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EMPOWERED

MINDSET

TUTORIALS

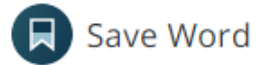
WITH LOUISE ANNE MAURICE




MINDSET DEFINITION

- Source: <https://www.merriam-webster.com/dictionary/mindset>

mindset noun



mind·set | \ 'mīn(d)-,set  \

variants: *or less commonly* **mind-set**

plural **mindsets** *also* **mind-sets**

Definition of *mindset*

1 : a mental attitude or inclination

// politicians trying to determine the *mindset* of voters

// It isn't only the freshness of the fruit that makes breakfast in California restaurants outstanding. It's an attitude, a morning *mindset*, a desire to start the day in a leisurely, luxurious manner.

— Jane and Michael Stern

2 : a fixed state of mind


// His *mind-set* does not allow for new situations.

// The German military thought they were being honorable, and this wasn't an excuse—this was their complete *mindset*.

— William Vollman

SYNONYMS FOR MINDSET

Source: <https://www.thesaurus.com/browse/mindset>

mindset   See definition of *mindset* on Dictionary.com

noun psychology

SYNONYMS FOR mindset 

 Compare Synonyms

attitude	behaviorism	mental make-up	science of the mind
ethos	medicine	mental processes	way of thinking
mentality	mind	personality study	what makes someone tick
psyche	therapy	psych	where head is at

UNDERSTAND THE ATTITUDE FROM WHICH PEOPLE MAKE DECISIONS AND TAKE ACTION

Source: <https://www.thesaurus.com/browse/mindset>

WORDS RELATED TO MINDSET

attitude *noun* mental outlook

air	mental state	posture	temperament
angle	mindset	predilection	thinking
approach	mood	reaction	vantage point
belief	notion	school of thought	view
demeanor	opinion	sentiment	viewpoint
disposition	outlook	slant	way of looking
frame of mind	perspective	stance	way of thinking
headset	philosophy	stand	where one is at
inclination	point of view	standpoint	
leaning	position	temper	

LET'S EXPLORE THE 5 W'S AND 1 H OF MINDSET ORIGIN



WHO IS IMPORTANT TO MINDSET FORMATION?

- Primary Care-Givers
- Generational Family of Origin
- Authority Figures
- Friends
- Self

WHAT IS AT THE BASIS OF MINDSET FORMATION?

- Beliefs act as a guidance system and are passed down from generation to generation.
- Beliefs about safety, love and belonging to name a few.

WHERE DOES MINDSET FORMATION LEAD?

- Proactive and Reactive Defense Behaviors are unconsciously guided by these beliefs.

WHEN DOES MINDSET FORMATION HAPPEN?

- Before the age of 7 but mindset can change and grow.

WHY DOES MINDSET FORMATION HAPPEN?

- Survival!

HOW DOES MINDSET FORMATION IMPACT PEOPLE?

- As we continue with this Empowered Mindset Series, each month I will release a new mini-tutorial video where you learn how to identify one specific **MINDSET**.
- Each video begins with a real-world **MINDSET** case-study.
- From listening to the details of the case-study, you will identify the **MINDSET**.
- You then learn basic psychology theory that will guide you to develop your very own **CHANGES IN MINDSET** technique or **MINDSET COACHING** questions.
- By the end of each training, you will have created one Empowered Mindset Solution that you can add to your coaching/consulting tool-kit.

OBSERVATION

VISION

PERSPECTIVE

ANALYSIS

INTUITION

INSIGHTS!

WISDOM

KNOWLEDGE

UNDERSTANDING

INTELLIGENCE

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In Life

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Free Training

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