

How My Mindset, Self Motivation And Simplicity Saved Me

by GregDeTisi - Wednesday, November 23, 2016

<https://THE SMALL BUSINESS GROWTH BLOG.COM/2016/11/23/mindset-motivation/>

How My Mindset, Self Motivation And Simplicity Saved Me

Mindset Self Motivation And Simplicity

I know! It all sounds a bit serious and profound, no? But what did this save me from you ask? DEATH! Yep that's right, and I will explain why now.

Let's face it - we don't want long depressed faces like our friend though do we. Nope!

So, what was all this death stuff about?

My life was a real mess once and I mean - a real HOT HORRENDOUS mess back in my twenties, and it's hard to describe here now, but I struggled to get out of bed, I was depressed, anxious, broke, very frustrated and ready to end it all - and I don't say that lightly. I was at a point where I felt that I couldn't take it any more.

But I can say that today I am living an entirely different life.

I want to begin by saying not all MOTVATION is the same though. There is a great deal of it which is utter CRAP, and doesn't last at all, however, self motivation is a very real thing, and it is what took me out of my hole. So, I believe that too many people generalize way too much with motivation.

If we can motivate ourselves to take specific action to push ourselves through challenges and through the good times and bad we are going to be able to see great progress. Well - did anyway! I can't talk for you or anyone else.

So, the truth is, I had to think differently - and through doing so I motivated myself to get up and get on with it. But, whilst I did I also had a realization of the process I had used - and why it worked.

I was uncertain as to whether to write this because it hurt pretty bad, but my goal is and always has been to help others, so I feel we must share what we have experienced in order to serve others.

The only way to do that effectively is to be open and honest with my journey so that you can see what is possible no matter what has gone before.

I know that there are others out there who need to know this stuff and - it could just be what they need right now, but the truth is - I know that mindset mastery is the one thing that separates failures from winners and even life from death.

I know that sounds kind of severe, but it's true.

So, if you think that business is all about branding, marketing and tech stuff IT ISN'T!

It is in the mind and in using it right!

I also believe after being in business for over 15 years that it is also about having some SIMPLICITY in the mix. That's right, keeping things simple so that you stay in control and are focused with what you do. And also your customers are feeling this control really matters.

So - what does this all mean simply? Primarily, it means that we we can cut back on complication, we can clear our minds and we can get crazy focused.

OK, let's get specific here
as there was a whole lot of
drama in all that.

If we don't focus on what we want and why we will likely drift through life without a clue as to anything and we live a life by default rather than by design.

If you are living a complicated life now or a life which you may have not chosen consciously - and are trying to run away from your life, this is not ideal.

The key is to get clarity in the mind, and once this is achieved we need to go about creating that drive or motivation for building the momentum to keep our message simple and effective. There we can take the right action towards attaining it.

What we often believe is impossible isn't. We just have to create lasting momentum. I know we have all seen the im-possible thing a million times right? Sure, but do we really believe it? Or do we think it's just another snazzy quote or phrase? Motivation can be very fleeting and I know that myself, especially when I have attended some kind of event where I was built up and then kicked out.

I was flying for another 3 hours driving back home on the Motorway, but two days later I felt stuck again. So, we have to create habits of self motivation, as this is where we find that passion to drive forward in something we can really believe in.

Mindset, Self Motivation And Simplicity

How My Mindset, Self Motivation And Simplicity Saved Me

Like this:

1. MINDSET CLARITY AROUND GOAL/S AND KNOWING WHAT AND WHY (KNOWING)
2. CREATING THAT DRIVING FORCE AND DISCIPLINE TO FOCUS ON WHAT IS REQUIRED EVERY DAY (SELF MOTIVATION)
3. TAKING CONSISTENT SPECIFIC DAILY ACTION TOWARDS THAT GOAL (DOING)

The trouble is, MOST PEOPLE think of Mindset and motivation stuff as kind of a bit hypey and Ra Ra, but to me it is vitally important.

I don't know you, so it might be different for you in how you do things, but it works for me.

Some people try something, and it either fails or works out and then they work through it making mistakes and clearing up messes. Others are more methodical about what they do. There is no right or wrong way to achievement as achievement comes in many shapes, sizes and forms, but 'for me' the 123 process works best.

For me without focus, determination, specificity and continual tweaking I would fail as I have tried other ways.

The reason why I LOVE my job as a consultant is that I get to share this stuff but I also am open to hearing others processes and systems, so it's always enlightening to me. But many clients of mine have found success by applying what I teach because it simply works.

How many ways do we need to make something work anyway?

I am no Army drill sergeant AT ALL, but, I believe that people need motivating on their goals plain and simple - or they just won't do stuff, but they also need to know that they are 110% responsible for something working or not.

So, why do so many fail to achieve what they truly desire most?

It's really a combination of things but one of them is:

Distractions

In this day and age where there are so many things to distract us, people forget, they can't be bothered or

they just put things on the back burner. But this can be fatal.

