

The Second Circle: Your Money Mindset

In the last session, you learned how to think about the MasterMind, how impactful it is, and learned how to take control of your MasterMinding.

In this session, you're going to focus on how your mind works, how your mind sees financial success, and how to change your mindset so you become successful in the long run.

1. To improve your Money Mindset, you can do this directly... or get a lot of leverage by getting people who have already gone down the path and let them naturally and effortlessly influence you, as was discussed in the last session. Working directly on your Mindset isn't a replacement for that, it's a strategy to add to it.
2. The first level of the Money Mindset: Your Identity.
 - a. How do you define yourself? Who are you?
 - b. Most people can't see who they think they are... because they ARE it. Like a fish not understanding the idea of water.
 - c. You've been living in your identify so long, it's what you think you ARE, rather than just a patchwork quilt that you identify with. So you're afraid of letting go and changing it.
 - d. When faced with what you need to do or learn to get better results and make more money, most people say "I can't do that... it wouldn't be ME." Get over it.
 - e. How you identify yourself determines what you believe to be possible in your life.
 - f. Examine yourself and be straight with yourself, so you eliminate things that are hurting your success. The challenge is when you're attached to one of these as part of your identity. Let it go.
 - g. For thousands of years humans lived in tribes of around 100 people, so they evolved in a situation where they were used to accepting whatever information they were given and conforming with the group... because they had to survive. It didn't even come across the mind of people to think for themselves. If you did, the group would make sure you stop doing that immediately... because you'd be acting weird and threatening the identity of the group.
 - h. Friction is when you think negatively about yourself, perhaps thinking that you're not one of those people who are made for success.
3. Look at your beliefs.
 - a. What beliefs do you have that keep you from thinking big, communicating big, and acting big?
 - b. Examine your beliefs: what are they?
4. Values: the things you think are more important than other things.
 - a. Friction happens when your values conflict with what you want to achieve.
 - b. Make a list of how you spend your time - this will show you your true values, not your stated values.
 - c. Sometimes you need to consciously shift your values around temporarily, so that in the long run you benefit more.

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Exercise To Remove Mental Mindset Friction:

a. Write down some of the negative self-images, beliefs, and self-talk that go through your head... that you first got when you were young.

b. Then watch for situations where this old negative programming still comes up, and consciously choose to act in a more enlightened way.

5. The more money and stuff you have, the more hassles, responsibilities, and challenges you have in life. Be prepared.

6. If you have control over resources, you can do more good than if you don't have control over resources. Remember that.

a. Be willing to invest in your own success in the short-term, so that you can give back more in the long-term. It's OK.

