



## 5 Signs To Alert You It's Time To Change Your Mindset

Diane Laffoon 0:01

Every day we are presented with new challenges and the opportunity to grow. For example, today I'm having a challenge getting this live done. But one of the most important keys is knowing when it's time to change your mindset. After all, you've been thinking the same way for as long as you can remember, right. Or maybe you've had a rough patch, you know, at a time where your attitude has kind of gotten out of whack. You know, when you have started having more gloomy days than good days, it might be time to change your mindset. So today, we'll talk about five reasons why you may want to consider changing your mindset and taking some steps to do that.

Diane Laffoon 0:46

Hi, I'm Diane Laffoon, here with your joy Tip of the Week. And I know it's easier to choose joy when you have a more positive mindset. So what words come to mind when you think of the word change? What do you think about the phrase changing your mindset? Let me know what you think about it below.

Diane Laffoon 1:05

So what do I mean when I talk about your mindset and changing it? Well, to me, mindset is that mental attitude that shapes our thinking, it controls our actions, it controls how we feel about things. If you have a negative attitude, then your brains and your thoughts start blaming and thinking the worst. But when you have a positive attitude or healthy thoughts, you create a better environment for yourself. And for those people that are around you, too. So let's talk about five signs that it's time to take a look at your mindset and get it changed to a more positive framework.

Diane Laffoon 1:42

So the first is if you are focused on failure, maybe it's easier for you to focus on failure, instead of noticing your successes. You might feel angry and disappointed over every single loss. Everybody has

loss. And every success you experience, no matter how big or small, I just pass you by before you even think about celebrating it. That's called failure focus. And unconsciously, it sends negative messages to your mind that you will fail at whatever you try to accomplish. So instead, make an effort to take note and celebrate every one of your successes. Keep a little success diary, acknowledging every success, and each day no matter how big, or how small. So that's the failure mentality.

Diane Laffoon 2:28

The next is the victim mentality. And it's easier to blame someone or something for those failures. Sometimes, after all, you're a victim of your circumstances beyond your control sometimes, and then there's nothing you can change about it. You know, everyone faces these kind of challenges. But the difference between successful people, and those who aren't as successful is their response to adversity. Instead of seeing yourself as a victim try becoming rather than just being, it means taking responsibility for what happens in your life. And instead of blaming everything else around you, try this experiment, it's just a little experiment. The experiment the next time something difficult or challenging comes up. tell yourself that many, many other people have had the same adversity and they've successfully overcome it. change your mindset from one of being the victim into one of empowerment, you can overcome this adversity too.

Diane Laffoon 3:29

So next is social media envy. There was an article in the local newspaper today, and the title was "Quitting Facebook Gave Me Back My Life." That seemed like quite a drastic statement to me. But I realized there are people who aren't able to fight that dopamine hit that they get from scrolling through social media. In fact, there have been many studies in a recent study found that when people like you know, click that like button or comment on their social media platforms, their brains release dopamine, which is the chemical associated with pleasure seeking, which means that kind of activity makes you at risk for addiction and abuse.

Diane Laffoon 4:11

It's easy to compare yourself with others on social media too. And the more you do it, the higher the likelihood you'll have a feeling inadequate, and happy, no joy and dissatisfied with your life. The problem is that we're constantly scrolling through and exposed to our friends highlight reels the best of the best of their life, only showing them having fun or appearing successful, it can create false expectations for our lives. Instead, try focusing on living in the present moment. Remember that everyone has battles that they're fighting, which may not be visible from what they're posting on Facebook and Instagram and whatever social media platform. Also take inspiration by looking up positive quotes about change. If you need that extra push. Sometimes you just need something make you more positive, stop comparing your unedited reality to somebody else's highly filtered perception of themselves and what they want the world to see. Because those perfect images often hide a very different story of what's behind them.

Diane Laffoon 5:16

Number four, if you feel your work is a chore, do you dread going to work, complain about doing the work, or feel like it's a burden. If this sounds like you, then you can change your mindset. You can transform how you think about work by just doing that changing your mindset to a positive mindset, rather than a negative one. You know, it's easy to view our jobs as a necessary evil. But it doesn't have to be that way. If we just change that perspective, instead of dreading the day ahead of you in the morning, on a Monday morning, especially try to view your job as a means of providing value to others, and having an impact on those around you. You know, being able to work actually allows you to contribute to your community. So think of it that way. When you get up and go to work. Think of yourself as making a contribution rather than dreading the day ahead.

Diane Laffoon 6:09

Number five reason that you might need to take a look at changing your mindset is if you worry, worry, worry. Do you obsess about things that you can't control or change? If you're a chronic worrier, you've got to change your mindset. There is a great verse of scripture in the Bible. It's Matthew chapter six, verse 27. And I love the way the Christian Standard Version puts it. It's pretty frank, it says, "Can any of you add one moment to his life, one moment to his lifespan by worrying?" What does worry do, it doesn't add a minute to our life, it's useless. And it can be solved by doing some problem solving. So instead of worrying about the future, try to change your focus from what might happen in the future to what you can do about it today. Focus on actions that will help you solve your problems for yourself and others around you, which gives you more control over things that you know you might feel powerless over by worrying.

Diane Laffoon 7:10

When it comes down to it, change simply requires awareness, you just have to be aware that change needs to occur. So these are some ideas of things that might alert you to being aware whether you need improvement in the area of your mindset, whether you need more positivity there. Once we become aware of our shortcomings, change becomes so much more possible. Because there's no longer any mystery as to why something isn't working out or why we're feeling the way we do. You know, then you can change your mindset. You can make a more positive mindset, you can change your perspective and change the way you think. When you realize that you rarely feel joyful and content because of a negative mindset. You know, it's time to make a change and feel better about yourself and your life and you can do it.

Diane Laffoon 7:57

If you'd like more help about changing your mindset. Check out the post on my website. It's called "Five Ways To Improve Your Mood For A Positive Mindset." I'll post the link below. Thanks for joining me and keep in mind that joy doesn't simply happen to us. We have to choose joy and keep choosing joy every single day.



Text or Call: (989) 244-8448 | E: [diane@dianelaffoon.com](mailto:diane@dianelaffoon.com)  
W: [DianeLaffoon.com](http://DianeLaffoon.com)  
Young Living Independent Distributor #1097556