



THE 5-MINUTE GUIDE TO SHIFTING YOUR MIND FOR UNCOMMON SUCCESS

Success, like so many other things, begins with the mind. It begins with giving yourself that 'success mindset' and determining that you're going to go out there and start getting what you want. Until you make this cognitive shift, you won't be able to motivate yourself 100% and you're always going to hold yourself back.

Imagine changing your mindset, changing the way you see yourself, and suddenly being able to get whatever you want. Imagine changing the way that others see you, the way that people respond to you and the way that you *feel* about yourself.

We all know people in our lives like this. People who seem to be untouchable - who always look amazing, who are effortlessly cool and who seem to rise through their careers like nothing can stop them. They are almost oddly uncommon. How do they do it?

I'll tell you: With a success mindset!

Can a Mind Change Really Change Your Life?

Seriously? Does changing your mindset *really* change your life? Can simply thinking about yourself differently really make an impact in your career, your relationships, and your health?

Absolutely!

You are a product of the choices you make.

If you are a successful businessperson who is earning millions every year, then that comes down to your own hard work, your own strategy, and your own confidence. Your actions and your choices brought you to where you are now.

If you are living a relaxed life with your family and having plenty of time to play with your kids at the end of every day, then *that* is also a result of your choices.



At the same time, if you are someone who is stuck in a dead-end job, who feels that they aren't getting their due, so stressed you don't have time to do anything you enjoy or you are largely unhappy with your lot in life... *that's* down to you too.

You *chose* to be here, even if you don't feel like you did. You chose to let this happen, even if the decision was expressed through inaction rather than action.

And you're choosing to perpetuate that situation *right now* by not actively seeking change! You're choosing it because it's easier than stepping up and going after what you want in life. In fact, it might be so easy that it doesn't *feel* like a choice anymore.

If people seem to walk all over you, then it is because you are letting them. It is because you are presenting yourself in a way that is allowing them to take advantage of you.

So, you need to start making different choices and acting differently. And that is why you need to change your focus, change your attitude, and change your belief system to start getting the things you want.

Finding Your Passion

What are you willing to die for? Find your passion. Find your goal and find what you want in life.

Many of us have a tendency to drift and to come off as indecisive and the reason for this is, we don't know what we want. Very often, we're told to go after the things we want in life and the things that make us excited, but it can be hard identifying just what that is!



How do you choose between multiple exciting career paths?

Do you know if you want to go travelling, or if you'd find it too hard being away from your family?

To become a person of action, you need to make up your mind. What's important to you? What are you working to accomplish?

Once you know the answer, you can begin to take the most direct and effective steps to getting to those goals.

This changes everything because now you have a destination, you can create a road map.

So how are we going to find out what we really want?

A good start is to begin with a vision rather than a goal. A vision is a visualization of what you want in life and it means picturing your perfect future in your mind's eye.

Remove all expectations, stop second guessing yourself and just picture the future you think would make you happiest. Just let it come!

So, where are you?

Are you living in a massive, beautiful house with your beautiful children and spouse? Are you a person of leisure? Or perhaps you are standing at the top of a high-rise building, wearing a very expensive suit and looking out over the world below as star of your domain?

Whatever the case, picturing your success like this should help you to get an idea of what is more important to you. Just make sure that you are completely honest with yourself and that you don't let stereotypical definitions of success influence you here.



If your idea of a perfect future is to have a healthcare facility of your own, then go for it! This isn't going work unless you really know your passion...

How to Write Your Goals

The next step is to break that passion and that vision down into goals. These are the concrete steps that you must take to build the future you just pictured.

If you're vision was seeing yourself in great shape for example, then it can be tempting to think of that as a goal: 'to get into great shape'. Or perhaps you might be more specific and make your goal into: 'lose two tons of weight in one year'.

Neither of these goals really work. That's because they make the mistake of being too long term and in the case of the first one, too vague.

Losing weight is something that could be out of your control. If you want to lose weight in a year, then you can try very hard but there's always the possibility that it won't work out. You might have issues with your metabolism, or you might get injured and be unable to train.

Either way, you only play a role in losing weight.

What's more, is that it can be very hard to quantifiably measure success right at the start. So, if you're trying to lose weight over the course of a year, you might not know precisely how to go about it or whether or not you're actually being successful.

And it can be *all* too easy to put it off. You might think, for example, that you don't need to work hard to lose weight today because you can always do it tomorrow – you have a whole *year* for heaven's sake!



But gradually, you get closer to that deadline and you realize you haven't been motivated. And when that happens, you realize that you're not going to make it. You've failed in your goal and this then will completely remove all sense of motivation and drive from your objective.

And you'll give up.

So, let's go about this a different way. Let's take the vision and instead break it down into small, concrete steps that we can take. Ideally, these will be daily or weekly steps that we can pass or fail and that are completely within our control.

Now your goal is to: 'exercise for 5 minutes each day' or 'only eat 1,800 calories every day'.

This is a simple and straightforward objective that you can accomplish every day. Every day is a simple 'pass or fail' and if you do it every day, then eventually you'll find that you get the results you want.

It makes it much easier to stay focused on what you need to do, because the task is so much smaller and right within your control.

This same principle can be applied to countless other types of goal. For example, the goal 'write a novel' doesn't work as well as the goal 'write 1 page a day'. Likewise, the goal of 'start a business' will work less well than 'work on my business for 2 hours a week'.

Write your goals correctly and you'll find they're that much easier to accomplish!

Staying Focused

Of course, it is still going to be a challenge sometimes to remain focused and motivated to complete the task. Sometimes, you will find that you just don't have the energy or the will to complete the tasks you need to complete. What do you do in this case?



The key is, once again, to keep your eye on the prize. Whenever you feel yourself lacking the motivation to continue, visualize the vision that you had right at the start. This will help you to make the connection between that mundane action and the amazing results that you want to accomplish.

When you do that, you'll find that it's hard *not* to be motivated – after all, it is your passion!

In fact, that is why it's so important that it is your true passion you are seeking after. If you don't feel it, you won't have the motivation and energy to go through with these steps, because passion changes the way you carry yourself. The way you talk. You become *magnetic*!

And science backs this up. When we are passionate about something, we gesture *more* to emphasize our point. Audiences rate people who do this as being more charismatic, more trustworthy and more believable. So, you see, by following your passion you can *instantly* become more magnetic and start to give off that successful aura!

Invest in Yourself

The other way you do this is by investing in yourself. That might mean new areas of income streams, it might mean taking care of yourself physically, or going to [training courses](#), even after you have just worked a long shift.

Whatever the case, your objective is to spend some more time and more money on yourself to become the best version of you – and to *feel* amazing. When you do these things, you'll find that you look and feel the part. This instantly changes the way that you walk, the way you present yourself and the way that others respond to you.

This is the 'law of attraction' at work and you'll find that the way you act will ultimately end up influencing the way others act toward you and what you get out of life.



We talk much more about the law of attraction and how to use it in the full e-book. Here you'll learn how to achieve happiness, how to avoid the pitfalls of success, how to reprogram your mindset and how to overcome fear. By the end, you'll be talking and walking like an absolute winner and you'll start getting the things you want out of life.

Otherwise, I hope you've learned enough in this free guide to take action and start making some changes. Discover your vision, break it down into actionable steps and then invest in yourself and believe you can accomplish anything!

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