The key to becoming successful in anything means 1) having the right attitude 2) the right focus 3) the right action and if possible 4) the right skills.

Now skill can be cultivated and defining the right role for you is the key as you can then place all of your energy into that role.

But until I got this I lived a very limiting and depressing day to day existence as I kept trying things and kept failing.

NOTE: Don't take my word for it though, just carry on your way and see where you are in a year from now by doing the same things and thinking the same ways which have gotten you not very far. We all know that it is insanity to do this, YET 70/80% of the world do so.

WHY?

Because they do not have a process by which they apply their energy. They just make mistakes over and over again, and never quite learn from them enough to change what is necessary. So, they get stuck in a loop; and this could be in relationships, jobs, business or anything else you care to choose.

Quite simply (which is the best way I think) applying the right Mindset and motivation are what will drive you forward in life and in business with great momentum. Couple these with that all important simplicity in knowing your 'thing' or message and you will feel a passion which is unstoppable.

So, it is not so much about about WHAT YOU KNOW NOW or DON'T KNOW that prevents you getting everything you wish for - nope! It is - good old fashioned mental power and drive.

Something has to drive our actions, and our driving force comes from conditioning and our perception of what we can achieve, so we act based around this concept, and unless this concept is shaken up a bit we will 'like clockwork' keep getting the same results.

So, start to believe in yourself and breath in possibility. Sorry - I had to do some more motivational stuff there otherwise it just would be motivational enough. But jokes aside, motivation has to be within the SELF and CONSISTENT.

Mindset, Self Motivation And Simplicity

So, you may say - 'what can I do about mastering my Mindset and self Motivation, and do so with Simplicity Greg?'

Great question!

Here is a list of things that can change your whole life once you know what you want and why:

1. Know where you are most effective and get help with the rest
2. Plug into a powerful audio every time you start to get the 'I'm never gonna get where I want to be' syndrome to replace this
3. Meditate or walk off your stuck mind - change the scene or detach from your thoughts when needed and act when focused at specific times
4. Keep all things simple - by doing so you have a clear mind, life and create more growth - so know your core value and message and don't deviate
5. Relax! Think less! You will make great progress with a powerful mind - but you cannot afford to waste important energy worrying so save power
6. Act every day on this specific goal and make decisions quickly and rationally - adjust as you go and be less emotional about things

Ok! So there you have it. Not to complicate your life any more than it is - it is worth doing these things if you want to stand a chance at running your life and business your way rather than by all other things.

How My Mindset, Self Motivation And Simplicity Saved Me

Wanna know a great way I deal with things?

I try something and it works 'great' but if it doesn't I move on. Kind of obvious no? Not really!

Many people keep trying the same things and failing over and over again. With that mentality we move with little progress.

If you want to move with great strides then you need to make decisions more quickly and even if things sometimes go wrong, which they will, we don't need to panic about them.

Now, some say that they trust their gut when their logical mind lets them down, and I also will trust intuition when needed, and I believe that intuition comes from experience. We have past experiences and some kind of an education whether formal, personal or business like, so we can draw from that education.

For example; if we are stuck in making a decision we might ask this:

Q: What would I have done about this when XYZ happened in my life back in 1983?

Is it the same answer or something else?

We can then look at whether it worked then or not and if not, what do we know now which is different?

Also - we might ask:

Q: What would XYZ do about this? XYZ being someone whom we trust and respect and who has a great track record of this experience.

So we can sit with questions and write down our answers on paper as we go through them and seek wisdom from those who have come before us.

What this does is to help us think more strategically, as we are drawing from past experience and also from others experiences.

The idea is that we don't keep going over old ground and whining about 'why it didn't work! Make sense? As this way it just creates more of a cloudy mind. If we are overly emotional about anything challenging it will block our power of clarity.

Of course - it pays to try and get the right help in this type of situation so that we have a team who can all work on it. More heads in any situation in business is more powerful.

Mindset, Self Motivation And Simplicity

I love Bruce Lee, and his quotes. And I cannot argue with anything he said, not because he would kick my ass, but because he was RIGHT. Everything he shared I applied and gained something from.

And I agree that simplicity is brilliant, as we don't need to have over-complicated ways of doing anything.

An example might be - Let's say I need a new sales page; So I look at the best options and go with one and I choose within 2-3 hours by looking at all features and benefits of all options and see what is best for my personal needs for a project. I then write the basic sales content needed and outsource a person to format it all and get it right. I then create a second and sometimes third page as alternative sales pages for testing.

I then apply all and try them all out. I will market these in a variety of places. And whichever area works best scale it up with the best page.

I tweak and test as I go - and if it is not performing I try the other one until I start to see greater results. Using the greatest page I then tweak this one to see if alternatives work better and whilst this is ongoing, and I will hire one of my team members to run this and to report back to me daily.

