

HEALTH SERVICES PROTECTION PLAN

June 2018

Changing Your Mindset to Achieve Success By Dr. Nikki Martinez, Psy.D., LCPC

How Can I Change My Mindset?

Many of us stunt our growth and stop ourselves from getting what we want by having a fixed mindset. We have that voice in our heads that we listen to that tells us that we can't do something, that something is impossible, or that we do not have the skills to achieve something. This kind of thinking is simply not true. We all want things, but to get them, we have to believe in our ability to accomplish the steps it takes to get them. We have to change our thinking from "I can't" to "of course I can." What we believe, we can achieve, and we can. It is like the famous saying, "Whether you tell yourself you can, or you tell yourself you can't, you're right."

Learn The Lesson

One important difference is to learn to turn our failures into successes. Many people fail at something and decide that is an end point. People who get what they want and achieve greatness simply look at a failure as a lesson and try to see what can be learned from it. Some of the individuals who had the greatest successes of our time have also had some of the most epic failures.

Change Your Limiting Beliefs

Many people hold limiting beliefs. If people truly looked at their values and beliefs systems, and then compare them to what in them was holding them back, they could make adjustments. When a person realizes that they have been walking around with a belief since they were young, simply because that is what they were told, they can now challenge it. It is even more powerful when they realize that this belief is holding them back from achieving their goals and getting what they want. If they are able to transform their belief to support their goal, great things are possible for them. If someone believes that they are only supposed to achieve a certain level of success to be respectful to others before them, they will stay at that level. If they are able to change that belief to respecting those who have taken care of them and sacrificed for them by achieving the greatest success they are capable of, they will go much further.

Lists and Vision Boards

If you are a vision person, do something that puts your goals, dreams and wants somewhere that you have to see it each day. Put a list of your goals on your refrigerator. Make a dream/goal board. Be creative, be specific, and be clear about what you want. This is a great project, and something you will be proud of making. There is an energy to putting these thoughts, hopes, and dreams out into the world to be seen. The fact that you have to see them all the time can be very motivating, and it can give you that extra kick that you need.

The Life List

Another great project you can do is to create a "life list." This is a project I have done with young adults and clients alike. I do the project along with them. I ask them to come up with a list of 10-20 things that they want in their lives and for themselves. I encourage them to dream big and don't let their limited thinking hold them back. The lists are surprising and motivating. This is another item that can go on the refrigerator, or in your planner. It can sit on your office desk. Just as long as it is somewhere where you are constantly reminded of what you want and where you are towards accomplishing this.

What Really Matters

It does not matter what method works best for you. I suggest trying several out until you find the right fit. Once you do, USE IT! You are capable of getting the things you want, and you are adept at achieving your goals, you just need to utilize the right tools to complete them. By implementing any of those tools and techniques, you are truly changing your mindset towards getting what you want. Think of all the things you have in your life that you have been wanting, and all the goals that you have been wanting to achieve, with just a simple shift in your state of mind!

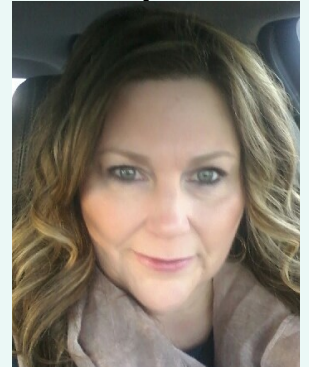
https://www.huffingtonpost.com/dr-nikki-martinez-psyd-lcpc/changing-your-mindset-to-_b_8964638.html

Consultant of the Month Mike Gibson



A friend of Mike's recruited him to become a Hearing Aid Consultant. Mike shadowed him and was instantly hooked. "The reaction from patients that haven't heard their loved ones in years and being able to hear is life changing. I love being able to facilitate that change." Not only is Mike passionate about his career, he also shows the same enthusiasm for all aspects of his life. He is a family man first. "I have an amazing wife and three beautiful children." Mike is a musician and lover of all sports.

