

Mindset

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Have you ever heard people say “This is too hard”, “I’m not good at this”, “I can’t be bothered”, “I’m bored and tired”? They have taken on a ***I can’t do it*** mindset. No matter how clever, talented and brilliant they are, they will never succeed because they talk themselves out of having a go. Their own attitudes sabotage their chances of creating a great life.

Taking on a positive mindset is one of the most powerful things we can do to create great outcomes in our lives.

Thinking is a rare skill. Not many people do it.

Developing a successful mindset involves sparking your interests and passions. It involves imagination, creativity as well as skills and knowledge.

Thinking wildly

Be playful. Most of the big issues confronting us do not have one straightforward answer. If you think there is one correct answer only, you often become cautious, stressed and wary of making mistakes. Having a successful mindset involves training your mind to play with ideas so that interesting solutions can be created.

Be prepared to ask “stupid” questions

Asking questions is a sign of intelligence. Genius is seeing what everyone else sees and thinking what no one else has thought. Creativity involves asking questions that no one has ever asked before. Having new thoughts comes from asking “stupid” questions- who, what, where, why, when and then, why again. The hovercraft was invented when Sir Christopher Cockerell asked himself why couldn’t a boat fly on air.

Put the jellybeans in the jar first.

You can’t take out what you haven’t put in. Develop your self and build your well-being.

Make mistakes

Some of the best discoveries come from mistakes. Christopher Columbus was searching for India when he landed in America. Alexander Fleming discovered penicillin when he noticed that one of his Petri dishes developed a mould that was resistant to bacteria. People who don’t make mistakes don’t make anything.

Be a category buster

Category busting means looking beyond the limitations of a current situation. Sometimes it involves asking, “what if the reverse was true?”

A schoolboy was asked by his teacher why he was late to school. The boy said, “It was so wet and slippery that every time I took one step forward I slid two steps back”. The teacher haughtily asked, “So how come you are at school?” The boy replied, “I turned around and headed for home and ended up here!”

Look for patterns

Sherlock Holmes, the fictional detective said, “When you have eliminated the impossible, whatever remains, *however improbable*, must be the truth”. Patterns are a series of signs or clues that give you ideas. Noticing patterns involves being observant.

All of us can become more observant. One way to do this is to pick someone and try to notice their mood, body language, the tone of their voice and their facial expressions. You’ll be

amazed how much you learn by listening, looking, noticing and observing.

Look for simple solutions

The North American Space Agency (NASA) was concerned about astronauts writing in space when they discovered pens did not work well in zero gravity. To overcome this problem, they gathered teams of mechanical, hydrodynamic and chemical engineers and spent millions of dollars developing the space pen. It was a technological marvel. It worked in space, underwater and could write upside down.

The Soviets solved the problem as well. They gave their cosmonauts pencils.

Be ingenious

Ingenuity means thinking about how things can be used in different situations. Asking yourself, "What else is this like?" and "How could I use this in other situations?" builds mindfulness, awareness and flexible thinking.

Sometimes it helps to gain ideas from different areas of thinking. When Mercedes-Benz wanted to develop a new small car they didn't look at other car designers. They consulted with Swatch, the makers of watches. Together they developed the Smart car.

Always consider how an idea could be useful in another setting. A drug company released a medication called minoxidil that lowered blood pressure. Although it was effective for this, it had one important side effect. It stimulated hair growth. So while it was used a bit by people wanting to lower their blood pressure, it was mainly used by balding men to regrow their hair.

A manufacturer made a machine for spraying crops in cold climates. Unfortunately it didn't work. The spray froze and killed the crops. Another person looked at the machine and used it to make snow on ski slopes and made a fortune.

Always consider what you don't know for sure There's an old story about two people on a

train. One of them, seeing some naked looking sheep in a paddock said, "Those sheep have just been shorn". The other looked a moment longer and then said, "They seem to be- on this side".

Mindful learning encourages people to be aware and observant, to think flexibly to connect ideas in new ways. It is also humble and prepared to make mistakes and to be uncertain.

Here are some examples of people who probably should have been more thoughtful about the limitations of their thinking:

I never make predictions. I never have, and I never will -Tony Blair.

Who the hell wants to hear actors talk? - H. M. Warner in 1927

We don't like their sound, and guitar music is on the way out. - Decca Recording Co. rejecting the Beatles in 1962

Everything that can be invented has been invented-Charles H. Duell, Commissioner, U.S. Office of Patents, 1899

And, my personal favourite of all time:

They couldn't hit an elephant at this dist... General John B. Sedgwick, 1864, last words at the Battle of Spotsylvania.

