

The Ultimate Guide to Creating a Winning Mindset



What if I tell you that you can create the life you truly desire and live the way you've always wanted to live?

The turning point in my life was when I realized that there was only one thing preventing me from getting everything I want out of life. That one thing was:

My mindset.

Once I got that, my life took a whole different turn. And your life could too. Your mind is the most powerful tool ever created. But are you using it to its full capacity? You can either:

Use your mind to consciously design the life of your dream

Or

Wander mindlessly through life not understanding why you aren't where you want to be.

Now, let me share with you what you can do to start designing the life you want using your the 8 superpowers of your mind.

What is your mindset?

Let's start by defining what I mean by mindset.

Your mindset is your own personal way to see the world. It is what you believe is and isn't possible. It is the numerous assumptions that you have about the world and how it "should" be. It is what you define as "realistic" for you right now. As you change your beliefs, your field of possibility will expand, sometimes dramatically.

Could you double, triple or 10X your income? If it's what you really wanted you probably could. How? By developing a winning mindset. Could you turn yourself into a full-blown optimist, experience more happiness or overcome your phobia? With the right mindset, yes.

Creating a winning mindset

Having a winning mindset mean that you have such an unshakable belief in yourself and in your vision that you can move mountains. It means that you developed the ability to persevere for months or even years; that you've mastered your emotions to such a level that you can remain positive despite your lack of results. To use Les Brown's words, it means that it is not over until you win.

While you may currently lack perseverance or patience, there is nothing to worry about. These are skills, and as any other skills, they can be developed over time with enough practice. I wasn't always perseverant, and to be honest, I used to give up rather easily. However, over time, I've learned to persevere which serves me well and so can you.

Who do you want to be?

To create the life you genuinely desire you must start by asking yourself who you want to become. How do you want people to remember you after you die? What do you want people to say at your own funeral?

Jim Rohn used to say that everybody should become a millionaire, not for the money, but for the person, you become in the process of becoming a millionaire. While your goal might not be to become a millionaire, it should stretch you. It should be so big that it leaves you no other choice but to grow.

What about you? Are your current goals pushing you to grow and become a better person? Now, let's have a look at the 8 powers you can use to create a winning mindset.

1. The power of beliefs – You become what you think about most of the time

You become what you think about all day long. – Ralph Waldo Emerson

The idea what we become what we think about most of the time has been around for thousands of years. But what does that mean?

The first thing I would like you to do is to look around you and pick one thing. Now ask yourself, Why does this thing exist? What was the process that allowed this thing to exist in this concrete world? That's Simple: it's thoughts.

Every single building, bridge, chair, table, computer or piece of furniture is the result of a thought that was believed long enough to manifest in the physical world. For something to exist, someone must have had the intent to create it. That's nothing mystical. It's just reality.

The same principle applies to your life. Your emotional state, the quality of your relationships, your career, or your financial situations are all the results of thoughts. But not just any thoughts, thoughts followed by a specific intent and repeated enough times to turn into rock-solid beliefs. These beliefs created your present reality.

Unless you change your mindset and adopt a new empowering vision of the world, you'll get stuck at the same place for the rest of your life.

It's your life is to change, it has to start with your belief.

You can create your own reality

While many people tell you to be realistic, I'm telling you to reclaim your creative power and start designing your own reality. Regardless of what politicians or the media tell you, you aren't a powerless creature that needs protection! You are a powerful creator, and the tool to create your life is your thoughts.

Your ability to believe is your most powerful asset. So stop letting people hijack your thoughts. Refuse useless distractions and don't accept the crappy thoughts or beliefs from people around you. Instead, use the power of belief to create the life you want.

2. The power of intent – Knowing why you do what you do

“The best way to insure you achieve the greatest satisfaction out of life is to behave intentionally.”
– Deborah Day, *Be Happy Now*.

Are you at the mercy of your environment or do you have a very specific intent, constantly focusing on what you want? Do you even know why you wake up in the morning?

