

7 WAYS TO BE IN CHARGE OF YOUR MIND

This is my go-to list of 7 tips to be the boss of your mind and be in charge of the results you want to achieve and be the leader you know you can be.

1 YOU ARE NOT YOUR MIND

Your mind is a tool to guide you to the results you want to achieve. The moment you realise you are not your mind, you have the awareness of knowing you have choice.

2 WHAT YOU FOCUS ON IS WHAT YOU GET

Notice what you are focusing on, as that will be the answer to the results you are currently getting. I focused too long on not being good enough, so that is all I saw. When I changed my focus, I started to see evidence that I was enough, and the shift to what I could achieve went to the next level.

3 YOU ARE RESPONSIBLE

You may not like to hear this but you are 100% responsible for all your future experiences. You may not cause what happens but you are responsible for how you choose to respond. Being the boss of your mind means you know how to pause and be responsible for your response.

4 COME OFF AUTOPILOT

You may not think it but there is a strong chance you are living on autopilot. To unlock your mind you need to be living consciously. You need to identify the habits you want to change and consciously decide you are committed to change them. Your consciousness is only 5% so this does take some focus and practice. The first step is awareness, start by noticing where you may be living on autopilot.

5 RAISE YOUR STANDARDS, RAISE YOUR RESULTS

Your standards determine your results. Examples of high standards are being committed to what you say you are going to do and to show up 100%. Examples of low standards are saying one thing and doing another or finding excuses all the time. These will keep you stuck. Raise your standards and your mind will raise your results and the way you live.

6 EMPOWER YOUR BELIEFS

One of the main reasons we get stuck is because of what we believe about ourselves. These beliefs can be limiting as they are most often not evidence based and created by ourselves and insecurities. You have full control to change this belief into an empowering belief. Notice when limiting beliefs show up and ask yourself, if you changed this to an empowering belief, how would this change your results?

7 HOW YOU TALK ABOUT YOURSELF

How you choose to talk to yourself is what your mind will believe is true. If you keep telling yourself you are rubbish or useless your mind will believe this. Your words are so powerful. Instead of saying 'I am useless', change to 'I'm noticing I'm finding this task challenging however I can learn how to do it'. This small change will have a huge impact. Instead of keeping you stuck it will move you towards a growth mindset, keeping you growing and flourishing.

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**YOU'RE IN CHARGE OF YOUR OWN MIND.
YOU CAN HELP IT GROW BY USING IT IN
THE RIGHT WAY**

- Carol Dweck

Joanna Howes



These 7 strategies transformed my life. From lacking in confidence and self-belief to backing myself and leading a successful business.

You are able to do exactly the same if you are committed to be the best version of yourself and step into your power as a leader.