

## MUCH OF THE HEAD TRASH, OR MINDSETS THAT HOLD YOU BACK , FLOWS FROM FEAR, GREED OR EVEN RESENTMENT.

*Is fear holding you back from pursuing your dreams to be all you can be?*

**Forgive Yourself.** Unforgiveness is based on past failures. It manifests itself in several ways: a lack of forgiveness and a victim mindset. Both give birth to bitterness, anger, stress and a negative impact on your health. Once you forgive yourself, you will find more strength to forgive others.

**Practice Gratitude.** Gratitude moves us out of the past, into the present and influences our future perspective. Journaling is one of the best ways to develop a grateful and thankful heart. Start a 90-day journal challenge with just a sentence or two. Keep your journal handy and if possible, schedule your time to write in it at the same time each day.

**Know Your Worth.** Your current skills and experience in the labor market are much more valuable than you most likely realize. There are a number of quizzes and books you can read to discover your strengths where you may find undiscovered areas to pursue. Write those values down and review them often, building on them.

**Create a Dream-Board.** Your goals may shift and change, but focusing on a consuming dream stimulates dopamine and a feeling of pleasure to fuel a healthy mindset. Your dream-board should include your goals, both long term and short term. Include your dream home, travel, financial goals or even a move to a different location.

**Develop a Growth Mindset.** Growing people, by definition, spend less time in the past and more time creating their new future. Reading or listening to books and podcasts stimulates the imagination. There are many resources to choose from, so keep a running list with your favorite ideas.

**Have Faith.** Entrepreneurs tend to feel alone in a future they are pursuing and possess a vision only they can see. Walking with a higher power than yourself that can provide a sense of partnership, change and healing brings peace and comfort to your life. It's like having access to an eveready battery of hope when you feel hopeless.

**Practice Healthy Self-Talk.** This may sound trivial, but it's not. Just like practicing an instrument or a presentation, reminding yourself of affirming thoughts and perspectives will help you have those thoughts top-of-mind. This will help you as you are bombarded with negativity, which happens to everyone, regardless of position.

HERO MOUNTAIN SUMMIT for **INDIVIDUALS, TEAMS**

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