



SET THE TONE

SPORTS PERFORMANCE & ADULT GROUP TRAINING

Mindset

****DISCLAIMER****

This topic covers subject matter stretching deep, far, and wide. Much of it will be misunderstood by the average person, and what we explain here is just the tip of the iceberg! Most people will think this material is something compared to “crazy witchcraft.” It’s different from what you’re used to. It’s probably not something that you were brought up doing or something you were taught in school.

The reason is because it’s NOT FOR average people. It’s for people who want more out of their life than average. It must be practiced, failed, and practiced again without any time in between. Those who do not believe or practice this material are likely, whether its deep down inside or obvious on the surface, living an unhappy and unfulfilled life. The good news is: THERE’S A WAY OUT of that mindset and a way to thrive in your life!

Living a high quality of life ABSOLUTELY requires a positive mindset. Most people go about their days with fog brain and just (over)react to the stresses placed upon them. Most people, for one reason or another, have been wired to find the negative in every situation and dwell on things out of their control.

But everyone also knows that person that is always calm under pressure, always pleasant to speak with, always fun to be around, and always brings an unexplainable comfortable energy with them in any situation. That person has an unshakable mindset. We try to teach that mindset because that’s what it takes to add value to your everyday life! And if you’re one of our athletes, that’s what separates you from the rest of the pack!

Just the Beginning...

We try to help people understand, like everything else, it takes work and practice to change the way you think or the perspective in which you see different situations...and it's never too late or never the "wrong time" to start, regardless of your age, experience, or situation.

"You may not be able to control your first thought, but if you recognize it, you can control your next one." In other words, part of what comes into our head at times is uncontrollable and unexplainable. However, if you can acknowledge a negative thought that comes up in your head, you also just proved to yourself that you can change your next thought to something more positive, healthier, and productive. That is the first step to rewiring your brain and eliminating a lot of stress in your life. This should be practiced as much as possible for the rest of your life. It will make you a better person and will add more value to the world. It will also make your life so much more enjoyable!

When you are finally able to have a little bit of control over your thoughts, you're able to guide your life in the direction of achieving your goals. This ability helps you recognize distractions and anticipate upcoming obstacles that might stand in your way. These obstacles and distractions will not stop.... ever.

"Success of your life or the achievement of your goals is 10% what happens and 90% how you respond to it." By taking obstacles as a challenge and continue fighting the mental battle, you will get what you truly want. It will not be easy, but it will get easier the more its applied to your daily life.

Most people stress about situations in life that they cannot control. It's normal to feel certain emotions when uncontrollable circumstances arise, but it's not productive to attach yourself to negative emotions for very long. Your thoughts can also keep you stuck in a dark place. It's important to recognize this and try to steer your mind in a positive and productive direction.

One strategy that may help you is to first get your mind in the right state by thinking about something that makes you happy (a baby laughing, a joyous experience you had, a family member you love, etc.). Once you're in a "positive state" ask yourself "What can I do now to move toward my goal?"

Here are 5 simple steps to Mastering Your Mindset if you're just beginning:

- 1. Get clear goals and a vision for what you want in life*
- 2. Now dream even bigger than that! No Limits*
- 3. Count your blessings and be grateful for what you ALREADY HAVE*
- 4. Separate your problems (what you can control vs. what you can't)*
- 5. Put all energy into what you can control IF it brings you closer to your goals.*

UNIVERSAL ENERGY

As wild as this might sound, we are going to write it anyway because truth is important to us: **YOUR LIFE IS RUNNING ON MAGNETIC FREQUENCIES AND ENERGETIC VIBRATIONS OF THE UNIVERSE THAT YOU'RE DIRECTLY CONNECTED TO.**

For example, if you find that your thoughts and energy are usually heading in a negative direction daily, you're probably attracting a life full of stress and negativity. You're probably also thinking "most of that stress is NOT MY FAULT." We are here to tell you: IT IS! Don't take it personal, because as soon as we all acknowledge that we create our own stress, we can now CHANGE OUR MINDSET and direct our thoughts towards positive production... And that is life-changing!

We MUST be positive BEFORE the positive things can happen in our life. We must connect to the positive frequencies of the universe first, and then as we stay connected to them, they direct our life in a positive way towards our goals. This comes with intentional thought over time. This comes with constant gratefulness for what is already in your life. If you focus on the bad things in your life, you will not connect to positive frequencies. You will remain stuck mentally which will put your results in life on pause or even worse, bigger problems will continue to show up. In order to connect to the right vibrations, you must focus on the GOOD in your current life.

Universal vibrations and frequencies can be difficult to grasp at the beginning because it's something you can't see or touch... but if you genuinely believe in the idea, you're primed for a life full of happiness and celebrations!

Here are 5 easy things you can do to stay connected to the right vibrations:

1. Practice being grateful for what's in your life right now.
2. Open your heart on a spiritual level. Be open to the universe guiding your life.
3. Say to yourself "I'm connected to the most positive frequencies of the universe."
4. GIVE! Give your time, your energy, your attention, and your love to others.
5. Say "Thank you" to the universe when the good things start to happen.

We know. We sound like we would be burned at the stake during the witch trials! But this stuff works. It sounds different because it is. It's your choice to use this in your daily life, but if you're living a negative life without anything changing soon, why not try it? The time is going to pass anyway!

So, if you're stuck, if you're unhappy, if you want more from your life, practice the skill of mastering your mindset. Give it 30 days of honest practice and you won't want to go back to your old self!

