



Mindset Cheat Sheet

3-Mindset hacks successful entrepreneurs use



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Your mindset is the most important factor in staying focused and productive, working smart, and reaching your goals. How do you achieve the right mindset to turn your entrepreneurial dreams into reality each day?

Here are three tips you can put in place today to help you start building a mindset for success.



1. Tell someone what you're going to do.

Got big plans for your business? Keeping them to yourself can be tempting and even smart if you're working on a big new project you need to keep under wraps.

But sharing your plans with someone close to you can also be an amazing way to increase your likelihood of success.

Why's that?

By simply announcing what you plan to do next to someone you know and trust—a friend, mentor, spouse, a member of your mastermind group—you'll feel more of an obligation to follow through. And you'll have someone who can help hold you accountable if you don't.

If you fail at getting it done, you won't just be letting yourself down—you'll be risking the chance that your friend will think less of you. Having that accountability can give you the extra bit of motivation you need.

Looping others into what you're up to also has a huge side benefit, which is that it keeps you connected! Networking and building relationships is crucial if you want to succeed in business. Entrepreneurship can be a lonely grind, and it's super important to nurture our relationships, not just to help grow our businesses, but because we're social creatures who thrive on connection. Don't try to go it alone!

TL;DR:

Sharing your goals and action items with someone else is a powerful way to stay accountable and motivated, and maintain those all-important human relationships.

Action Step

Once you've decided on your next big action to take your business forward, give yourself a deadline, then find someone to share the details with. Ask them to hold you accountable! 2. Focus on what is working.

2. Focus on what *is* working.

Humans are drawn to negative signals—it's part of our nature. They keep us safe from danger and help us course-correct when we're on the wrong path.

The problem is, when it comes to our businesses, we can overnotice and overreact to the things that aren't going well. Meanwhile, with our attention captivated by the bad stuff, we can fail to notice what's actually going well for us—and that can end up hurting us.

It's so easy to become attracted to what's not working in our business. We don't have enough followers! We're not profitable yet! Our logo sucks! Whether it's a negative comment on our latest YouTube video, an unhappy book review, or a customer calling in with a complaint, our focus gets sucked to the dark side too easily.

But chances are, there's a lot more going right than you realize. Our follower count is growing! Our losses have stabilized for the past three months! Our logo is easy to change! Unfortunately, the stuff that's going well tends to fade into the background hum of our business, and it goes underappreciated as a result. Which is a shame, because looking at the positive helps us stay motivated—and we can learn a lot from it!

It's so important to remember all the positive things that are happening, even if they don't grab your attention the way problems do. And when something does go wrong, look at what's going right—it might teach you something that helps you find an answer to your issue.

TL;DR:

It's critical to spend time focusing not just on the problems in your business, but also on the things that are going right.

Action:

Each day, spend some time reflecting on what went well in your business and in your life. It can help to use a gratitude journal like the Five-Minute Journal. Pat yourself on the back, and ask what you can learn and take away from the positive steps you've taken that day 3. Meditate!

3. Meditate!

As an entrepreneur, it's super important to rest so you can recharge your brain and body. But sometimes it's hard to switch off your work brain and really take advantage of your downtime.

That's where meditation comes in. It's probably the simplest, most powerful strategy to clear your mind and refresh your perspective.

Unfortunately, many people think of meditation as too difficult or complicated. They believe that if you're not able to achieve a state of transcendence after your first session, that you're doing it wrong.

But meditation is way easier than that! All you have to do is find a quiet place, close your eyes, and let your mind do its thing. The key is that instead of getting caught up in all the overthinking you might be doing, instead just imagine you're sitting back watching it all unfold. When you meditate, you don't try to change anything, just observe. Once your "monkey mind" has had a chance to run around, it should quiet down.

Although meditating for longer periods can be beneficial, there's no requirement that you meditate for a certain amount of time. You can start with just a few minutes a day and build your way up to longer sessions.

TL;DR:

A clear mind is your secret weapon to staying focused on what's important each day.

Action:

Set aside just five minutes each day to meditate, then slowly build your way up to ten minutes, then longer as you feel ready.

Go Deeper

These three tips are awesome, but they're just scratching the surface of what's possible when you focus on cultivating a great mindset. If you want more help to make the most out of each day, check out [our Epic Guide to Mindset for Entrepreneurs](#). With over 40,000 words of value-packed guidance, every entrepreneur will find something useful in this guide to help them maximize their impact.

So what are you waiting for? [SPI's Epic Guide to Mindset for Entrepreneurs](#) is totally free, and available to read now at:

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