Most people use their intent poorly. They wake up like mindless zombies. They have no clear goals, no specific intent and no ability to focus on a project until its completion. As a result, they achieve far less than they're capable of not.

By not setting a specific intent we waste a lot of time. I would often go on Facebook to check my messages, and waste 30 minutes of my life scrolling down my newsfeed. That's what happens to most people when they have no clear intent. They get distracted and waste their time on unimportant things.

To avoid wasting your time, throughout your day you must develop the habit of asking yourself the following question:

What is my intent here?

What exactly are you trying to do? What is the intention behind the activities you engage in? What is the expected outcome?

Each time you engage in an activity with no specific intent, you waste your most important resource: your ability to focus.

To develop an exceptional mindset and start creating the life you want, you must learn to use the power of intent. You must get into the habit of asking yourself, “What am I trying to do here?”. Otherwise, you'll end up like the average Joe wasting years of your life in front of the TV, wondering why your dreams haven't come true.

3. The power of clarity – Knowing what you want

“Know what you want. Clarity is power. And vague goals promote vague results.” – Robin Sharma, author and leadership speaker.

You cannot channel your intent unless you [know what you want](#). What do you want to create in your life? What is your ultimate vision? Unless you answer this question, you can't set the right intent and move in the right direction. Can you answer the following questions with clarity:

- What is my dream job?
- What lifestyle do I want?
- What does my ideal day look like?
- What are my core values?
- How much money do I want to make?
- What new skills do I want to learn?
- Where do I want to live?

If you struggle to answer these questions, I encourage you to check out my article [10 Tips to Know Yourself Better and Get What You Want From Life](#)

You should spend most of your time focus on what you want. It sounds obvious but most people do the opposite. They want more money but focus on how little they have. Or they want to be healthier, but focus on how unhealthy they are. You attract what you think about most of the time. To make more money you should focus on how you're going to make it, not on your lack of it or how miserable you currently are.

One of the most important question you must be able to answer with crystal clear clarity is: What do I really want? It's only once you answer that question that you can start taking the proper decisions to create the life you want. People who failed to answer this question wander through life unsure of what to do. As a result, they're unfocused and indecisive and waste their most precious assets, their focus, and intent.

To learn how to set exciting goals check out my book [Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You](#)

4. The power of choice – Taking responsibility for where you are now

“You are where you are because of who you are, if you want to be somewhere else, you gonna have to change something.” – Eric Thomas, motivational speaker

You are where you are right now for a reason. To develop an exceptional mindset you must take responsibility for everything in your life. Nobody has ever lived the life of their dream without taking [100% responsibility](#). Your success is inversely proportionate to the number of excuses you’re making in your life.

This doesn’t mean you should beat yourself up. That would be pointless. Simply recognize that your past actions lead you to where you are now. Then, accept that where you put your focus on have created subpar results in certain areas of your life.

Again, taking responsibility is a must. You can’t change anything unless you accept you have your part of responsibility. Look at each area of your life and ask yourself:

How am I responsible for creating the challenges I encounter in these areas? And what would I need to change to improve the results I get in these areas?

For instance:

- How am I responsible for my unfulfilling career? What would I need to change to design a more rewarding career?
- How am I responsible for my poor health? What would I need to change to improve my health?
- How am I responsible for the quality of my relationships? What would I need to change to create more fulfilling relationships?

Sadly, most people look for excuses outside of themselves. They have too much pride or lack the courage to recognize they’re responsible for their actions.

When their relationship isn’t going well it’s because of their partner. Always. But didn’t they enter that relationship willingly? And can’t they end it willingly (or make an effort to improve it)?

They choose a career that doesn’t pay well and blame the economy because money is scarce. If they truly want more money, it’s their responsibility to spend less and save more, work on a side business, change their career, or get promoted. Unfortunately, just going on strike won’t do the trick (If only).

