



Bring Gratitude

The 5 Steps Mindset First Process

Last week I caught myself getting really angry in traffic. Again! I started pointing and screaming for the person to turn right at a red light. I wasn't in a rush; I just didn't want to wait at the red light any more. Then as I was pointing and they were ignoring me I paused and flushed red. I felt embarrassed. The old me would have stayed angry for a long time after. The present me is able to notice when I'm letting my emotions take over.

I let out a large sigh, smiled at my antics, and started listing all the things I appreciated about the situation. I realized that one of my favorite songs from Led Zeppelin was playing on the radio. I enjoyed a nearby tree with a huge trunk and branches that stretched into the sky. This wouldn't have been possible without my 5 step process.

This process works best when you do each step for 30 days, then review your results and make adjustments that fit your schedule and personality.

- 1. Appreciate Your Mindset:** Your thoughts are there to support you. If you push them away, ignore them or get angry at them then you aren't building a stronger relationship with yourself. Start by thanking your thoughts as they come in. When you watch and label your thoughts you will begin to enjoy them and understand that your thoughts (positive and negative) are there to help you.
- 2. Strengthen Your Mindset:** The next step is keeping a "Gratitude Journal". This is how you'll build a stronger foundation. By building the gratitude habit, you'll begin to strengthen your synapses toward a more positive and appreciative mindset. At the end of each day, write down what you are grateful for and why. The why is important because it helps you understand why gratitude matters to you.
- 3. Pursue Progress Over Perfection:** Your ability to build a growth mindset is determined by your ability to handle failure and grow from it. During this step, you'll begin keeping a "Zen Journal". At the end of each day, you'll write down one or more things you did well and why you did them well. Then you'll answer the questions, "What is one thing you could improve?" and "How will you improve it?"
- 4. Adjust Your Environment:** The environment around you affects your thoughts. If you have a positive environment, you'll be more likely to think positive. What in your work space and home life decreases your energy? You need to get rid of these things. What can you add that will help remind you to stay focused? As you tweak and adjust your environment, you'll find it easier to be more grateful and productive.
- 5. Build Your Community:** I saved the best for last. The people that you surround yourself with will influence your happiness and success. When you have a friend or partner who encourages you, those interactions can help you build confidence. If you have a friend or partner who complains a lot, then there's a good chance you'll act similarly. It's just how our brains are wired. Reach out to many different kinds of people you admire and ask for their advice. People love to give advice. Try to build relationships with people who respond back and are interested in helping you.

After you've completed each step, it's time for some reflection. What worked well for you and what could you improve?

When you complete these five steps you'll notice an improvement in your ability to handle stress. The little things won't bother you as much as they used to. You'll also notice that you'll be more productive. You'll brush off the little failures, and your new growth mindset will allow you to tackle those projects that will help you grow your career and build stronger relationships with your coworkers and your family members.