What I don't do is create one page and then leave it, whilst hoping for it to work. And I don't get overly emotional when it doesn't work. And I don't then try something else entirely because I haven't fully explored one thing properly.

So, I move quick and fully explore something, otherwise what is the point in being there?

Many people will try 'one thing' half heartedly, and when it doesn't work they quit on it. It could be any number of things in life.

Then they end up with tons of half finished things in life and their minds are damaged by partly trying something and moving on.

This is simply about data.

The point is I never say 'BUT WHY DOESN'T THIS WORK?? IT LOOKS SO COOL! No! I just tweak, test and move. You see, there is a process. I am not that techy either - but I know from experience that frustration, anger, upset or any emotion which could prevent progress is not required of me.

The principles of growth mean that we have to try and we have to tweak and move.

How My Mindset, Self Motivation And Simplicity Saved Me

A great example of simplicity and decision making was a new table I bought my mother!

All she needed was a lap table which was a simple stand for eating food on. I got 2 for £25. White, easy to use, flexible, wipe clean, easy to store. Job done! I searched on Amazon to get it delivered, and I knew my budget, I knew the standard I wanted, and I knew what I wanted from it.

I could have gone for something with a gazillion features - and then bought an £80 table with bells and whistles, but would that give mother enough benefits? I couldn't see how it was worth it, so I went simple. It does the job.

So I ensure that simple doesn't mean a lesser quality either. This is something we all do today. We are

becoming experts at shopping as we have so much choice. So we may apply this principle when armed with the right information.

I know that this all may seem like I am teaching you to suck eggs but, that's why it is simple. We don't need sophisticated strategies all of the time. We need what works.

I must say that I never really fully got simplicity until I was forced to think differently and to see it's beauty!

I then became quite obsessed with it. Do you know what opened my eyes to simplicity?

When I was in my 20s, I made my life very complicated and mostly in my mind. But also in my life, and so I had reached 30 thinking that I had basically overcomplicated everything. I over-thought everything. So I decided to ONLY think about what was needed in any given situation.

I was always under the impression in my younger years that I was stupid, so I went around believing such things and this really made my life a misery. The more miserable I became the more I overthought. So, I created a mind full of cloudy and complicated beliefs.

I thought that no-one would take me seriously because I had dropped out of college and not amounted to much, so I set about proving myself and others wrong.

I later discovered that it turned out that essentially IT WAS MY MIND that was the core issue, not so much what others thought of me.

“The life I had was important enough to be significant”, I told myself. And the best way to see that was to let go of what was not necessary.

I eventually evolved myself and my life and started to see greater results from consistent, passionate, applied, focused, simple action.

That's where I really discovered the true beauty in simplicity.

And of course I had to also motivate myself to keep it simple. I had to be stronger than my excuses. That's what I call self motivation.

So - what works best for you? Complexity or Simplicity?

Do we need endless options? I know as you do that we all have many options and choices today.

But do we need all of them? NO!

I just had to know which choice to make and to get on with it. Just as I did with the sales pages.

The fact is that we can get very bogged down with choice as much as we do with distractions. We make our lives complicated.

What do we really need to do what we want to do?

Ask yourself this question and see what comes up for you. By being more sophisticated in our simplicity we see that it also helps us to retain a great deal of power, as we are not trying a million ways to do one thing.

We have to know what to leave out, ignore and let go of and in doing so we see the clarity forming and directing us towards what we need to focus on the most.

Here is why simplicity is beautiful and something you should consider exploring:

- 1. Simplicity saves you a lot of time and energy**
- 2. Having more time means being more productive and using time more wisely**
- 3. Overwhelm is overrated and be dramatically reduced**
- 4. Simplicity helps us feel more joy and confidence as we feel more in control And more focused**
- 5. Less complication creates less chaos generally in life and business**

So, that is what has helped me and I believe it can also help you.

Mindset Mastery, self Motivation and Simplicity is a bit like friends!

But how? Today I have fewer but higher quality friends than I used to have. I am more self aware, and control my mind and life, thus my decisions are more considered and therefore my motivations are different. I simply love to hang out with smart people and keep my head clear but at the same time always learn from them! And really, do I need millions of 'associates' who just add to my sense of complication? NOPE!

So.....Not all motivation is bad!

I expect you get the moral of the story here right? If you want to make great progress then KEEP IT SIMPLE my friend!

As always, I wish you the very best with your goals and with your own progress

Greg

[CLICK HERE TO CREATE A PLAN TO WORK ON YOUR IDEAS AND PASSIONS](#)

[READ MY BOOKS HERE](#)

[TRY MY \\$10K PASSION TO PROFITS SELF STUDY COURSE HERE](#)

If you feel you need any mindset help or motivation with your life or business then holla. Just pop across to my site @ www.GregDeTisi.com and let me know how I can help you OK!

Mindset, Self Motivation And Simplicity

PDF generated by Kalin's PDF Creation Station