



The Power of the Mind

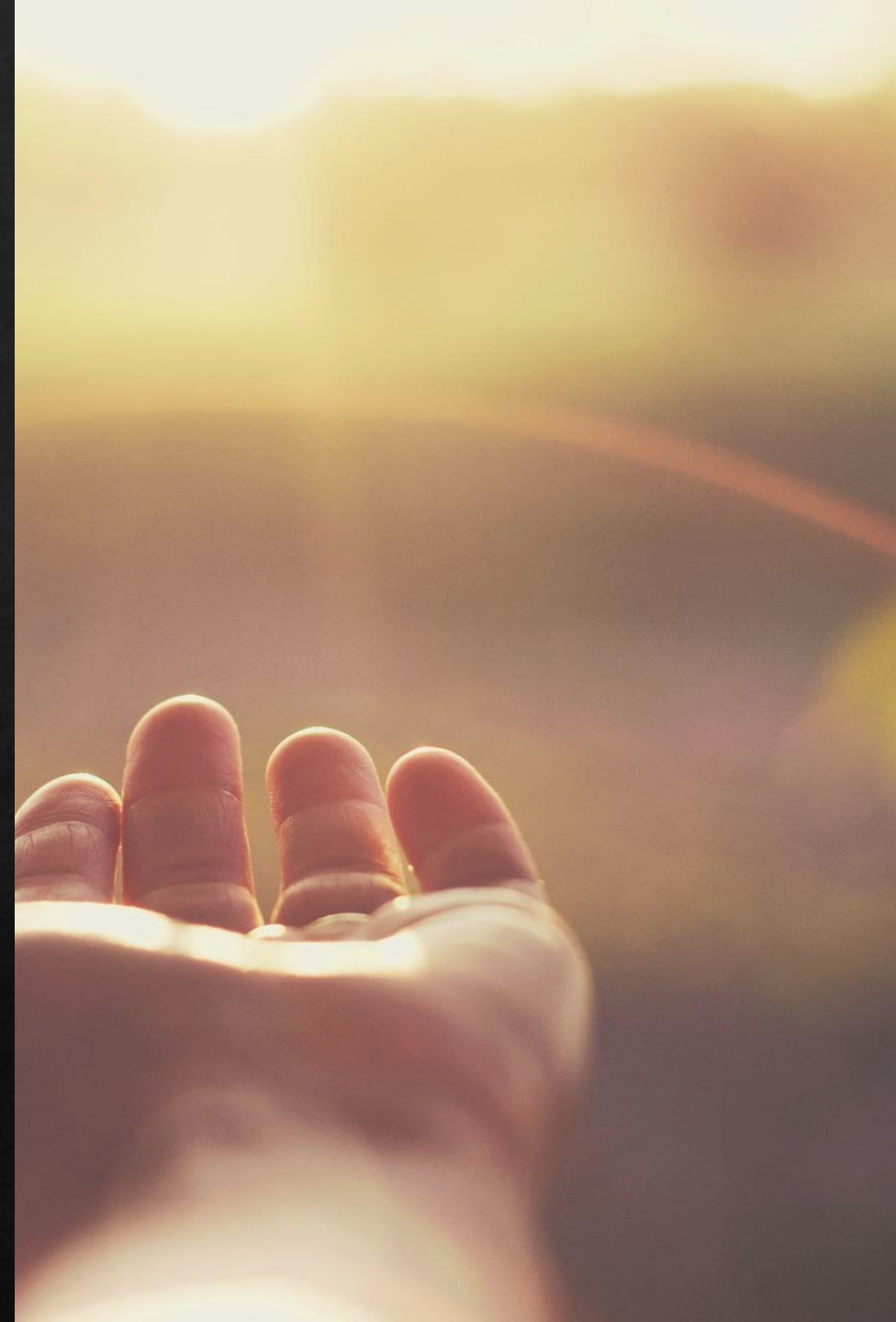
Ijenna Aluko; MSc, LGPC, PMP

Nkechi Enwerem; PhD, RN



The Way You Think

- ◆ The way you think has a significant impact on the way you live. It's possible to improve your everyday happiness by changing the way you act—starting with the power of mindset. Your mindset is simply an established set of attitudes you hold, and those attitudes influence the choices you make.




