

INTRODUCTION

Setting Expectations

Overview

Most people have things they desire or qualities they want to possess – unfulfilled dreams, personal and professional goals. The challenge for most of us is how to grow, how to get what we want, how to achieve on a consistent basis. One question we want to ask is, “What is holding me back?” What are those barriers that are keeping us from success? It turns out that a lot of our success, our growth as a human being, has to do with the way we think – *our mindset*.

Objectives

By the end of this unit, I will be able to:

- define the different facets of my life, that make up Me.
- outline areas of my life where I want to focus more of my attention.
- write down one goal for each area, where I want to focus my attention.



By changing the way we think, we change the way we run our lives and make better use of our talents, abilities and potential to be more and achieve more.

KEY POINTS

- In order to more fully realise all that we have the potential to become, we want to look at those things that have been holding us back. It turns out that a lot of our growth as a human being has to do with the way that we think – our mindset.
- It appears that human beings have a nearly unlimited amount of potential. The tools presented in this course will help us to minimise the barriers to accessing that potential and make the most of our talents and abilities. It all comes down to our belief in our ability to make it all happen.
- The **BEHAVE** model provides a way to look at those barriers to future performance and success, and understand how they affect us today:
 - ▶ **Beliefs** – all that we currently know about who we are and what we can do.
 - ▶ **Expectations** – what we currently see as being possible for the future.
 - ▶ **Habits** – repeated patterns of behaviour that may not serve us as we move forward.
 - ▶ **Attitudes** – the emotions, positive or negative, we attach to situations and memories.
 - ▶ **Values** – the principles that form a significant part of our self-image.
 - ▶ **Environment** – the world around us at home, work, in society, and so on.
- When we change the way we think – our mindset – we change the way we run our lives.

KEY CONCEPTS

BEHAVE

- **Belief** – an emotional acceptance of a proposition, statement or doctrine. Our beliefs become the foundation for our actions and behaviours, and form the core of who we believe we are and what we can do in the world.
- **Expectations** - the prospect of a future realisation of a currently abstract idea; an anticipation for the future.
- **Habit(s)** – a learned act or behaviour that has become, through repetition, automatic, fixed and easily carried out.
- **Attitude(s)** – a consciously held belief or opinion that causes to either lean toward a thing or situation (positive attitude), or away from it (negative attitude). Attitudes can be thought of as automatic responses, stored in the Subconscious.
- **Values** – the quality of worth or merit, excellence and importance; custom or ideal that people desire as an end, often shared within a group.
- **Environment** – the combination of external physical surroundings that influence the growth of organisms; social and cultural conditions that affect the nature of a community; may be positive or negative in its effect.

Mindset – a pattern of thought or thinking; may be fixed and possibly unwilling to change, or flexible and open to change and growth.

Potential – having the strong possibility of becoming real and actual; currently latent and not expressed, but accessible through goal-setting.

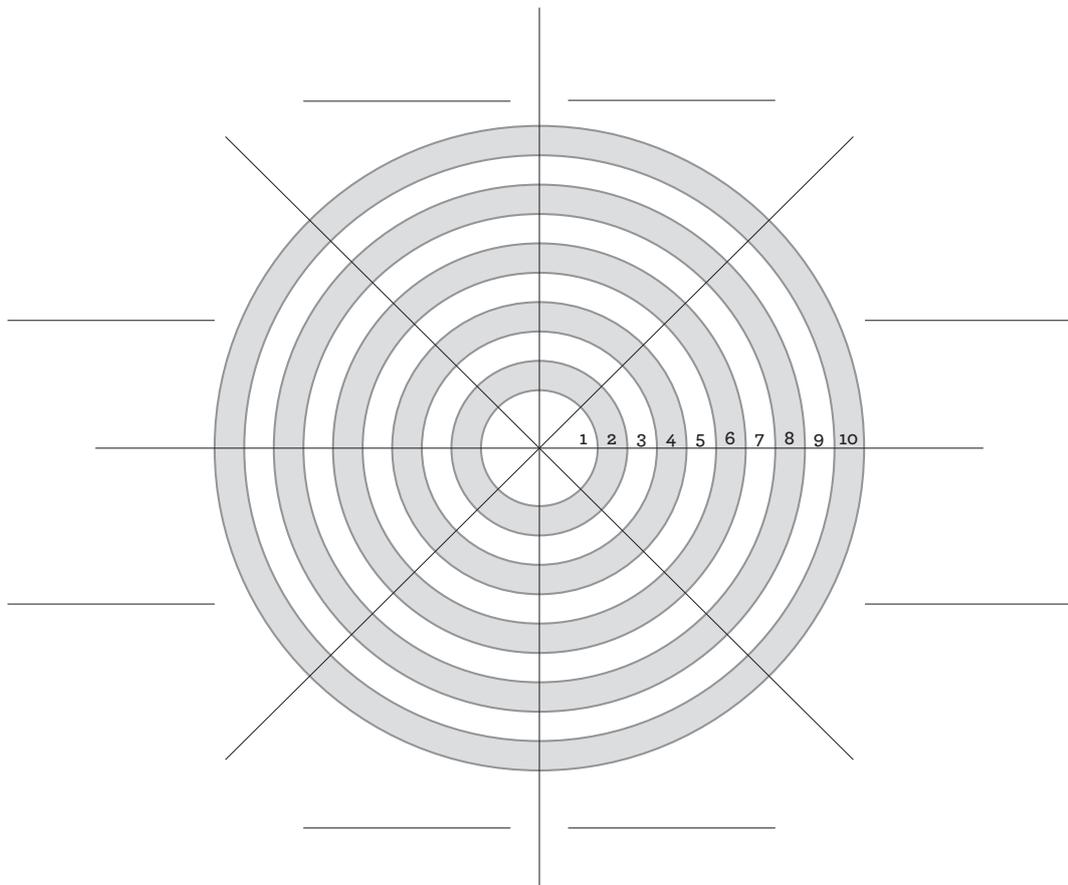
BALANCE WHEEL EXERCISE (after viewing video)