People tend to behave as if they have no free will. When you listen to them it seems like they ended up where they are by pure accident! That's not the case. You make choice every single day, whether you're aware of it. We made more than 200 decisions per day just for food. It is estimated that overall we make [35,000 decisions per day!](#)

For instance, you choose to:

- Wake up early or late.
- Watch TV or to work on your side business
- Eat healthily or to eat junk food
- Educate yourself or to watch Netflix
- Focus on the positive or to dwell on the negative.
- Set specific goals or to wander through life aimlessly
- Get drunk all weekend or to study
- Spend all your money or to save it
- Read business/personal related books or to read comics

In short, each day you either choose to:

1. Consciously design your life by using the power of intent

Or

2. Wander through life making groundless excuses to justify why you aren't where you want to be.

The bottom line is that you are where you are because of who you are. And if you want to be somewhere else you're going to have to change something; you're going to have to start making different choices tomorrow and the days after that. You're also going to have to think differently.

Only you can do that.

5. The power of repetition – You can always learn

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle

Many people have a fixed mindset. They do not believe they can grow. As a result, they're unable to make changes in their life. Even when they try to change, they give up after a few setbacks. Their 'failures' is merely a confirmation of their inability to grow. But is that true? Is it possible they underestimate the power of their mind?

The truth is that you can always grow and learn. To achieve your biggest goals and dreams you must adopt a growth mindset. One of my favorite mantras is, I can always grow, I can always learn, I can always improve. And so can you.

Learning a new skill

You have within you the power to learn any skills you want. Most people underestimate their ability to learn. They expect the process to be quick and easy. As a result, when they don't improve, they blame themselves for their lack of talent.

Marketers don't make things easy either. They convince you change should be effortless. That's BS. In the real world, everything takes time and effort. So make sure you're doing whatever it takes to develop the skills you need to achieve your goals. Anything of real value takes tons of time and effort.

Oftentimes, people you look up to are [no smarter than you are](#). They've merely done something enough time to make it look easy.

Do you remember the first time you learned to drive? Didn't you feel overwhelmed? Now, look at how effortless driving has become for you. By using the power of repetition, you transferred all driving-related tasks to your subconscious mind.

Through repetition, you can transfer any skill to your subconscious mind. You can do it to such a degree that it may seem as if you had superpowers.

The bottom line is that there is no limit to what the human mind can learn. Use the power of repetition to learn new skills and start creating your ideal life.

6. The power of conditioning – Conditioning your mind

“Your main job in life is to create the mental equivalent within yourself of what you want to realize and enjoy in your outer world.” – Emmet Fox

I have bad news for you. You’ve been programmed! Most of the beliefs you currently hold are not yours. They were planted in your mind by your parents, society, the media, your teacher or your friends. And, sadly, many of them don’t benefit you. They don’t support you in living the life of your dreams. For instance, you’ve been programmed to

- Follow the crowd
- Be average
- Avoid thinking out of the box
- Be scared
- Complain
- Play the victim
- Doubt yourself
- Have a poor work ethic.

In short, you’ve been programmed to sell yourself short and lived an unlived life. (Which is what will happen unless you reclaim your creative power)

Fortunately, this programming is not set in stone. You can change it. You can rewire your brain and retrain your subconscious mind so that, instead of working against you, it works for you.

Have you heard of religious sects that brainwash their members? These poor people end up creating an entirely new identity. Sadly, it’s a disempowering one.

How did such drastic changes (brainwashing) happen? Through repetition. That’s how you want to reprogram your mind as well.

The first step to reprogram your mind is to believe you can change.

For instance, because you’ve been shy for your entire life doesn’t mean you can’t overcome shyness. Your past doesn’t equal your future. Who you were yesterday doesn’t determine who you will be tomorrow.

Confident people or high-achievers are not superhuman. Their mind is not fundamentally different from yours. They’re often no smarter than you. They just use their mind in a different way.

Think of your mind as a machine that needs to be reprogrammed. A machine needs your instruction to work. If you don’t take control of your mind and tell it what to do, then, it will behave like a

spoiled child. It will tell you that you aren't smart enough, that you're too tired and should rest, or that you're too old to pursue your dreams. Your mind wants to have it easy, and for most people it does! But not for people who developed an exceptional mindset.

