

It Really Is All In Your Head!

Never Give Up Enterprises Inner Circle of Experts Coaching Call #6

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There are different types of clutter, mental, clutter, physical clutter and emotional clutter. I would like to discuss mental clutter; the stuff that's flowing around in our heads that we often dismiss. Let me give you an example, have you ever had an argument with your spouse – it can be something big or small. You argue, talk it out and you agree to move past it. Six months later, something happens and during the argument, you bring up the issue you supposedly resolved six months prior. Your spouse looks at you –you know the deer in the headlights look- and says, “Where did that come from? I thought we resolved that.” Sound familiar.

Or perhaps you were told at a young age you couldn't do something. You never make money doing (fill in the blank), you should get a 'real' job? You're not pretty like so-and-so. Why can't you be like so-and-so and the list goes on and on.

The self-defeating prophecy, the one where you say “I don't think I can do it” brings about just that result – you don't do it, whatever it is. Since mindset is basically a set of thoughts, attitudes and beliefs that effect how you respond to and interpret situations, you have a particular power that no one else has: you can change the way you think, what you believe and how you approach life and work.

The challenge happens when it comes to just how to make this shift, but it turns out the field of psychology has already figured this out. Your brain will respond to your actions. Hence if you print and post beliefs you want to hold, such as “I am the leader of a prosperous business”, you will eventually believe it and the result is likely to become what you believe.

Or, if you wake up every day and say to yourself “I have so much to do, I am so stressed”, you're going to spend the day feeling and being stressed, which will negatively impact your performance. On the other hand, if you think “I choose to be stress free today” you find a way to manage your day that makes your life easier and your heart lighter.

The key is to recognize the negative thought and work at replacing it with positive energy, statements or affirmations.

I've rounded up thoughts on how to give yourself the gift of a mindset that can mean the life you want vs. the life you settle for:

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“Remember in business and in life, Never Give Up!”

Fill your life with positive people: Ever been around a person who complains, whines, is negative about everything? This type of person will drain your energy, rob your positivity. Instead, surround yourself with those who support you, your efforts, and your decisions and for whom you can do the same.

Add a dose of inspiration: Books, quotes, podcasts, even some music can be uniquely and positively inspiring. Try to incorporate it into your life every day.

Create a plan: Long term, short term, quarterly, monthly, weekly, daily – whatever works for you. Having even a loose plan can help you to have purpose each day, know what you are doing and why, and give immediate positive feedback as you cross items off your list.

Practice self-care: It’s been studied and proven that lack of adequate sleep, a diet full of sugar and fat, and/or a deficit in physical activity contributes to foggy thinking, and bad decisions. It’s tough to have a good mindset when you’re tired and sluggish. It might be all in your mind, but you’ve got to feed it the right stuff!

Be grateful: By focusing on the good things and people in your life, you are making room for more. Putting the spotlight on only what is negative prevents you from appreciating what you have. Abundance attracts abundance.

Mindset isn’t just about saying positive things. It’s about internalizing what you say to become what you believe, and interestingly, the more you perceive with an open mind, the more good things come your way.

Remember, you can be, do and have whatever you set your mind on. It all starts with you and a positive attitude.

*Paris Love is an Author, Speaker, Coach and Productivity Consultant specializing in helping individuals organize their thoughts and intentions into achievable bite-sized pieces. Paris has written articles for National Association of Professional Organizers (NAPO) News, Star Lee Magazine, Baldwin Parent, San Diego NAPO News, Organizing A to Z, BrownSkin Magazine, Online Organizing and Home Base Quarterly. She appeared in an episode of A & E “Hoarders” where she helps a family in crisis. Her most recent books are, **Growing Pains** and **Fifty Tips to Get You Organized in Ten Minutes or Less.***

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