



GET THE RIGHT MINDSET FOR SUCCESS

BROUGHT TO YOU BY **TONY ROBBINS RESULTS COACHING**

We all get lost in our thoughts sometimes. Having the wrong mindset can be truly damaging and limit our success. To make sure you're set up to win, see the chart below with common beliefs and recommendations from Tony's Coaches to help you avoid negative thought patterns and embrace empowering ones.

BELIEF TYPE:	EXAMPLES:	COACHING TIP:
<p>RED LIGHT (AVOID THESE BELIEFS)</p> 	<p>"I can't do this, no one like me has done this before" A pattern in which you look for information that reaffirms what you believe to be true (aka: confirmation bias.)</p> <p>"Nothing ever goes my way and it never will" The belief that current trends — good or bad — will continue no matter what (aka: recency bias).</p> <p>"This didn't work out last time, it won't this time." Recalling negative experiences more readily than positive ones and to let them shape your expectations (aka: loss aversion).</p>	<p>Challenge yourself to be truly objective by asking yourself challenging questions. Seek out informed individuals who will disagree with you if needed.</p> <p>Write down your goal and work backwards to create steps to get there. This way, you're able to see the big picture and stay on track — no matter current conditions.</p> <p>Actively notice positive experiences and write them down to counter any negative thoughts. Bumps in the road are inevitable, but they don't need to be feared.</p>
<p>YELLOW LIGHT (CAUTION WITH THESE BELIEFS)</p> 	<p>"I have too much on my plate."</p> <p>"It's too late to change."</p>	<p>Take advantage of NET time — your No Extra Time time. We all have tasks each day that occupy our bodies, but not our minds. Instead of "zoning out" use that time to feed your mind. Utilize the minutes you spend in mindless activities to transform the quality of your life.</p> <p>Change your psychology — It is never too late to change. Some of the most successful people in life didn't accomplish anything until they were older. If you would have started when you first thought it was too late, where would you be today. There is no better time than now.</p>
<p>GREEN LIGHT (EMPOWERING BELIEFS)</p> 	<p>"I am in charge of my life."</p> <p>"I have everything I need to succeed within me."</p> <p>"I am always surrounded by opportunity."</p>	<p>With incantations, you aren't just speaking words of empowerment, you are using your body and your voice. You are changing your physiology and your state, which changes everything.</p> <p>Keeping your mind set on abundance and opportunity, not scarcity and lack, is a recipe for success. It's proven — a positive psychology improves energy, strength and resilience</p> <p>There is a lesson in every setback and you can choose to grow instead of being defeated by it.</p>