

A person wearing a backpack and climbing gear is seen from behind, walking across a thick, dark rope that spans a gap between rocky cliffs. The scene is set at sunset or sunrise, with a bright, glowing light source behind the person, creating a silhouette effect and illuminating the rope and the surrounding environment. The background shows a hazy, mountainous landscape under a warm, orange sky.

BREAK BARRIERS

CRUSH GOALS

Dr Sylvan Lightbourne

THE ART OF CULTIVATING A GROWTH MINDSET

FOR CAREER SUCCESS



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INTRODUCTION

A lot has been written about the concept of the mind and developing mental strength for greater success. We all know a lot of the literature with regard to the law of attraction, mastering the mind, and developing good habits to last a lifetime.

Yet really developing these practices consistently over time is quite difficult. It is especially difficult when faced with modern-day challenges which seem to be designed to drain away our energy. Such drains can include social media, WiFi, bills and expenses, broken relationships, environmental toxins, smartphones, alcohol, sugar, caffeine, the list goes on.

Developing a strong mindset entails consistent practice over prolonged periods of time. It requires a sense of practicality and discipline that is all too often forgotten. It would be a mistake to think that the law of attraction is easy or that meditation will immediately alleviate depression. But if you seriously commit to developing your mindset so that you can focus on what you want over the long-term, then the results will be life-changing. To do so, you will need to learn to rely on yourself.

UNDERSTANDING THE MIND

The first step in understanding the mind is to realize that your thoughts are what determines your everyday experiences. This is the basic premise of all spiritual texts and esoteric schools of thought. It is also reflected in many scientific spheres such as quantum mechanics.

People have certain thought patterns that they picked up from the wider society, from their parents, from groups and organizations etc. They then project these thought patterns onto their surroundings. And they then mistakenly believe that their own projections and interpretations are the 'truth'.

THOUGHTS BECOME THINGS



People who do not understand the power of their own minds are largely lost as they cannot identify as conscious creators of their own reality.

They will consistently find fault with the world and ask why it is so difficult to contend with. Understanding the power of thoughts is the first step to personal mastery.



INSANITY OF THE MIND

From the perspective of spiritual systems, the mind is irrational, illogical, and insane. We are required to observe the mind and detach from it in order to see its dysfunction. But we can also observe this dysfunction on a grander scale with the wars, hate, environmental destruction, racism, sexism, homophobia, political attacks, broken relationships, government spying programs, smartphone addictions, health problems, and more.

HOW TO DEVELOP MENTAL STRENGTHS

Focusing on worry and stress, eating the wrong foods, in toxic relationships, with limiting beliefs that have been with you since childhood. These are not removed overnight. It can take years to rid yourself of certain thoughts and ideas, and you have to be constantly vigilant about what you are thinking and what you are consuming.

ADVERTISING & MEDIA NEGATIVITY MENTAL DEVICE

The destructive nature of advertising and the media becomes more important when people start to look inside and understand the power of their own thoughts. If the majority of our actions are subconscious and advertising and media are specifically aimed at manipulating our environment, then they have a large say in how we behave. Scientific data has shown that people are victims of advertising even when they view themselves as impervious.



BEST PRACTICES FOR SERIOUS MENTAL DEVELOPMENT



The following are the best practices for you to really master your own personal psychology. If you want to proceed rapidly, then undertake one or a number of these models. How often and at what intensity you want to do these practices is up to you.



Remember that everything that you do is stretching the mind to some degree or another, whether it is diet, exercise, writing, or walking.

But we need to use the most direct methods, and we also want to avoid patterns that do not expand the mind.

Once you have a good environment with a reasonable diet and regular exercise, you can investigate practices that are more directly orientated towards mental development.

MEDITATION

Meditation should come as no surprise to anyone as the best kind of practice for mental development. It involves sitting quietly (ideally in lotus position) and observing the movements of the mind. After a period of time, the mind starts to quieten down and become less frantic. You will become less reactive to outside events and be able to monitor and control your thoughts more efficiently.