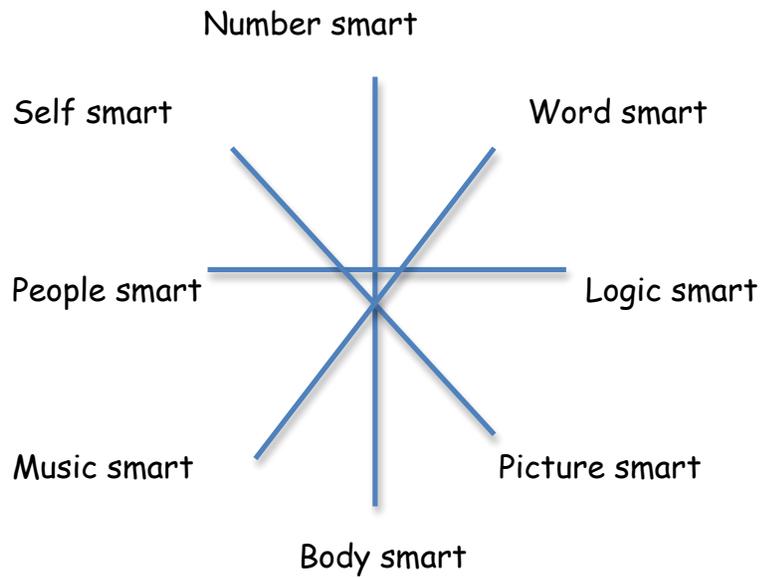
Drip Feeding Ideas

There are many ways to improve your thinking. This is a crash course in giving your brain better ideas. One of the easiest ways is to give your brain more ideas to think about.

What sources of ideas do you use? Magazines? Books? Movies? TV? Family? Conversations? Listening to talks? Teachers? Friends? Watching the world? Practice changing your viewpoint. Look at issues from different angles.

Head space Analysis: where are you at?

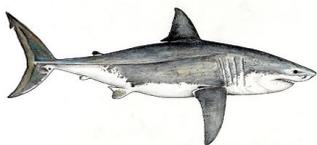
We all have different strengths please sketch how



Dolphin thoughts help you out, shark thoughts circle around and threaten you

Shark Thought

Dolphin Thoughts



Goal Setting: where do you want to be?

Using the scale below, rate how much you agree with each statement.

Not at all true

Somewhat true

Very true

1

2

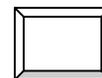
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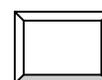
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1. It is very important to me to do well at school compared with my friends
2. I like having smart friends who can teach me new things
3. I enjoy learning new things or developing new skills
4. I care a lot about what other people think of me
5. I like to show people that I know things and am clever
6. It is ok if people know that I try hard to do well at school.
7. I try to do my best at school
8. It is really important to me to be part of the popular groups at school.
9. I feel good about myself when I know that people like me.
10. I measure my success by whether I am doing better than most of my class.
11. I think that mistakes are a sign that I need to learn or practice more.
12. I try to make sure teachers know that I am smart

Add up your scores for 1,4,5,8,9,10 and 12. Divide this by 7. This is your **Looking Good** score



Add up your scores to 2,3,6,7, and 11. Divide by 5. This is your **Get-Better** score



The Success Assassins

Circle all of the ways you sometimes sabotage your success.

Fault finding	Blaming someone	Blaming yourself	Making it worse than it is	Gossiping
Complain- to someone who can't solve the problem	Turning someone into an enemy	Not talking about it	Pretending there isn't a problem	Thinking saying something will upset them
Rescuing others	Being too helpful or considerate	Going over and over the problem	Expecting that life will always be difficult	Thinking the problem will always be a problem
Becoming upset over irrelevant details	Vowing revenge	Procrastination (putting things off)	Working too hard	Trying to do things perfectly
Sleeping less	Changing your eating patterns	Changing your exercise patterns	Either not see friends or seeing them too much.	Trying to forget or not think about the problem.

In what way are your strategies working for you?

What do you think the strategies you are using might be costing you?

Mental contrasting towards problem solving

1. Write down a wish or concern
2. Think about what a happy ending would look like
3. Think about an obstacle that stands in the way between you and the happy ending
4. Think about another positive of getting to the goal
5. Think of another obstacle
6. Another positive
7. Another obstacle
8. What the next two steps you will take (and when)

The Neurochemistry of Success

Rate yourself on the following issues then add a, b, c, d, and e together to get a total for each box. (3= very often, 2= sometimes, 1= occasionally, 0= rarely)

Dopamine

- a) I find it difficult to get focused on the what I need to do
- b) I don't feel motivated to achieve goals
- c) I am not proud of my accomplishments
- d) I often feel tired and unmotivated
- e) I am disinterested and won't have a go

Total Score

Cortisol

- a) I am reluctant to ask questions or raise my hand when I don't know something
- b) I often can't recall what I have learned
- c) If I don't do well I take it that I am not smart enough
- d) I stress out a lot
- e) I worry more than most people about making mistakes

Total Score

Adrenaline

- a) I talk too much in class
- b) I argue and disagree too much
- c) I am reluctant to try new things
- d) I do silly things in class
- e) I can be really busy without actually getting much done

Total Score

Serotonin

- a) If things get difficult I give up
- b) I am quiet and hard to talk to
- c) I find it hard to get going in the morning
- d) I am hard to please and don't like being praised
- e) I often feel like saying "why do we have to do this?" or "is this on the exam or test?"

Total Score

High scores indicate you should consider altering your neuro-chemical balance

Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Your character is your legacy.

Strategies for altering

Dopamine

**Set goals
Swim, play tennis,
percussion,
handball.**

Reward yourself.

