

## **Change your Mind-set – Change your Life**

So many times, in life and business, we have to face challenges that can seem insurmountable at the time – and yet somehow, we manage to come up with solutions. Consider the amazing resilience people locally, nationally and globally are demonstrating right now as we collectively tackle the impact of the Covid -19 virus.

It really is all down to controlling our mind-set.

Become more aware of the words you use and ask yourself if they are empowering, do they make you feel stronger and more optimistic or are they self-defeating? Catch yourself out when you dramatise unnecessarily or when you give up too easily and say 'I tried .... but it did not work'

Instead of using words like 'I can't', which shuts down opportunity, how about we always ask ourselves only empowering questions, like:-

- What else can I do?
- What am I not seeing?
- If there was a way round this what would it be?
- Who could help me?

Each of these questions is an example of a mindset that pushes outside of the comfort zone, refuses to accept defeat and pushes on in search of solutions and answers. Success is really all about an attitude of mind and it is about the meaning we give to things and the quality of the questions we ask ourselves. It is about controlling our minds rather than letting the little voice inside our heads wear us down. It's a combination of what we focus on and the language that we use both to ourselves and others.

Build your mind-set, by staying focused on your goals, asking empowering questions and using strong positive language. Be aware of the difference this creates, in all aspects of your life.

So, whatever the challenges you are currently facing, how can you step up as a leader and as a role model, for your team, your family, your friends and for all of those who need leadership at this time.

**Where focus goes, energy flows** and when we focus on solving problems, we energise ourselves with all the ideas and options we create.

*For more articles that may be of interest see [www.lynnpeyton.com/covid-19](http://www.lynnpeyton.com/covid-19) where you can also access information on my CORE leadership programme.*