



latest word

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The 2% Mindset

“STOP being afraid of what could go wrong and think of what could go right.” ”

To what degree do you:

- ▲ Play it safe?
- ▲ Settle?
- ▲ Survive instead of thrive?
- ▲ Just get by?
- ▲ Procrastinate?
- ▲ Regret?
- ▲ Let fear and doubt hold you back?
- ▲ Fit in it, be like everyone else?



The truth of the matter is that most of us, do all of these things to one extent or another and it's really only about 2% of people that really seek a life less ordinary.

That 2% (or maybe it's 3% or 4% - I didn't count them all) CHOOSE to:

- ▲ Go for their dreams.
- ▲ Embrace the unknown.
- ▲ Act in spite of fear and doubt.
- ▲ Seek abundance.
- ▲ Seek happiness.

- ▲ Seek fulfilment.
- ▲ Get the most out of their life.

How many people do you know personally, that as our American cousins would say, are *'Playing Full Out'*?

Ok ok, let's put down the pom poms, stop beating our chest and be a little less American for a second. 😊 We're Irish and we like to do things a little differently over here. You see we're realistic, that's it, we're not into that *'Getbusyliving'* stuff. There are no cheerleaders in Croke Park. *Well unless the money's good and the residents don't mind.* 😊

Look the question I'm asking you is:

To what degree are you giving it your all?

What do we expect of our children?

- ▲ Do we encourage them to do their best, regardless of the result?
- ▲ Do we encourage them not to be afraid?
- ▲ Do we encourage them to feel as good and worthy as everybody else?

Or at least isn't that what we aspire to do?

Do you think a near death experience changes anybody's life?

Have you seen anybody on TV or heard them on the radio that came close to death, survived and has that changed them?



Do you know anybody personally?

It's not that they have to rush off and start building schools or hospitals in Africa? It might just be that they are more present and grateful for a sunny day, a conversation or a laugh with a good friend or just to wake up in the morning.

However, it is your responsibility to work on changing your Mindset and as a consequence your whole attitude to life.

How? Hang around with people not like you, read books you've never read, go to personal development seminars you never would have dreamed of going to, get a coach to help you shake it up, maybe even embrace your inner American. 😊

As far as I know, we've only one life. I'm not prepared to fumble through this one in the hope that I may have another nine I may even come back as a slug and eat through your cabbages. I don't know !!

We all know that old cliché "you don't know what you have until it's gone" well clichés become clichés because they are usually true.

Loss and indeed regret are great clarifiers. They have a way of prioritising what's important and what's not.

So why do so little of us really give life a bloody good go? Or at least do our best or better? The answer is Mindset, it's attitude, it's an inside game. It's got little to do with ability, money, time, and all those other reasons you may have. It's about ATTITUDE baby.

Your Mindset determines your Attitude, your Actions, your Thinking and your Results.

To go back to those "near death experience" people we spoke about, there's nothing like coming through a dose of Chemotherapy to shift your Mindset and change your attitude to Life & Living.

So what now?

Your attitudes, the way you think, your mindset may be working very well for you and you may already be playing full out or, you may be playing it safe, held back by doubt, fear and worrying what others think about you. You know what else, that's not your fault. You are a product of your environment, you've been conditioned to think the way you do by the people around you, the media and the prevailing culture.

"Mindset"
 {noun}
 a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude.

There's only today, there's only this life and you either choose to give it a hell of a go or not. The choice is yours.

Incidentally, the initial stage of any financial planning centres around the question, what kind of life do you want?

So let me ask you?

- ▲ *What kind of life do you want?*
- ▲ *Are you playing full out?*
- ▲ *What are you going to do about it?*

To those of you that may have found this article a little 'too American' for your liking, well that's a Mindset thing that has you uncomfortable. For those of you that are American, "gimme a high five buddy".

Changed Mindset = Changed Actions = Changed Life



Last word

Thanks for taking the time to read our "latest word"

Feedback on our newsletters is always welcome and gratefully received. joe@fwf.ie.

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