

# Happiness Habits

SAY GOODBYE TO THE RUT...  
SAY HELLO TO HAPPINESS AND JOY!



## HABIT 4 MINDSET CARIN ROCKIND

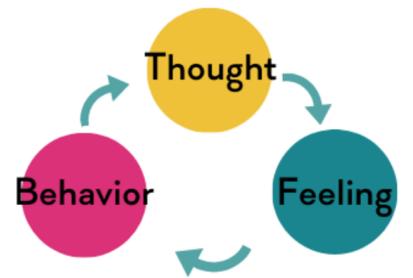
purpose *girl*

# MINDSET

## WHAT YOU THINK ABOUT YOU BRING ABOUT

Our brains are wonderful and brilliant and can help us accomplish so much. But as we talked about, they have a tendency to be negative. So when you feel the deep desire to go on a retreat, your negative brain says, "We can't afford that." Or when you feel a yearning to go for a promotion or join a social networking group, your negative brain says, "Who do you think you are? You'll fail."

And then you don't try. This is because your thoughts lead to feelings and your feelings lead to behaviors. It works both in the positive and negative. If you think you won't be good at



sales, you'll feel defeated before you begin and then won't go for the new job. But if you think "I can learn to be better at sales," you'll feel hopeful and then take a class, find a mentor, or decide to learn from each rejection.

Throughout our lives, we've wired our brains based on what we thought. If you were told that you aren't smart enough, pretty enough or capable enough, or you learned in school that you're always alone and women or men can't be trusted, then you have a strong neural network that believes it and then acts from fear.

**Fortunately, the human brain is malleable. You can shape it to think and create what you want!**

**IT'S NOT THAT YOU CAN'T ACHIEVE WHAT YOU WANT - YOU JUST HAVEN'T YET!**

# MINDSET

## YOU CHOOSE

Research shows that the more you think something, the stronger the pathways between neurons, leading to habitual behavior. So the good news is that the more you shift your thoughts, the more you create a healthy mindset habit toward success!

Even when you're rejected or "fail," if you choose to see it as a lesson or growth opportunity, then you will keep yourself moving toward success.

*"I CHOOSE" are the 2 most powerful words and the foundation of the science of Happiness.*

You don't get to choose what happens to you, but you do get to choose how you see it. Carol Dweck of Stanford University finds that we can have a "fixed" mindset in which we think something is unchangeable, like, "I'm not artistic" or "I can't do that." Or, we can have a "growth" mindset, where we ask different questions to be open-minded and shift. A growth mindset will lead to success every time over a fixed mindset!

### Fixed

I can't  
It's not possible  
I don't know how  
I can't afford that  
This was a disaster  
I failed; I knew I would

### Growth

How can I?  
What IS possible?  
Who can help?  
How can I make money?  
What else is true?  
What can I learn?

**YOU ARE NEVER THE VICTIM; YOU ARE ALWAYS THE CREATOR OF YOUR OWN LIFE WHEN YOU CHOOSE A GROWTH MINDSET.**

I CHOOSE...

I CHOOSE SELF-LOVE

I CHOOSE MY MINDSET

I CHOOSE TO PLAY

I CHOOSE TO GROW

I CHOOSE TO LIVE MY  
PURPOSE AND DREAMS

I CHOOSE HAPPINESS

CARIN ROCKIND



# MINDSET

## PRACTICES

### CHOOSE A GROWTH MINDSET

Below think of 5 "fixed mindset" beliefs you have, like, "I can't afford that" or "I'm not smart" or "I can't put myself first." Then write the "growth mindset" question next to it!

*Fixed*

*Growth*

- 1.
- 2.
- 3.
- 4.
- 5.

### I CHOOSE

What do you CHOOSE for your life? Claim it. Write it. Speak it. The more you repeat it, the more you form neural pathways to create it. For instance, "I Choose to know I'm fabulous!" Or "I Choose to go for my dreams no matter what!" List 5 I CHOOSE statements for yourself. These are sacred vows to repeat daily:

I Choose  
I Choose  
I Choose  
I Choose  
I Choose

TO REALLY AMP IT UP, GET THE SIGNATURE "I CHOOSE" NECKLACE ON PURPOSEGIRL.COM FOR A DAILY REMINDER AND RITUAL! AVAILABLE AT [PURPOSEGIRL.COM/SHOP](http://PURPOSEGIRL.COM/SHOP)