

CHANGE YOUR
MINDSET CHANGE
YOUR LIFE



**UNBLOCK
YOUR BLISS
MINDSET**

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THE IMPORTANCE OF MINDSET

Your mindset makes or breaks you.

Two twins could be given the exact same strategy. One could go and build a multiple seven figure business as well as become a New York Times best-selling author, have an extremely happy personal and family life, a massively popular podcast, and help thousands of people. The other could end up broke, homeless, and suicidal. The only difference between the twins is the person's mindset.

“THINK YOU CAN OR THINK YOU CAN'T, YOU'RE RIGHT.”
- HENRY FORD

Even if you feel like you have a strong work ethic, ability to 'hustle,' and feel totally confident... this workbook is going to help you **highlight your flaws** and use them to **propel you forward**.

Therefore, before moving onto the rest of the course, please **complete this module** in full so that you can begin to master your mindset.

In order to do this, it's important to understand what drives us as humans.

WHAT DRIVES US ?

In 1923, Freud came up with a psychoanalytic theory to **understand the mind**.

He concluded that there are three parts to WHO WE ARE:

1. **THE ID** - all our instinctive, biological drives and desires. The *id* is the part that controls all of the things that escape our control. It's the things that keeps us alive, and we can rarely change these things.
2. **THE EGO** - the *"part of the id which has been modified by the direct influence of the external world,"* (Freud, 1923). The ego is the part of our personality that connects what we can control with what we can't, it connects the conscious and unconscious. It gives us our sense of personality and also the **POWER TO MAKE CHOICES**.
3. **THE SUPEREGO** - The superego is what guides us to know if what we're choosing is right or wrong. It incorporates the values and morals of society which are learned from our parents and others.

Example: When the **ID** says we need to eat something but we're on an important meeting, the **SUPEREGO** tells us we're on a meeting and the **EGO** considers if it's the right time to do so or not and chooses to do it or not.



Our behavior is determined by the interaction between these three components, and Freud believed that the three are in constant conflict.

For years, 'the ego' has been seen as a negative (or even 'bad') element to our personality. However, it isn't the ego which is negative: there is both positive and negative elements to the ego. Simply, it is the part of us which gives us a personality. The negative element is the personality which arises from the ego, due to the lack of intervention from the superego. It is what you think and how you act based upon that thought that determines whether your personality is positive or negative.

So, it isn't your ego which you need to 'get rid of' or 'quieten down,' it's your negative and limiting thoughts.

So, the next time you decide anything, try to see how the superego is considering limiting beliefs imposed by society or taught by your family. For example, if you feel that you should quit your job to pursue your dreams, you might hear a voice telling you NOT TO DO IT. Why? Because your parents and society always told you that you needed a college degree, a stable job and a family to be happy. But if you really feel you should start your own business and pursue your dream of helping people, then, what's stopping you?

Only by analyzing your behaviors and how you make choices, identify those paradigms and limiting beliefs that are stopping you from doing so. Only by bringing these things to light, you're able to change your behavior and really start working towards what you really want to become.



ANALYZING MY MINDSET

Now, it's time to look at your mindset blocks, those things which are keeping you from growing, in order to transform your way of thinking to something which will propel you forward. If you wanted to get stronger, physically, you'd go to the gym and work out. Just like you exercise your body, **you must exercise your mind** to make it more resilient and to expand your way of thinking. The first way to do this is to look at your weaknesses.

My Weaknesses

Opposite To Each Weakness

• I always think of the worst possible outcome and notice the bad in everything, 'I lack self-confidence and worry about what other people think about me,' or 'I overthink everything.'

• Thinking of the best possible outcome and noticing the positive in everything, even the little things, 'not caring about what other people think of me or caring about what they think of me, but doing it anyway,' 'taking action rather than thinking about what I should do.'

EXAMPLE ↗

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WEAKNESS #1 ↗

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WEAKNESS #2 ↗

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• _____

WEAKNESS #3 ↗

You may have noticed a few things...

