



# **Understanding Mindset**

**Essentially, mindset is your thought process of belief. Be it in your thoughts, or feelings about yourself, a situation, or circumstance. It is basically those set of beliefs that shape your perspective or how you see the world around you or make sense of things. Your mental rationale.**

**Some people have fixed mindsets where they feel that their ability to do a thing or their ability to affect change are set and cannot be altered. Or they feel limited in their ability to affect change, overcome obstacles, or get overcome and be successful at goals that may pose some type of challenge. Then there are those with a mindset of growth where they believe who they are, where they are, and their abilities, talents, circumstances, and situations can change or be developed positively over time with specific, intentional efforts, and persistence.**

**Mindset is all about your mind. Your brain, and how it thinks. The state of your mindset impacts your actions, and how you respond to people, challenges, and situations. It may even show up as a comparison or how you feel you measure up to others in a specific setting, role, or relationship and those comparisons stem from how you think.**

**Your thoughts about yourself that are based on your own self belief that was conditioned a long time ago that a person just decided to accept and not challenge, or by external sources. Either your mindset will confirm the positive strengths of you and who you are and how you believe or either your comparisons, evaluations, or confirmations will negate anything good, or even downplay your true or potential attributes. It also shows up in how you evaluate a situation or challenge. Our contemplations. Can I do this\_\_\_\_\_ or that\_\_\_\_\_? You fill in the blanks... Perhaps your answer is... “Nahhhh that’s too hard for me.” “I’ve never done that before, I’m not smart enough, and who am I to think that I could?”, “I’m just a simpleton I don’t have that kind of family or educational background”, “No one in my family has ever done this”, or “What makes me think I can?” Or the flipside. “Hell yes. I can see myself accomplishing that”, “Hey, you know what; I’ve never done that before, but I am willing to try.” Or “You know what I WANT to do that. Let me find a way to learn.” “Let me see if I can find someone to help me that has gone down that path and been successful.” Or “This is new, I’m experiencing a little fear or nervousness, but you know what, I’m going deciding to do it anyway. I’m stepping out on faith.”**

**Think of your brain as the CPU unit of a computer... lol. It is essentially the central processing unit of your entire body. The mind receives information, processes information, even has a storage database where it retains and stores memories. Hence the reason our environment, our past and present constantly affects its processing system as it continues to change based on the input it receives, processes, and stores and reuses as it deems appropriate based on our receptivity and acceptance of the data received.**

**In essence, it is vitally important that you are mindful about what you allow to form, shape, or influence your mind.**

**When you were younger and growing up, of course you had no control of what your mind was receiving and processing, but as you matured you had the option to modify that previous program of condition and reset, recalibrate, upgrade that internal programming to better fit your divine destiny, purpose, or goals. Whether you realized it or not is the issue. Some of us have never come into the awareness that we have the ability to make those changes, but its all about coming to a place of awareness. Awareness of what your mindset has been, acknowledging if it has not been the best or most positive, and recognizing a need for change, then having the desire to do so. At this point those positive changes can begin. When we are aware, we come to a knowing. When you know better you can do better.**