PCC of the Month Robyn Dix



Robyn is one of the most caring, authentic individuals with a generous heart. With these natural qualities it makes sense that she was drawn to this life changing industry. "I love helping people and also love visiting with our patients and learning about their lives. They have such great stories!" She has deep roots in the Grande Ronde Valley, having lived here her whole life. Robyn has one son and two wonderful grandchildren. In her spare time she enjoys cooking for her friends and family and hopes to publish a cook book someday.

Market Quinoa Salad with Fresh Mozzarella

Prep Time: 40 minutes

Cook Time: 16 minutes

Total Time: 56 minutes

Author: Vanilla and Bean

Serving: 5-6

Ingredients:

- 3/4 cup Quinoa white, rinsed and drained
- 1 1/2 cup water
- 1 Cup cherry tomatoes halved
- 1/4 cup purple onion small diced
- 1 LB shelling peas shelled, yielding about 1 cup shelled (1 C frozen will work here too)
- 1 yellow bell pepper diced
- 1 red pepper diced
- 1 1/2 cup zucchini diced, about 1 zucchini
- 1/8 cup fresh parsley chopped
- 3/4 cup fresh Ciliegine Mozzarella quartered
- 1/2 tsp fine sea salt
- 10 grinds of pepper
- 3 springs of fresh thyme for garnish

For the dressing

- 2 Tbs Extra Virgin Olive Oil
- 1 tsp garlic minced
- 1 1/2 Tbs Balsamic Vinegar
- 1/2 tsp mustard
- 1/2 tsp oregano dried
- 1 tsp lemon juice



Directions:

1. In a medium saucepan bring water to a boil. Place rinsed quinoa in boiling water, turn burner to medium low, cover and simmer for about 15 minutes. Turn off heat and stir, making sure all the water is absorbed. Cover again and let sit covered for 5 minutes. Fluff with fork and pop in fridge to cool (for about 20 minutes).
2. While the quinoa is cooking, shell your peas (or measure out the frozen peas). Set aside. Fill a small pot half way with water and bring to a boil. Prepare a small bowl by filling it 1/2 way with water and a few handfuls of ice. Be sure a mesh strainer can fit in the bowl with the cooked peas submerged. Blanch the peas by placing shelled peas (or frozen) in the boiling water and blanch for one minute. Strain then plunge peas in the ice bath to stop cooking. Drain and set aside.
3. Prepare the onions, bell pepper, zucchini, tomatoes, fresh mozzarella and fresh parsley by chopping and dicing, placing each in a large bowl where all the mixing will happen. Add the peas and season with salt and pepper.
4. Remove the cooled quinoa from the refrigerator and place in the mixing bowl with all the veggies, sea salt, pepper, thyme, parsley and mozzarella. Use a large wooden spoon to mix all the ingredients thoroughly.

Dressing and to Assemble:

1. In a small bowl, add the garlic, balsamic vinegar, mustard, lemon juice, and oregano. Whisk in the extra virgin olive oil. You want even distribution of ingredients, or a good emulsification. Pour the dressing over the salad and mix until all ingredients are evenly distributed. Taste and adjust seasoning as needed. Garnish with fresh thyme leaves (optional). Enjoy on the day made for freshest taste.

<https://vanillaandbean.com/market-quinoa-salad-fresh-mozzarella/>

Riddle of Month

I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place.
What am I?

Answer: _____

STAY TUNED! Answer will be in our July's Newsletter

Answer to May's Riddle: Glass

A Little Laughter

An elderly couple were driving across the country. The Woman was driving when she got pulled over by the highway patrol.

The officer said, "Ma'am did you know you were speeding?" The woman, hard of hearing, turns to her husband and ask, "What did he say?" The old man yells, "He says you were speeding!"

The patrolman says, "May I see your license?" The woman turns to her husband and asks again, "What did he say?" The old man yells, "He wants to see your license!" The woman gave the officer her license.

The patrolman says, "I see you are from Arkansas. I spent some time there once and went on a blind date with the ugliest woman I've ever seen." The woman turned to her husband and asked, "What did he say?" And the old man yells, "He says he knows you!"