

## *Five Easy Steps to Cultivate Your Million Dollar Mindset*

### 1. Connect with your why!

Simon Sinek says: “People don’t buy what you do; they buy why you do it. And what you do simply proves what you believe.” This doesn’t just apply to others, it also applies to you, for you to stay motivated and inspired to keep working towards your goal you have to connect with your why on a regular basis.

#### **Quick start implement strategy:**

Write/type out your why: Why are you doing what you’re doing? How does this light you up, inspire you, those around you? What is the impact that your work has on the world? (connecting to that more significant purpose than yourself bring massive inspiration)  
Place this on a sticky note or use it as a screensaver, place it somewhere where you can read it on a daily basis

### 2. Be Grateful For The Success You’ve Already experienced

This may be one of the most influential tools I’ve ever adapted; it will instantly refocus your mind and motivate you to take action to achieve your million dollar business. As Tony Robbins says: “ When you are grateful fear disappears, and abundance appears.”

#### **Quick start implement strategy:**

Write down/say three things you’re grateful for every night before you go to bed  
Easy implementation: Download the grateful app and digitally record all your blessings.

### 3. Celebrate Your Progress.

We often discredit all the little wins we've already accomplished, and this can quickly throw you into a negative frame of mind. Start to celebrate every step of progress towards a goal. This will help you enjoy the process of achieving your objectives, stay in a mindset and keep you inspired to keep moving toward the results you want.

**Quick start implement strategy:**

At the end of every workday, before planning your next day, be sure to write down all of your wins/action steps you've taken toward your goals.

### 4. Be aware of what your biggest limiting thoughts/sabotaging behaviors are right now:

"The key to growth is the introduction of higher dimensions of consciousness into our awareness" Lao Tzu

**Quick start implement strategy:**

Write out your fears/limiting thoughts and ways that you sabotage your own success. Be aware when these come up for you.

### 5. Create Your Million Dollar Mindset Mantra

Mantras are powerful tools to help you create new thought patterns and let go of limiting beliefs. The more you can repeat positive affirmations and thoughts the easier it will become to overcome your fear and use it as fuel vs allowing it to keep you stuck.

**Quick start implement strategy:**

Using your answers from the quick implementation strategy in step 4, write a mantra that empowers you. Examples: I am powerful and successful. I choose to think empowering thoughts that bring me joy and abundance. Positive thoughts fuel my creativity.