

**TO REFRAME YOUR
THOUGHTS
AND
WIN IN LIFE,
READ THIS:**



WHAT STORIES DO YOU TELL YOURSELF

Professional athletes, and performers, know their head game is as important as their physical game,

But why don't we understand that?

Listen to the stories you tell yourself.

It is only when we listen that we can change.

Our thoughts shape our values and beliefs.

Our values and beliefs drive our mindset.

Our mindset determines our behaviors.

To fix your behaviors, fix your thoughts.



OWN YOUR LIFE

There may be structural barriers you're facing in life.

But until you take full ownership of your life, the structural barriers won't matter.

Fix you, then focus on the barriers.



ASK "WHY NOT"

Asking ourselves why not may reframe negative thinking and imposter syndrome:

- Why not me for that project
- Why not me for that promotion
- Why can't I be a multi-millionaire

Stop focusing on why it can't be you.

Focus on why it CAN be you.



PUSH THROUGH

More people than you realize have imposter syndrome, including me.

The difference between the successful and unsuccessful is successful people push through the syndrome.

They take action.

They realize success.

It allows them to do more.



REMEMBER YOUR WINS

Too often, we focus on our failures.

This negative focus may drive us to believe we cannot succeed.

Instead, spend time focusing on your wins.

Remember those times in life you've succeeded.

Drive the belief that you will do it again.



FOCUS ON THE REWARD, NOT THE RISK

When you think of risks, you're less likely to press go.

When you think of the reward, you're incentivized to take action.

Change your mindset from risk to reward.

After all, what's the downside.



KNOW WHAT YOU WANT

To succeed in life, you have to have a definition of success.

You have to have a defined goal and outcome you're reaching for.

The first step is to know what you want.

Once you do, the next step is to go after it.



HAVE A PLAN

Once we know what we want, we need a plan to achieve it, remembering,

A crap map is better than no map.

1. Know what you want
2. Understand what it takes
3. Do the work. Day in. Day out



NOTHING TRUMPS ACTION

If you want to be successful, you have to put yourself in position to succeed.

Too often, people practice, or rehearse, in unrealistic conditions.

Deliberate practice, or rehearsal, is done in game mode, at game speed, so you succeed in the real world.





the **GROWTH GUIDE**

with Clint Murphy

**REFRAME YOUR.
STORY: LET GO, DO
LESS AND BE MORE
WITH
TAMMY HEERMAN.**



Episode 45

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