1. **Your weaknesses are things that you do subconsciously.**

These thoughts have become so instinctive to you because they happen so often. For example, if you are someone who thinks negatively and is always concerned about the worst-case scenario, then you may often find yourself filling gaps in conversations through complaining about things that don't really matter. For example, you may often say "*I'm cold,*" or "*I'm tired.*"

2. **Your negative mindset or your mindset blocks come from your **superego**.**

For example, you may be afraid to spend money and have a scarcity mindset towards money because your parents lost their jobs so were always worrying and arguing about it as you were growing up.

3. **Your mindset blocks have stopped you from taking action on things you've really wanted to do in your life.**

Take Each Weakness, And Write A Time That It Has Held You Back And Where You Could Be If You Hadn't Let That Weakness Stop You:

Time That It Has Held You Back

Where You Could Be If You Hadn't Let That Weakness Stop You

I lack self-confidence and worry about what other people think about me. It has caused me to not start online coaching because I am afraid that my friends from school will judge me.

I could have an online coaching business with 50 online clients who I'm serving through helping them learn how to code

EXAMPLE ↗

EXAMPLE ↗

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WEAKNESS #1 ↗

WEAKNESS #1 ↗

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WEAKNESS #2 ↗

WEAKNESS #2 ↗

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WEAKNESS #3 ↗

WEAKNESS #3 ↗

It's easy to think the worst or to fail to see the other side of things, but **that's what is holding you back**. A simple way to slowly shift this habit is through **practicing gratitude**. Every time you feel the urge to say something negative or to worry about what *'could be,'* pause, and note down three things that you feel grateful for. They don't need to be big things: they can be as little as the fact that you have drinking water whenever you need it, or the fact that you are able to read. But practicing gratitude will help you realize that it isn't so bad, after all.

After decades of research, a psychologist named *Carol Dweck* came up with the terms *'Fixed Mindset'* and *'Growth Mindset.'* According to her book, *Mindset*, a fixed mindset is when people wrongly interpret their abilities: they believe that their intelligence, talents, and success are fixed and that they cannot change them. These people focus on documenting their shortcomings, give up easily, avoid challenges, ignore constructive criticism, and feel threatened by the success of others.

On the other hand, those with a growth mindset believe that their abilities (including their basic level of intelligence and talent) can improve with hard work and effort. They embrace challenges, persist in the face of setbacks, learn from criticism, and find lesson and inspiration in the success of others. If they fail, they know it wasn't their time *'yet,'* but they will try again.

The biggest difference between the two mindsets is that those with a fixed mindset feel that they have to prove themselves. If they fail, they use their energy to explain why and to try to demonstrate how they're not a failure. Those with a growth mindset don't focus their efforts on that: they simply work on getting better.

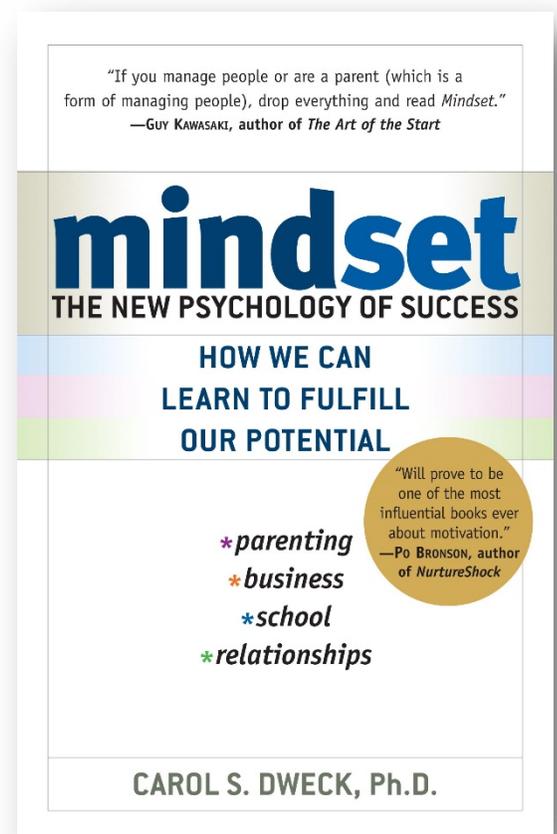
Excerpt from the book:

“We often see books with titles like *The Ten Secrets of the World’s Most Successful People* crowding the shelves of bookstores, and these books may give many useful tips. But they’re usually a list of unconnected pointers, like “Take more risks!” or “Believe in yourself!” While you’re left admiring people who can do that, it’s never clear how these things fit together or how you could ever become that way. So you’re inspired for a few days, but basically, the world’s most successful people still have their **secrets**.