**Get outside and
do something
quickly.**

**Challenge
Yourself**

Adrenaline

**Repetition.
Meditate.**

**Give yourself
enough time.**

Plan carefully.

**Slow down
Go for a walk.**

**Switch electronics off.
Self- hugging**

Cortisol

**Enough rest.
Routines.**

**Do little bits
at a time.**

Practice.

**Drink more
Water.**

**Start or
shift to
something
easier**

Serotonin

**Eat breakfast.
Get feedback**

**High protein
diet.**

Talk to friends.

**Less caffeine &
Energy drinks.**

**Laugh more.
Remind yourself
that it will
it ok**

My plan for brain freezes

Playlist of worry

Playlist of confidence

"It is not because things are difficult that we do not dare. It is because we do not dare that things are difficult." - Seneca

From Planning to Deliberate Practice

Evolutionary psychologists suggest humans have evolved a propensity for negative thinking or an inherent pessimism. This was helpful in looking out for threats and dangers therefore improved the likelihood of survival. Flight/fight response prepares for mortal combat but is an over-reaction most of the time in our current culture.

Is rewiring possible? Research suggests yes. 21 days of practise:

1. **Gratitudes.** Notice and write down 3 new things to be grateful about every day for 21 days. Balances scanning for threats with noticing positive events and circumstances.
2. **Journaling,** Record one positive event per day. Writing down and recording a positive experience allows you to relive it and consolidates memory.
3. **Exercise,** What is good for the body is good for the brain, and demonstrates what you do makes a difference.
4. **Meditation,** Learn to focus in an over-stimulated world.
5. **Random acts of kindness.** Connects you to others and engages in thinking beyond the self.

Is rewiring desirable? Yes.

A positive mindset improves performance in every field of endeavour: school, business, study, sport, creative arts, social capital.

The improvement I want	I will keep doing
I will stop doing	I will start doing

The next two steps I will take are (include a completion date):

1.

2.

Confidence- moving to where the magic happens

Confidence is one of the most powerful, qualities that creates success in life.



It's hard to get out of our comfort zones to where the magic in life happens. Which of the strategies below do you think you could do to reach out of your comfort zone?

Live a bold and adventurous life- One way to develop confidence is to live a life in which you do different things eat new foods, go to strange places, see new shows or movies and try out things you wouldn't usually have a go at.

Trust your own intuition. Practice trusting your intuition and hunches and follow them wisely.

Don't fall into the avoidance trap. When you avoid something you fear, your fear grows. What is avoided looms larger and appears more daunting.

Follow the 80/20 rule -No one is confident at everything all the time. Be bold and confident about 80% of the time.

Know that first past the post isn't always the best. The person who can achieve a skill first is often not the best at that skill, long-term.

Set Probability Goals. A probability goal is a challenge that includes an error margin. For example, "Let's see if I can throw a ball into a hoop on the group 7 times out of 15 throws". Probability goals help us to challenge ourselves and make it less likely that we will give up if we don't get 100% first time.

Little steps lead to giant leaps. Focusing on our strengths builds the confidence to tackle areas where we are not so capable. If we can't learn to make mistakes, we can't learn to improve. People who make no mistakes do not usually make anything.

Build a have-a-go mindset- People express their insecurities by claiming that they can't do something or by comparing themselves negatively with others. For example, "I am the world's worst dancer" or "I'm no good at Maths". Realize you are making an **Excuse**

Believe in yourself

Experiment with ideas

Allow your mind to wander

Make a dream

Action plans

Zip into action

Energy

Dream big dreams

Your Mindset Compass

A	B	C	D
1. I am really good at			
Making realistic decisions	Reaching accurate conclusions	Uncovering hidden connections	Understanding people's feelings
2. It is more important for a learning environment to be			
Dynamic	Thought provoking	Collaborative	Task Oriented
3. I learn best by			
Experimenting & tinkering	Listening & sharing	Guessing & exploring	Reflecting & thinking
4. Most people would identify me as			
Productive	Creative	Responsive	Logical
5. One of my main strengths is			
Planning	Enthusiasm	Practicality	Listening
6. When I learn I enjoy			
Exploring hidden possibilities	Organizing ideas	Making personal connections	Producing results
7. I strive for			
Agreement	Precision	Efficiency	Adventure
8. Generally I am			
Nurturing	Precise	Decisive	Intuitive
9. If anything, I tend to be			
Too impulsive	Too sensitive	Too eager to finish things	Too cautious
10. Generally, I am			
Co-operative	Orderly	Straightforward	Free spirited
11. Learning environments should emphasize			
Common sense	Clarity of reasoning	Commitment to personal values	Adaptability to change
12. I am most comfortable with people who are			
Supportive	Creative	Productive	Rational
13. I am least comfortable with people who are			
Rigid	Disorganized	Indecisive	Aggressive
14. Generally I am			
Stodious	People oriented	Down to earth	Innovative
15. If I could, I would prefer to			
Make the world a happier place	Acquire knowledge	Solve practical problems	Create new ways of doing things

Scores

North

South

East

West