Why is your Mindset so Powerful

- ◆ The power of your mindset can extend to your immune system along with your choices in terms of how you build your life. Research has shown how holding various types of mindsets can affect your well-being and happiness, so it's worth taking the time to examine your mindset.



Your mindset impacts your actions


Mindsets can play a big role in determining what happens in your life. It's not that changing your mindset by itself causes things to go your way, but that your mindset impacts your actions.



For example, if you believe that you're not good with money, you might be more likely to spend frivolously. You could justify overspending by thinking, "Well, I'm just bad with money, and that's the way it is."



Mindset can refer to how much time you spend thinking about a certain part of your life. The power of mindset can extend to how you pursue career growth, religious beliefs, family connectedness, and more.



Although changing your mindset doesn't mean believing something false, you do need to retrain your brain. If you're deep in debt and need to manage debt stress, don't ignore the problem. Use the power of mindset to decide how you'll get out of debt and take action.



Different Types of Mindset

There are different types of mindsets. The most common are the following, which we'll go over in detail below:

- ◆ Growth mindset vs fixed mindset
- ◆ Abundance mindset vs scarcity mindset
- ◆ Success mindset

Growth mindset vs fixed mindset

What a fixed mindset is like:

- ◆ Essentially, a fixed mindset is what it sounds like. You might believe that your skills and future are fairly fixed or set, and that you can't change them.
- ◆ Much of the research on fixed mindset focuses on education and how children learn. While some students believe they can improve, others believe their abilities are fixed, or unchangeable.



