

*Renew Your Mindset 4 Vibrant Living*



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# Renewing Your Mindset for Vibrant Living

Karen Toews

Did you know you can rescript your life by renewing your mindset – your thoughts? You don't have to stay stuck in a pattern that makes you feel small; inadequate; too old or needing to be perfect. Take action for growth: use the power of your thoughts.

Is having a growth mindset\* just positive thinking?

I have found that positive thinking is especially energizing for lifestyle things I love to do, i.e. physical activity and eating healthy food. Yet to reach goals I value in other areas – like *showing up* for my writing schedule, or practicing: “more on my agenda is not better!” – I need more than mustering up optimism to consistently follow through. Can you relate?

**Where to begin?** Nurture your mind daily with supportive thoughts and attitudes. Here are a few suggestions:

- Morning meditation to refresh your mind, i.e. be still, be present, pray. I like to close my eyes and visualize: inhaling *Divine love and goodness* and as I exhale: letting go *fear; feelings of not being enough or having enough...*
- Listen to *voices* that align with your values and encourage your dreams.
  - Read inspirational sources that ignite hope and healing to renew your mind. In my experience, Scriptures are the words that revive me in mind and soul, encouraging thoughts that are seeds for wholeness.
  - Does *social media buzz* help you grow, or keep you stuck? Choose well.
  - Journal inspirational thoughts; be aware of those that don't serve you.
  - Abstain from gossip: be with people who “build-up” not “tear-down”.

**Practice these 5 steps to move you towards your potential and purpose.**

## 1. Accept, embrace challenges.

Growth is stretching! Planning a womens' *walk and talk* group, or a fund-raiser for a humanitarian project might push you past your comfort zone – fear of failing drains creative motivation and energy. Just get started; the confidence will come!

## 2. Keep going when you have setbacks.

A project, a party or maybe a new job didn't turn out as you hoped or planned. It doesn't necessarily mean it was *all* a bad idea. It happened – feel it, cry, evaluate, make changes as you can, let go of guilt. Needing to change something or getting up to start over doesn't mean you are broken. Hold on to hope, keep showing up!

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### **3. Efforts are the path to improvement.**

Having a natural ability – whether it’s in organizational skills, athletics, writing, sewing, playing an instrument, etc. – can be a hindrance to fully exploring your potential. Shine on! Move from “...*comfort zone to capacity zone....*” John Maxwell.

### **4. Criticism is an opportunity to learn.**

I gave a presentation, for which I diligently prepared on a topic I was 100% passionate about; the positive feedback was a lift to my spirit! But a comment regarding something I’d missed (which was true!) made me feel uncomfortable! Yes, I had to “sit with it ” for a while, but it honestly was a useful tip for the next time.

### **5. Find those who have successes and learn tips from them.**

We can be engaged in work and life, yet feel ‘something is missing’ for us to be more effective in our place in the world. When that happens (in whatever area of life): seek out a colleague, a sister-entrepreneur, a spiritual soul mate, etc. who has experienced success and is willing and skilled to help. Be open to learning what has worked for others – often readily available, i.e. blogs, webinars, books – and I’ve found sometimes investing in more customized tools is the perfect fit at the time.

## **Use this exercise to begin your practice for a growth mindset.**

### **1. Two challenges I want to embrace.**

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**2. Two setbacks I have experienced and how I will, or have, overcome them.**

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**3. Two ways I am improving my efforts; working towards my goals.**

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**4. Two ways I am using criticism as a learning tool.**

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**5. Two tips I've learned from others' successes.**

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\*(Some of the concepts presented are based on researcher Carol S. Dweck's book *Mindset: the New Psychology of Success* – which provides in depth information and motivation, and is referenced here: <https://karentoews.com/2018/05/30/mindset-a-powerful-agent-reviewed-through-reading-hope-heals-and-etched-in-sand/>)

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