

Peaceful Practices: Molding Your Mindset"

*"You have power over your mind, not outside events. Realize this and you will find strength."
Marcus Aurelius*

Introduction:

You can not control what others say and do to you, or outside events, however, you can make certain you are in control of how you respond. This activity will help you to do just that. Sometimes, the best answer to a situation is silence, where another may call for action. The goal with molding your mindset, is being able to apply it to any circumstance. The process that follows, includes taking time to process your initial thoughts and interpretations, and moving forwards with reason and a more realistic understanding of the situation at hand.

Instructions:

This activity can be done at the start of your day, or at the end of it, in preparation for tomorrow.

First, I want you to identify a place where you feel relaxed and at peace. This could be sitting in your car, outside on your porch, or in your recliner at home. Try to pick a time and place where you can limit the amount of external distractions in your environment. Now, I want you to close your eyes for a minute, and focus on your breathing. Clear your mind and just slowly breathe in, hold, breathe out, hold, and repeat for a minute or whatever you feel comfortable doing.

Next, I want you to think about the day ahead, or if you are doing this before bed, tomorrow's anticipated happenings.

Now, I want you to identify moments in your day that you perceive will be of a challenge or require much of your available time and energy. Create a list below of such events.

For example:

- Annual review meeting with my supervisor
- Board meeting with the residence complex regarding rising housing fees
- Helping your child study for an upcoming Geometry test
- Going out on a first date

Continue on the next page

Your turn:

Now, I want you to create a worst case scenario for each of these events.

For example:

At the meeting, my supervisor will critique my recent performance, cite several oversights, and will determine that a reduction in salary, along with a move to a smaller cubicle, and likely termination is necessary.

At the board meeting, the housing fees are doubled despite my input, and due to time restraints and my lack of understanding of local bi-laws, I am unable to adequately speak to the need for financial reform over increased fees.

When I sit down to study with my son, his geometry study guide looks more like hieroglyphics, and my flawed solutions and input regarding his work, leads to a failed test and diminished trimester report card.

When I arrived at the date, the reservations were somehow cancelled, and due to unforeseen traffic and delays, I arrived late and my date, clearly frustrated, decided to leave rather than find a new place to eat.

Your turn:

Continue on the next page

Ok, now that you have imagined the absolute worst possible series of events, take a moment and process that there is likely **“NO WAY”** that any of what you noted above, will actually occur. Instead of writing, I want you to now **visualize** what you can likely expect from each event, and **speak out loud** what outcome you desire.

For example:

I visualize my annual review meeting going well, I am confident my performance and the relationships I have built with colleagues and clients over the last year in the office, will shine through in my evaluation. If the raise offered does not meet my expectations, I will advocate for my worth and value, and do so respectfully, accepting that no matter what the outcome of this meeting is, I have the opportunity to grow, work harder, and find a new employer that values my worth if necessary. I desire a job that respects me for the person I am, and the value I provide through my hard work and commitment to performing my job to the best of my abilities and am hopeful for a raise that reflects that.

Your turn- Take your time here, this is helping to rewire your subconscious mind, and reinforce your newly molded mindset.

Conclusion:

I want you to draft a personal mindset statement that you will call upon as needed to remind you that you are strong, and that you are ready for whatever comes your way.

For example:

I understand that life is full of unexpected challenges, but I have so much to be thankful for, and no matter what happens, I will move forward knowing that if I put all of my time and energy into what I am doing, I will see positive results, if not now, then eventually.

Your turn:

I hope you enjoyed this activity, check out my other peaceful practices at manwithaplan.org. Take care and be well.

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