Instead, as you begin to understand the fixed and growth mindsets, you will see exactly how one thing leads to another— how a belief that your qualities are carved in stone leads to a host of thoughts and actions, and how a belief that your qualities can be cultivated leads to a host of different thoughts and actions, taking you down an entirely different road.

[...]

Sure, people with the fixed mindset have read the books that say: Success is about being your best self, not about being better than others; failure is an opportunity, not a condemnation; effort is the key to success. But they can’t put this into practice because their basic mindset— their belief in fixed traits— is telling them something entirely different: that success is about being more gifted than others, that failure does measure you, and that effort is for those who can’t make it on talent.”





CHANGING YOUR MINDSET

I am really good at staying motivated even when my work delivers no immediate results. I put in the work even if the work because I believe that long term results are more valuable.

STRENGTH

It's really hard for me to stay focused on just 1 thing. My mind always gets distracted while working. This causes me to work slowly and sometimes even miss my deadlines.

WEAKNESS

There are a lot of tactics and techniques out there I can start implementing to stay focused for longer periods of time. I'm going to try them as soon as possible so my work can be more productive.

**OPPORTUNITIES
To EXPAND MY MINDSET
(AND TURN WEAKNESSES TO STRENGTHS)**

Every day there are new success stories all over social media about people who made it in their businesses. This makes me feel like I'm being left behind and drains my motivation.

**THREATS
To MY MINDSET
(AND TURN STRENGTHS INTO WEAKNESSES)**

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STRENGTH

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WEAKNESS

•

**OPPORTUNITIES
To EXPAND MY MINDSET
(AND TURN WEAKNESSES TO STRENGTHS)**

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**THREATS
To MY MINDSET
(AND TURN STRENGTHS INTO WEAKNESSES)**



WHY I CHOSE MY *LIFE*

- Here, write down all the reasons why you selected the career/passion you have/are going for.
- Then, write down all the things which prove that you are good at what you do.
- Next, write down the reasons why you deserve to be helping people within that space.

HERE, WRITE DOWN ALL THE REASONS WHY YOU SELECTED THE NICHE YOU SELECTED.

• *I chose vegan weight loss because I believe not eating meat is, in the long term, a healthier choice.*

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THEN, WRITE DOWN ALL THE THINGS WHICH PROVE THAT YOU ARE GOOD AT WHAT YOU DO.

• *I helped 3 vegan friends lose a lot of weight by giving them a diet that fits their body type.*

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NEXT, WRITE DOWN THE REASONS WHY YOU DESERVE TO BE HELPING PEOPLE WITHIN THAT SPACE.

• *I lost 35 pounds while shifting to vegan eating habits, so I know what to eat and what to avoid.*

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CONFIDENCE

When it comes to building your **SELF-LOVE**, **confidence** is a huge roadblock for many people. If that's you, don't worry: you are not alone. Putting yourself out there publicly on the internet for people to see is scary. It's easy to doubt yourself and to want to hold back in being vulnerable. However, the vulnerability and authenticity is what will allow you to help so many people, and build **meaningful, lasting connections** for yourself. Not only that, but lack of confidence is, unfortunately, something that so many people struggle with. That means that when you are open and honest about your shortcomings, people will relate to you. That will draw them in and help you build a deeper level of connection with them.

Reasons Why I'm Unconfident

How That's Relatable

** I'm afraid of what people might think if I go on camera and speak about topics that matter to me.*

** I got bullied in the past, so I'm afraid that if people see me on camera and online, they will laugh at me because they always have.*

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