Let's take a few minutes to explore those areas of life that are important to us, today. In the Balance Wheel diagram:

1. Label each segment with an area of your life that you attend to each day, week or month. (You do not need to fill in all the segments, if you don't want to. You may use these suggestions if they apply to your life.)

Personal	Family	Health/Physical	Health/Mental
Spiritual	Social	Career/Vocation/Job	Retirement
Marriage	Educational	Recreational/Leisure Time	Community Service

2. Think about your satisfaction, your level happiness, with each area you have labelled.
3. With the centre being zero (0) and the outer ring being ten (10), shade in each segment to the level of your satisfaction or happiness, as of today.



BALANCE WHEEL EXERCISE, CONTINUED

4. These are the three or four areas where I want to focus more attention, today:

1	
2	
3	
4	

5. For each area above, these are goals I want to achieve in the next four weeks:

1	
2	
3	
4	

Group Reflection

Gather your team together, watch the introductory video and then brainstorm the answers to these three questions:

- What beliefs do we have that could be holding us back from being exceptional?
- What habits and attitudes are getting in our way?
- What was it like when you first started at your organization? What did you like about those time? What are you glad no longer exists
- What in our environmet (political/community/competition/technology) is changing? What impact is that going to have on us? Do we have the tools so our thinking and mindset is in the right place so we ready for and able to thrive through these changes?

PROGRAM SPECIFICS

THOUGHT PATTERNS FOR HIGH PERFORMANCE® FIVE.ZERO contains 14 video segments, spread over 12 learning units, and focus on the power of self-efficacy – the ability to create and sustain internal change and encourage a growth mindset. Each participant is provided a Participant Manual that is used to help reinforce and personalize each unit. Facilitated discussions target mindset issues and guide participants to apply the concepts and principles to address current and future challenges.

The program is built around five levels of learning and understanding, in order to complete the path toward flexible thinking and high performance:

BUILDING US

Unit 1 – Where Do We Start? We begin by uncovering tools we already have at our disposal, that we will utilize as we move to a more constructive mindset.

Unit 2 – Beliefs: Taking Inventory Beliefs form the foundation that controls how we live and act in the world. It's why we think the way we do.

Unit 3 – The Power in How We Think Understanding how we think is a vital ingredient in the change process.

Unit 4 – The Liberators: Habits, Attitudes and Comfort Zones What used to hold us back now becomes what sets us free to grow.

Unit 5 – The Internal Dialogue This constant conversation in our minds can keep us in the past or help us move to the future we want.

CHANGE THE PICTURE

Unit 6 – The Tools for Growth (2 segments) A structured process provides tools to change our internal picture of ourselves and the future we want.

Unit 7 – The Strength is in the Pictures More tools help us to solidify the changes we want.

THE STRENGTH TO CHANGE

Unit 8 – Building Inner Strength Change comes from within and so does the strength to change.

HOW TO CHANGE

Unit 9 – Creating the Path to the Future Decide what to change, and goal-set toward the desired end results.

MAINTAINING THE CHANGE

Unit 10 – Getting to the “Why” Our motivation makes or breaks our path to our goals.

Unit 11 – The Horizon Beyond the Horizon To keep energy and creativity going, we want to look far beyond tomorrow, to each next tomorrow.

Unit 12 – Where Do We Go From Here? Happiness, Credibility and Purpose outline our basic Philosophy of Life.

MINDSET GROWTH to DRIVE PERFORMANCE



To discover more about how this powerful program can help you inspire and transform your team, contact

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Use my online calendar to schedule a Skype discussion

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Rest assured, even though I'm located in Australia, we have people around the globe who can support your team to adopt the Thought Patterns for High Performance

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