How to condition your mind

Before you start conditioning your mind you must know what you want you from it. What is the end goal? Consider the following questions:

- How do you want to feel on a day-to-day basis? Do you want to feel confident? Experience more gratitude? Have more energy?
- What do you want to believe? What would you need to believe to live the life you want?

Once you know how you want to feel, put in place a daily routine that supports the emotions you want to experience. For instance, to experience gratitude, you could:

- Write down every morning 3 things or more you're grateful for and practice feeling grateful for them
- Ask yourself out loud, "what am I grateful for", and come up with thing you're grateful for
- Listen to gratitude meditation
- Thank in your mind anybody you can think of for everything they did for you
- Imagine yourself losing your loved one and take the time to appreciate having them in your life
- Focus on a specific item and think of all the work involved in its creation (designing it, finding the materials, displaying it in the store, promoting it, selling it, shipping it etc.). Think of how many people were involved in its creation and express gratitude for having such an item in your life.

If you want to experience more confidence you could:

- Repeat affirmations such as 'I love being confident' every morning. You can do it while looking at yourself in the mirror. Or you can visualize yourself being confident in situations in which you want to feel more confident such as parties, job interviews or presentations.
- Keep track of all your accomplishments in a notebook or write every accomplishment on a piece of paper and put it in a jar on your desk. Then observe the jar filling up with a sense of pride.
- Write one or two things you appreciate in your everyday life and put them in a jar on your desk. Then, from time to time pick a paper at random and read it.

Now, you can also condition beliefs. A key question is:

What would I need to believe to live the life I want?

You can go further and ask that same questions for each area of your life:

- What would I need to believe to have the perfect relationship?
- What would I need to believe to have the ideal career?
- What would I need to believe to be financially free?
- What would I need to believe to have a great relationship with my family members?
- Etc.

Put it differently, what is holding you back in that area? How come You're not at a 10 out of 10 in that area of my life?

As you answer these questions you'll come across [limiting beliefs](#). Creating an exceptional mindset requires that you overcome these limiting beliefs. Otherwise, your subconscious mind will sabotage your effort and you'll fail to get the results you're after.

To overcome your limiting beliefs follow the 5-step process below :

1. Identify your limiting beliefs: What is holding you back?
2. Question your limiting beliefs: Is that belief always true, all the times and under any circumstances?
3. Prove your limiting beliefs wrong by finding counter-examples: Who has overcome similar limiting beliefs out there?
4. Replace your old limiting beliefs by new empowering ones: What empowering beliefs would help you achieve your goal?
5. Create a daily ritual to reprogram your mind until that new belief becomes part of your reality: What compelling affirmations can you use to reprogram your mind?

The key here is daily repetition. Condition your mind every day until it accepts your new empowering beliefs.

As you reprogram your mind, beware of the disempowering beliefs below:

- I'm too old to change
- My beliefs are too deeply ingrained. I've had them for decades.
- It only works for other people, not for me
- I've tried many times before and it didn't work

These are limiting beliefs as well. You can use the 5-step process above to get rid of them.

To learn how to create an exciting morning ritual refer to my book [Wake Up Call: How to Take Control of Your Morning and Transform Your Life](#)

You can change

Remember that you can change. It's not too late. You're not too old. The key is to understand the power of beliefs. If you believe you can change, you will. But if you believe you cannot change, you won't. Your mind is the most powerful machine on this planet, but it has to be programmed effectively to be of any use to you. Otherwise, you'll end up unhappy and depressed, lacking the confidence and belief to take control of your life.

Let me ask you one question: **Is who you are now the best you can be?**

Or can you improve? Could you become more perseverant? More confident? More determined? More disciplined? Is that possible?

Is your current emotional state as good as it could be? Or could you experience more joy and feel more grateful in your life?

Changing start with a simple decision, the decision not to settle. The decision to take your life in your own hand and refuse to be less than you can be.

Are you willing to make that choice? If so, use the power of conditioning and start making changes in your life.