How to Train a Positive Mindset

There are several things you can do to “prime” your mindset for the day. We do not recommend trying all these things right away. Simply try one or two things that you think might help and get consistent with it to see the positive changes in your life. If you find that your life is heading in the right direction and you feel good about it, add another.

These can be done any time, but we encourage most of this to be done in the morning so that you can start in connection with good vibes and carry that energy throughout your day. However, the more practice these techniques receive, the faster your mindset will “wire itself” to stay there consistently. These techniques not only eliminate much of the stress in your daily life, but it also propels your life in a better direction to accomplish your life goals.

7 Strategies for Living with a Positive Mindset

Affirmations –Come up with 6-10 separate sentences that reinforce the thoughts that you want to have. They should send your mind in the direction of a positive day and/or your “big picture” goals. They should start with “I” so you’re training your brain to hold yourself accountable. Write them down and read them 2-3 times every day (the morning is perfect to “set the tone” for a great day!) Read them aloud with conviction and confidence (This is important). Even if you do not believe in your head what you wrote down (yet), you will become convinced over time and that is where the miracles happen. These can be changed and probably will evolve over time (based on your goals and mindset), but the key is to remain consistent.

Examples of Affirmations:

“I am grateful for everything I have in my life right now.”

“My daily habits will create the life that I expect.”

“I live to a high standard and lead by example for myself and my family.”

“I am energized to see the value I will add to the world today.”

“I am worth it. I am loved. I am strong.”

“I will add value to my team today.”

“My two goals today: help someone in need & make a move that grows my business.”

Journaling –

Writing in a journal is a great way to open up and get to know yourself. It allows you to paint a big picture about your goals and what direction you want your life to go in. You can really write about anything. We recommend trying to keep it positive and write about gratefulness, visions, and goals to train your brain to think positive in any given situation, but if you feel better writing about issues/problems in your life, write it, follow-up with a plan to solve it, and then list what you’re grateful for. Stay consistent with journaling as it will often be something you want to look back on.

Meditation –

Meditation is a great way to prime your brain for a productive and peaceful day. There are several kinds of meditation and different styles to practice. Without doing any research or learning from a professional, you can just get yourself in a very quiet environment, sit comfortably with great posture, close your eyes, and focus on breathing for 1 minute.

This will not be an easy start (your mind will wander to different thoughts so it's important to try and get back to your original focus), but again, this also takes consistent practice. If you find this to be beneficial, look for different styles that may fit you even better!

Breathing Exercises –

We often don't breathe enough. We still have clients that hold their breath while working out and it just doesn't make sense. Your muscles (and your brain) need that oxygen to operate completely! Your heart, your brain, your body, and the millions of cells within it are relying on consistent oxygen to fully function. So why are we always breathing in a shallow, unfulfilling manner? Practice deep breathing and feel the benefits immediately!

These often pair well with meditation as there is a focus on HOW to breathe. But you can do this separately as well. There are several techniques out there and most of them are just a google search away and quite beneficial. Try a few of them with honest effort and find out what works for you. This is one of the easiest practices to help you FEEL BETTER right away. Do the little things right and the big things happen!

Exercise –

Obviously at Set the Tone we believe exercise is your actual LIFE SAVER, but you don't have to be at our facility to jumpstart your brain and body into a fantastic day! Understand the health benefits of moving your body. A 10-minute, high-intensity workout every time you get out of bed can catapult your life into everything you want. This approach will shock the nervous system and improve brain function throughout your day. You will get your blood circulating and switch all your body's systems to ON!

You will think more clearly, be more accustomed to being productive, and will carry a positive energy around with you all day! This eliminates low self-esteem and poor body language that people can spot from a mile away. We recommend adding resistance training 2 or more times per week in addition to any kind of exercise you prefer (example: Hiking, running, swimming, biking, etc.)

Practice Smiling –

This might sound funny to some, but there are people (maybe it's you) that are so unhappy with themselves and/or convinced life is miserable, that they physically have difficulty smiling. This can be fixed, and it can change your life in a very positive way. This practice also goes well with saying your Affirmations in the mirror every morning.

It's as simple as it sounds. Get in front of a mirror and practice that wonderful smile! Biologically, your brain releases endorphins to put you in a better mood when you smile. So even if you're faking it, you can trick your brain into thinking you're happy and ultimately (with enough practice) your mindset will begin to change, and you will be glowing with your confident smile!

Get into Nature –

Climb a mountain, go for a hike, a walk, smell some flowers, or just sit by a lake and admire the nature around you. This not only allows you to breath fresh air and change the oxygen in your body, but it also allows you to see the beauty of the world that you (and everyone else) often overlook. This practice helps to keep things in perspective for you. You may find yourself thinking "well maybe my life isn't THAT bad," or "Wow, I have never noticed how good I feel after some time alone in nature," or "I really am very lucky to be here and experience this life."

All these strategies are helpful in transforming your mindset and genuinely improve the quality of your life. It's important to note that this is a never-ending process. The more you practice, the better life gets! In contrast, if you lose the practice routine, your life can (and probably will) begin to spiral in the wrong direction as you start to fall into old habits. If you notice this happening, schedule some time every day to get back to rewiring your mindset in a way that works for you. Make this a part of your life and watch the greatness unfold!

You have always been the only person to change the way you think. It's just human nature to blame others and make excuses for staying comfortable. By recognizing your unwanted thoughts and keeping the positive thoughts at the forefront of your mind, your life will be much more rewarding and fulfilling! Your time on earth is going to continue whether you're living a good life or not. So why not enjoy the time by keeping your thoughts on a positive track and seeing the vibrations work for you and set your life up for success?

Stick with these strategies and success will come to you in a very healthy, positive way!