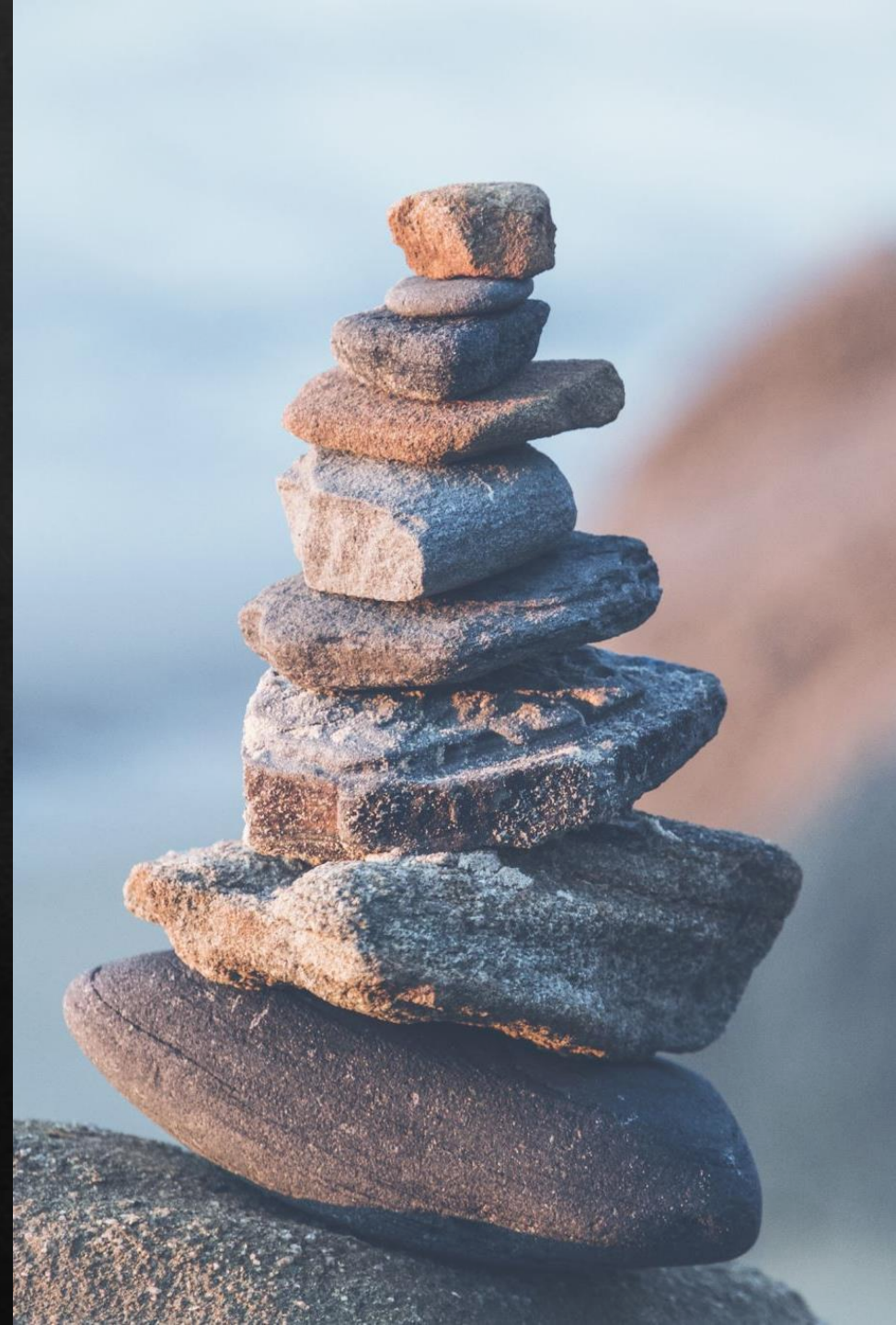
Fixed Mindset

Having a fixed mindset can lower your motivation

- ◆ Think about how a fixed mindset could be detrimental to your success. If you believe your abilities are already set in stone, why would you even try something new? Doing things differently might seem out of reach.

A fixed mindset could also stop you from taking risks

- ◆ Along the same lines, the power of mindset affects whether you're willing to take calculated risks. While you should always practice safety precautions to avoid getting hurt, there are certain risks that could propel you to achieving your goals.





What is Growth Mindset

The flip side of a fixed mindset is, of course, a growth mindset. By developing a growth mindset, you can tackle some of life's biggest challenges and accomplish your goals.

Use a growth mindset to persevere through hard things

- ◆ First, having a growth mindset is an excellent way to learn how to face trouble and hard times. No one gets through life unscathed, so we need to be prepared for tough stuff to happen.

Focus on life's journey to cultivate a growth mindset

- ◆ A big part of cultivating a growth mindset comes down to the fact that life is a journey. As tempting as it may be to think that life will always continue as it has, you know that's not the case.



Abundance Mindset Vs Scarcity Mindset

Characteristics of a scarcity mindset

- ❖ When looking at the power of mindset, pay attention to whether you're a "scarcity" or "abundance" mindset person. Scarcity indicates that there are limits to things (love, money, resources, etc.).
- ❖ If you tend to believe that if you have a lot of something, there's less for others, that indicates a scarcity mindset. Do you become envious of a friend when she gets a big raise? A scarcity mindset tells you—falsely—that you probably won't get a raise now.
- ❖ When you think that everything in the world only has a fixed amount to go around, you won't encourage others. You might hoard your own wealth or believe that you could never increase your income.

Characteristics of an abundance mindset



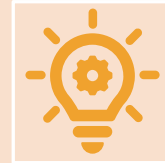
By contrast, an abundance mindset has so much more to offer. The power of mindset when you have a mind of abundance is that the sky's the limit.



Believing that there is more than enough to go around—money, love, fulfillment—can change your actions. You'll be more ready to say “yes” to new experiences and take on challenges.



If you build an abundance mindset, it won't instantly give you everything you want. But you can stop focusing on what you don't have, and instead focus on what you do have. You can believe in the power of possibility.



Opening up your mind to abundance could make you more willing to try learning new skills or developing relationships. Having an abundance mindset can help you to create a bigger, richer life.



Success mindset

Another of the best mindsets is a success mindset. This is a general attitude that you can and will be successful.

- ◆ A success mindset goes hand in hand with other positive mindsets like the growth mindset and the abundance mindset. Each of these helpful mindsets can lead you to success.

Belief in your ability to succeed is key

- ◆ Your ability to succeed depends a lot on what you believe about yourself. It's weird, but in a way, positive thinking about success does help you to become successful.
- ◆ A success mindset goes beyond mere positive thinking, though. It includes not only the belief that you can succeed but also the belief that you deserve success.

How to develop the best types of mindsets for yourself



Build a growth mindset to help you never stop learning

Focus on an abundance mindset to invite good things

Let your success mindset led you to success

- Start using the power of your mindset to make progress toward your goals in Christ Jesus and God alone.

Conclusion

◆ Philippians 4:13

I can do everything through Christ who strengthens me.

◆ Philippians 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable~if anything is excellent or praiseworthy~think about such things. Whatever you have learned or received or heard from me, or seen in me~put it into practice