failures and personal fears into victory incredibly inspiring. Their journey of triumph and defeat just to have the opportunity to go for gold was something to be admired. It forced me to reflect on my journey. Have I shown up in my professional aspirations with the same level of preparation and focus as an elite athlete?

Going for gold in your life may not be hitting the gym for 8 hour practices every day, but it will involve sacrifice and hard work. Olympian champion, Michael Phelps said during an interview, “You can't put a limit on anything. The more you dream, the farther you get. I think that everything is possible as long as you put your mind to it and you put the work and time into it. I think your mind really controls everything. Swimming is normal for me. I'm relaxed. I'm comfortable, and I know my surroundings. It's my home.” If swimming is

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home for Michael Phelps, what's your home? Have you found that comfortable, normal place?

He's right! At the end of the day, after all the preparation, it's about how you think. Do you think like a champion, or do you enter the race thinking like a loser? Don't settle for mediocrity when you have the opportunity to achieve extraordinary results. It starts with having a champion's mindset. You have to think like a winner in order to become a winner.

**Mindset Check-in. Do you have a champion mindset?**

Rate each statement according to the scale to determine your Mindset.

Statements of Truth	1-Do Not Agree to 5-Highly Agree					Comments
	1	2	3	4	5	
1. I view myself in terms of my strengths not my weaknesses.						
2. I see my potential for success as high.						
3. I see my future as bright.						
4. I see my gifts/talents as an asset to be leveraged to fulfill my purpose.						

5. I see my ability to overcome obstacles (perceived or real) in my path to success.							
6. I do not compare my gifts/talents to others because they are unique to me.							
7. When I look in the mirror I see someone worth adding value to.							
8. I view myself as a creative thinker.							
9. I view my failures as learning opportunities.							
10. I view myself with limitless possibilities. (I can do anything I put my mind towards.)							

Your Total \_\_\_\_\_

<30, Change your mindset!    =30, You have some work to do.    >30, Keep the positive energy going!

**Build a Champion Mindset.** In “How Successful People Think,” John C. Maxwell shares insight on why and how to change your thinking. He says, “If you change your thinking, you change your life.”<sup>5</sup> It shapes your perception. Your thoughts impact how you view yourself and the world around you. Building a champion mindset like an Olympian going for gold involves the following mindset shifters:

1. **Understand your limitations, but don't let them limit you.** Understanding what you're not good at (limitations) is just as important as knowing your strengths. This enables you to maximize your effort.
2. **Create a strong work ethic that produces results.** Discipline yourself and persevere despite the challenge in front of you.
3. **Learn from your failures.** As we discussed earlier, we learn the most from our failures. They reveal new truths about you. Take the time and learn from them and make the adjustments as you move forward.
4. **Stay focused on moving forward.** This particularly important when you reach a roadblock in your path. Don't get discouraged. Whether is a giant leap or a baby step, it's all progress.
5. **Make winning your goal, but being your best the mission.** You may not always be the one that crosses the finish line first, but if you strive to do your best then you're never a loser.
6. **Surround yourself with people that challenge you.** This may make you uncomfortable at first, but the challenge will force you to rise to the occasion.

7. **Manage the negative self-talk.** The negative chatter in your head will remind you of everything that you are not. Learn to silence this voice by reminding yourself of all the things that you are.

Many times, people give up before making real progress in their life, because they're stuck on one of the mindset shifters. My time of reflection showed me that managing the negative self-talk has kept me out of the winner's circle far too many times. If your results for the Mindset Check-in totaled 30 or below, then it's time to be intentional and change your thinking.

Which of the 7 Champion Mindset Shifters has given you the most trouble? Develop a plan to overcome your barrier in this area. What can you do every day to shift your mindset?