7. The power of patience – Remembering you have time

“He that can have patience can have what he will.” – Benjamin Franklin

Anything of value takes time. Quality relationships take years to mature. A fulfilling career takes years to develop. And any major goal you have right now will take years of hard work as well. To create the life you want you must leverage the power of patience. You must understand that everything takes time. Don't give up less than a year after you start your dream project. Stick to it. Focus your intent on it every single day and work on it. Be patient!

Here is what the famous entrepreneur Gary Vaynerchuk says about patience in one of his videos:

“When you email me, that you've started things, that you have the audacity to want it to be the rest of your life, the audacity, really, the entitlement that you think that you should be able to do something that you love so much for the rest of your life, that makes you enough money to be able to do it for the rest of your life, that you are giving up after 4 months! That you are giving up after 2 years! As a matter of fact, every person watching this video should be trying for that moment for the rest of their life. Period!”

One of the major reasons people fail to achieve their goals is lack of patience. The universe rewards people who are patient enough to stick around long-term. If you want to make something happen, work on it every day and stick to it until you get results.

To develop patience learn to focus on the process rather than the results. What you do every day is more important than short-term results. Developing the ability to enjoy the process, and even to become obsessed with it, is one of the best things you can do.

Below are some examples of what I mean by focusing on the process, not the results:

- Not selling as many books as you had hoped for. Keep writing and improving every single day. That's the process. Either you stick to that process until you succeed, or you don't start at all.
- Not losing weight as fast as you wished. Keep eating healthier every day until you get the healthy body you want.
- Not getting the results you want with your business. Keep working at it every day and keep learning and improving until you have a breakthrough.

One of the keys to your success is your ability to identify the right process, that is, what you need to do every day to achieve your goal. Then, once you've done that you must learn to become consistent with it.

[Success](#) is a very chaotic process, with ups and downs. Small successes are followed by major setbacks. And major setbacks often lead to important breakthroughs. There is one thing you can be sure of: you'll face countless disappointments. And that's fine. As Winston Churchill said, *"If you're going through hell, keep going."*

Anything can be chaotic around you as long as there is an anchor that stabilize the boat in the midst of the storm. That anchor is YOU! Your ability to remain consistent every day regardless of what's happening around you will play a major part in your success.

Become an anchor by creating an unshakable daily routine and stay patient. Use that process to stay afloat. Stay focus on that process when the going gets tough.

8. The power of perseverance – Sticking to your goals

"Just enough sense to stick with something – a chore, task, project – until it's completed, pays off much better than idle intelligence, even if idle intelligence be of genius calibre. For, stickability is 95 percent of ability", – David J. Schwartz, The Magic of Thinking Big.

To further anchor your daily process, set a specific deadline and commit to working on your goal every day until you reach the deadline. This deadline is what I call the bullet-proof timeframe. The benefits of such a deadline are as follows:

- It forces you to select a goal that genuinely matters to you. Why would you care about some distant deadline 2 to 3 years from today if your goal isn't that important?
- It reminds you that you have time. It allows you to step back, look at the big picture, and realize that you still have time. This, of course, enables you to become more perseverant.
- It helps you avoid Shiny Object Syndrome. This prevents you from jumping from one thing to the next because you feel you aren't getting results fast enough. This is a major trap that many people fall prey to.
- It gives you the option of giving up. You can give yourself total permission to give up, but ONLY once you've reached the deadline, and never before. This is the mindset you'll want to adopt: I can always give up once I reach my deadline, so, for now, I'm going to hang on and keep going.

Create your own bullet-proof timeframe and resolve to stick to it no matter what. My own bullet-proof timeframe is April 18th (my birthday) of 2020. Until then I'll keep writing books no matter what! I'll make sure I write every day as part of my morning routine.

To learn how to set and achieve your most exciting goals refer to [The One Goal: Master the Art of Goal Setting, Win Your Inner Battles and Achieve Exceptional Results.](#)

See also [6 Powerful Beliefs That Will Help You Persevere During Tough Times](#)

Conclusion

It's time that you reclaim your 8 superpowers and develop an exceptional mindset. You have the power within you to achieve more than you ever thought possible. In the coming months and years, keep developing these 8 superpowers. You won't regret it.