YOGA

Yoga is a practice of body movements involving the breath, concentration, balance, flexibility, and physical strength. When the movements are executed in a certain fashion the practitioner comes into a flow state and can complete the whole hour long routine effortlessly. The coordination of concentration, breathing, and physical exertion are perfect for subduing the mind.

FASTING

Though this might be described as an extreme method, fasting is one of the best ways to master your mind. Food is more important to a human being than anything else. Giving up food for a significant period of time can have many benefits and takes incredible willpower.



MINDFULNESS

Mindfulness takes many forms and there are a wide variety of mindfulness practices. It really involves being aware at regular intervals throughout the day. Mindfulness can be combined with meditation for maximum results.

PASSION

If you can find something that you are really passionate about then you can continue to focus on this with single-minded intensity. This can include painting, singing, dancing, martial arts, creating a business, or anything that you really give 100% of your mental attention towards. This is why most people give up on their resolutions after the initial phase.

AWARENESS

There are some strategies you can use if you really want to gain control over the mind. They are designed so that you will make breakthroughs that will stand to you over the long-term. Consider an 11-day silent retreat in a serene location, out in nature. During this silent retreat, you will meditate twice a day, complete a yoga routine, and stick to a vegan diet without alcohol, sugar, or processed foods. You should also be completely removed from technology during this time.



AFFIRMATIONS

Affirmations are an effective tool to program ourselves for personal and business success. Remember when affirming to use the present tense. "I am talented" or "I am rich" is better than "I will be talented" or "I am going to be rich". Another point to keep in mind is that affirmations work best when the mind is in a receptive state. So affirmations should really be used first thing in the morning or late at night. Another time to repeat your affirmations is during meditation when they can really sink in without resistance.

Affirmations work but they have to be repeated over and over to really so our subconscious can really get the message loud and clear. For maximum results, they need to be stated (internally or out loud) during meditation or in the waking or nighttime hours. It should also be borne in mind that some people have incredibly deep convictions with regard to love, money, or sexuality. At a fundamental level, an individual might not believe that they are unworthy of love or affection. In such instances, affirmations may not work and diet, self-examination, yoga and meditation might all be needed to really shake up the person's mindset into a positive state.



BEST PRACTICES FOR AFFIRMATIONS

SEVERAL AFFIRMATIONS WITH DIFFERENT TERMS



- "I am rich"
- "I have always been rich"
- "Riches are waiting for me"
- "I love being so financially abundant"
- "People see me as very affluent"
- "I have so many sources of income"
- "I always have enough money"
- "Money is a mental abstraction and I can just think more of it"
- "Because money is so common it is easy to collect some"
- "I love thinking about and making money"
- "Money was always easy for me to attract"
- "Poverty and abundance are just states of mind"

AFFIRMATIONS

PEOPLE PLEASERS

The shadow is the unconscious aspect of ourselves that we cannot consciously identify with. There are actually positive aspects of the shadow side. **"People Pleasers"** need to start identifying with their anger and start telling people to get lost, in no uncertain terms.

But because they were brought up in such a way as to respect others and be "good", they find it difficult to consciously understand that saying no to people can be immensely organic, satisfying, and natural. Instead, they take on more work than they should and end up stressed, believing that sabotaging their mental and emotional wellbeing is somehow a 'positive' thing.



CONCLUSION

There are a wide variety of ways to develop your mindset for greater success both personally and financially. A good place to get started would be diet, exercise, meditation, and affirmations. These are the most straightforward and effective to get the mind under control in a very tangible way.

Once you have a solid grasp on these, you can consider immersion techniques and creative processes to really expand your awareness. Remember that developing a mindset will become a life long but thoroughly enjoyable experience. You just need to troubleshoot negative beliefs and emotional issues for a while before you can really expand.



A stylized illustration of a person standing on a rocky cliff, looking out over a vast landscape at sunset. The sun is a large, bright circle on the horizon, casting a warm orange glow over the sky and the distant mountains. The sky is filled with soft, wispy clouds. The person is a small silhouette on the cliff edge, looking out over the vast landscape. The overall mood is peaceful and contemplative.

THANK
YOU!