



Gold Medal Leadership

Turning Leaders Into World Champions

with **Laura Armstrong**

World Championship Mindset - Module 4

Agenda

What is a World Championship Mindset?

The three things to create a WCM: Dedication, Commitment and leadership

Dedication/Perseverance – I never gave up no matter how the odds were stacked against me.

This can be one of the most important aspects of a World Champion Mindset.

You have to have an intensity and enthusiasm for what you want to do and a drive to help others do the same.

You have to have a passion for it, so much so that nothing and no one is getting in your way to accomplish what you need to do.

This mindset served me well with my goal of being the best in the world.

Never ever quit – you won't if it means enough to you – even in the bad times.

Commitment -

What does commitment mean to you?

To me it means you are in it for the long-term

Whatever you are doing becomes a journey.

No matter what, the good times, the bad times and all the challenges in between they shape what your commitment will become.

Stay steadfast, and know that what you do offers value, an opportunity to learn and help others become skilled, create some excitement around trying something new and a chance to help create community and foster relationships.

Getting up everyday and working on what you do eventually shifts your mindset.

It first becomes a habit, then a ritual and then starts to shift into personal mastery after years of dedication, planning and creating an exciting atmosphere of learning.

It takes at least 10000 repetitions to master something

You will make mistakes, embrace and learn from them. Take them into the future with you so that you don't repeat them or linger on them.

Use them as fuel to strengthen your commitment to what you do making you more powerful than you ever thought possible.

Leadership

A simple definition is that leadership is the art of motivating a person or group of people to act toward achieving a common goal.

This can mean directing people with your strategy to meet their needs. It captures the essentials of being able and prepared to inspire others.

Effective leadership is based upon ideas, but those ideas must be communicated and translated to others in a way that engages them enough to move forward.

Leaders are the inspiration for and director of the action.

They are the person in the group that possesses the combination of personality and leadership skills to make others want to follow their direction. Make what you do attractive so others want to follow in your footsteps.

Mindset

Definition: the established set of attitudes held by someone.

How do you define your mindset –

Do you have more than one?

Is it negative? Why – have you decided that your negative mindset is something you have inherited or something you are choosing – its like a habit, you can decide to keep it or not – **the beauty of a mindset is its never permanent unless you choose it to be.**

Is your negative mindset associated with your blocks? How do you turn that around. Choose to start to think differently, your thoughts have energy and your energy forms your mindset.

If you have no doubt you are going to be successful and inspire leadership then that's a choice your are making that you are embracing that mindset.

What are your attitudes? Are they generally positive or negative – can you see where your mindset would be holding you back?

What type of mindset do you have:

Fixed Mindset - In a fixed mindset, people believe their qualities are fixed traits and therefore cannot change. These people document their intelligence and talents rather than working to develop and improve them. They also believe that talent alone leads to success, and effort is not required.

Growth/Flexible Mindset - Alternatively, in a growth mindset, people have an underlying belief that their learning and intelligence can grow with time and experience. When people believe they can become smarter, they realize that their effort has an effect on their success, so they put in extra time, leading to higher achievement.

Some examples of mindsets you may be embracing

Negative

Fear Mindset – you become stuck. You let fear get the best of you and are unable to use your time to the best of their ability, losing out on opportunities, and achievements. It also becomes difficult to find your passion or purpose

Lazy Mindset – Unlikely to possess the discipline to achieve big things, your health could be at risk and time gets wasted

Envy or Greed Mindset – Often jealous of people who are better than them because of success, relationships, body, wealth, etc. Though this could be motivation for this mindset, you can tend to be come obsessed with what others are doing, want what they have and get angry because you aren't succeeding, and end up wasting a lot of time on that. It will come across to others in a negative way.

There are many other negative mindsets that don't serve us – I can advise just to be mindful and aware of them and continue to focus on what mindsets are working for you and will contribute to your success such as:

Positive

Growth Mindset – a wonderful and amazing mindset. People who desire and drive to grow are always improving themselves. They love being challenged and constantly work to be better. They love learning and connecting and improving areas of their life at a fast pace. Just a reminder not to slow down sometimes and enjoy the ride.

Gratitude Mindset – Sometimes we forget to be grateful – we all have busy lives. We get absorbed in our lives. We need to recognize when things show up and be grateful for everything we have and everything that happens. In this mindset you will appreciate the things you have a lot more. It keeps you humble, no matter how successful you get. It's easier for you to be happier and make the most of out of the time you have – time – the one thing we can't get back.

Confident Mindset – When you combine some of these positive mindsets together, you become unstoppable. Confidence has a huge impact on our mental health, how we think about ourselves, our ability to be accepted, and our beliefs in our capabilities. Some advantages of this mindset is that you are happier with yourself and the way you are; you are more likely to take action on your goals and its easier to be outgoing and amicable.

There are many other positive mindsets – but the one that sticks out to embrace our leadership is :

A success mindset

Definition: A success mindset is key to achieving anything in life. Your mindset is the foundation upon which everything else is built – your goals, actions, and ultimate outcomes all flow from the way you think.

Now you all know your goals, and you have stated the actions you need to get there, and the ultimate outcomes you want as the world champion of your business.

So now we need to shift our mindset to be in alignment with all of that. Once that happens, you are unstoppable.

Three steps to shifting your mindset:

Awareness- what is my mindset right now, how do I feel and think about the different aspects of my life

Conscious choice – what am I willing to change and be consciously invested in

Taking Action – moving forward and taking action to see those changes show up in my mindset and reflected in my business.

Once you start to shift your mindset, you are going to integrate the changes you want to make, with the tools to make it not only easier, but that you can embrace on every level of your success and be unstoppable.