As a reminder your 8 Superpowers are:

1. The power of beliefs: Use your thoughts to create your future
2. The power of intent: Set a clear intent for everything you do
3. The power of clarity: Decide exactly what you want
4. The power of repetition: Learn anything skills you need through repetition
5. The power of conditioning: Take control over your mind through daily conditioning
6. The power of choice: Take 100% responsibility for where you are now and make the necessary changes
7. The power of patience: Stick through the process every day and you go through hell, keep going.
8. The power of perseverance – Choose a clear deadline and persevere no matter what

By applying diligently these 8 superpowers, you'll be able to create a winning mindset and achieve exceptional results in your life. Remember that you were given the most powerful tool on this planet: your mind. So use it to its fullest and design the life that you've always wanted!

Don't die full of regrets. Don't die with the music still in you. Live the life you were meant to live starting from today.

Read also:

[Everything Starts with Your Mindset](#)

[How To Identify Your Limiting Beliefs And Overcome Your Limitations](#)

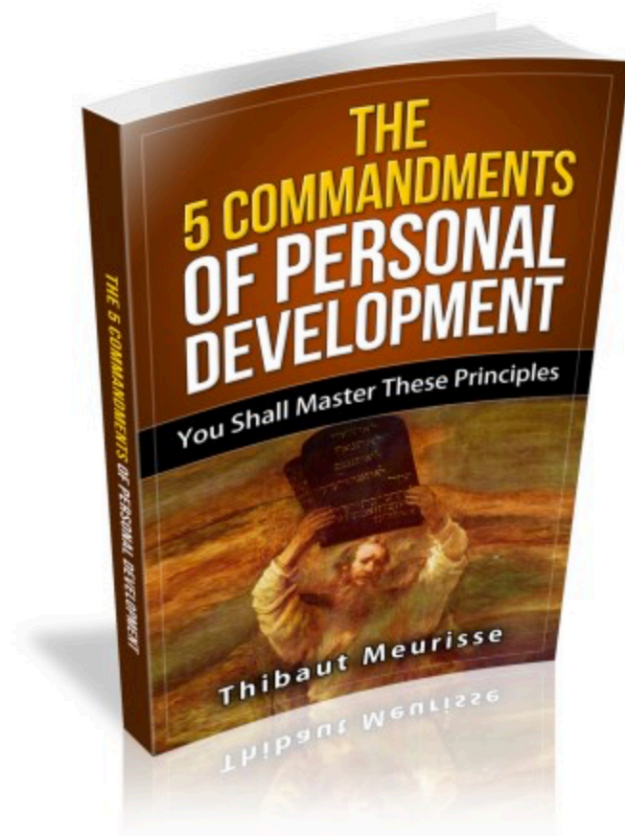
[10 Tips to Know Yourself Better and Get What You Want From Life](#)

[How To Be Fully Responsible For Your Life and Stop Giving Your Power Away](#)

Get your **FREE EBOOK**

The 5 Commandments of Personal Development

Click [here](#) to get your free book now and learn the 5 key concepts everyone should now to live a fulfilling live.



Thanks so much for downloading **The Ultimate Guide to Creating a Winning Mindset**.
I hope you enjoyed it.

Let me wish you all the best with your new endeavors. I'm very much looking forward to hearing from you on my website.

If you have any questions send me an email at thibaut.meurisse@gmail.com

- Click [here](#) to connect with me on my Facebook page.
- Click [here](#) to follow me on YouTube.
- Click [here](#) to check out my author page.

Thanks a lot!

Thibaut Meurisse
Founder of Whatispersonadevelopment.org



Books by the author:

Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You

The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results

Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All

Productivity Beast: An Unconventional Guide to Getting Things Done

Wake Up Call: How to Take Control of Your Morning and Transform Your Life

The Thriving Introvert: Embrace the Gift of Introversion and Live the Life You Were Meant to Live