

11 MINDSET AND GROWTH TIPS: AND MY PERSONAL STORY WHICH MAY SHOCK?

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MINDSET AND GROWTH TIPS

I was in my local retail store earlier and as I approached the escalator I saw that it was broken.

Now, you may ask - what has this to with MINDSET AND SUCCESS?

Read on dear friend...

As people shuffled towards the broken escalator I could see everything slow down as a group of old age pensioners steadily took their time climbing the steps. Now, this is no big deal, and things break down all the time 'sure' but, some people will be saying about this little event.... 'I'm not going in there again, the lifts were broken and it took me an extra 5 minutes to get up to the top!'

So, what will they do? They will associate that shop and experience with a broken lift and with emotional pain.

Association is that easy – whether good or bad, we tend to associate things with our experiences and this creates our reality. We all do it - and we all have memories good or bad that we associate with moments.

Our experiences are created even in our dress sense, our choice of food and drink and other day to day things which all make up that story at the time.

This 'event' as it were was a very minor incident but, just imagine if we associate ourselves with bad events all the time; it would begin to make us feel depressed wouldn't it? YES! A continued process of moaning creates depression and negativity. I know - as I was once this way!

So, we create these feelings, and sometimes we fail and on top of that we struggle every day!

What will that do to our Mindset and success rate in life? But also, what will it do to our bodies?

It's not good.

I can tell you, it cripples a person.

That's exactly what I was like – in fact, for me it was pretty bad, I used to associate myself with feeling lost, sadness and failure in my twenties, but it was way worse than that. I was living with no money, anxiety, failed jobs, and I was a college dropout. To top it all off I was a weed smoker, which only added to my overthinking, and underachieving.

So, what did that recipe create? Not a tasty one. MORE FAILURE! What I focused on and believed in became my reality.

It ain't that
complicated either.

As simple as it sounds, most people never really get this though, so they continue to moan, whine and get themselves down. They drop into helpless cycles of living and being and they live in states which only make them feel worse.

Simply - many people create their own hell. Day after day!

And this is the NO1 reason why people fail to get what they want in life and create significant growth.

You really don't need to read a book about this to get it either, it really just means that we need to take control of our minds so we can take control of our lives and businesses.

The sheer amount of business owners who have failed through wrong thinking is akin to a graveyard of near relationship successes in life; those who nearly made it and had something really special 'but' gave up just before they started to demonstrate life long joy.

And through the inevitable tests we will all face when in relationships they give up.

But what if YOU CAN make something work and what if YOU CAN succeed where it's really worth it?

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Now, I don't know if you can tell that I am a very passionate person about achievement and growth and in seeing success in others, but once upon a time I was the one who needed the help. You will know by the end of reading this post 'exactly' what I mean.....

In fact, my perspective nearly killed me - and I'm not kidding.

So, I now know that PERSPECTIVE is everything. It is often not reality we see, but our version of it, and we slowly buy into this and believe that there are no other ways. But there are always other ways.

I remember that I was very anxious in life and I was experiencing many panic attacks for well over a year, which made me very depressed. And my life felt really awful. I felt like a prisoner in my own home as I couldn't see a way out of what I was in. My perspective was so limited that I actually felt as though I was shrinking into becoming less alive.

I even considered ending it all. But, what happened was I read a book about a guy in a similar situation who turned his life around and I also got a solid Coach. The guy in the book even became a millionaire through changing his life.

What did I do? I laughed at it. I just couldn't believe for one moment that this was real and I told my coach who said, "No Greg, this is a true story and there is no reason why you or I or anyone else couldn't achieve anything we wish IF we only applied ourselves"!

I thought "Yeah right!"

Can you tell that I was still very skeptical?

I didn't believe in much and that included myself, so it took a long time for me to start changing my own mind as I went about my life moaning and criticizing others - when it was in fact ME which needed to have a word with myself.

MINDSET AND GROWTH TIPS

Rock bottom

I do believe that some of us we need to hit rock bottom in order to wake up though. And - it can take something of this nature this for us to REALLY see that do not want to ever be there again - as we cannot stand it. I started very slowly but surely get to grips with it all - and decided that things couldn't get any worse, so I started reading books and applying what I had read and with the Coach I began to see that I could shape another life.

I could design it! And I did through continual growth.

And it all started with true gratitude!

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

? *Germany Kent*

I knew that I HAD TO start mastering my MINDSET AND GROWTH rate; otherwise that would have been the end for me.

But, I also thought - 'IF' I had gone through with it and took my life - I wouldn't have been able to help others!

I personally believe that this would have been A HUGE WASTE of my resources and value to serving the world.

So, if you think about it, this proves how important it is to know that 'what we think' isn't our reality, because we can change our thinking and we can do something different. It's just about knowing that.

Just like me YOU OWE IT TO YOURSELF to find what you can enjoy and succeed in THE MOST and HOW you can serve others who need you and your skills.

Where does your values and worth lie?

We all know that it is easy to give up - isn't it?

Of course it is.

But it takes a lot more to fight. Yet, SO MANY PEOPLE don't bother with life. They drift and get by.

But I believe that YOU and I NEEDED to look after ourselves - not only for ourselves but for so many other people.

We have an ability to not only live and do something worthy, but we can also make an impact on so many others lives through our actions if we choose to.

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The truth is, I failed more times that you can imagine in the first 3 years of being in business and that's not all, I left college a failure, I never held down a decent job and my ex girlfriend left me at that time. That was just the tip of the iceberg.

To say I was a bit down would be a huge huge understatement!

But, I'm not here to depress you, I am here to **SHOW** you that **If I can turn my life around then SO CAN YOU.**

I can laugh about it today, and I think that this is important. When we can laugh at life we gain back our strength to fight and we see that life is like a game, and we may play it our way.

This is not a 'rags to riches story at all' this is about 'what you have' as a tool right now. Your Mindset and success is really already in you.

Listen carefully...

I used to associate myself with failure, loss and depression and so I got more of it. Think about it!

It sounds simple, but it's true. As soon as I got myself a great coach, read more books and started master my emotions and mind - things did change. It took a lot of work to start mastering my success rates, and I tried everything just to feel kind of normal again, so I had to keep on.

I built my brand, my blog, my website, write books, started a podcast and created many courses not to **BE SUCCESSFUL** or to brag, but to do what I knew I could do.

I wasn't even interested in 'success' as such, I just wanted to be feeling ok again and cope with life.

That was my first priority.

In starting to feel OK again (as it were), this took me further - and little by little I went from feeling OK, to feeling good to writing a book, to writing 26 books, starting a Coaching business, running a blog, podcast, courses and becoming a globally recognized expert in my field of Small Business all because I NEVER QUIT.

MINDSET AND GROWTH TIPS

What does that mean for you?

I know that you can do this easily 'or' even do more than me if you choose to.

I also know that success means many things to many people.

I know that it's not the same for all of us.

But, it's kind of simple in that, MINDSET AND GROWTH and learning never ends for a leader and master.

I am today a leader of myself - and so are you. OK mastery is ongoing and I don't think we ever totally master ourselves until we are very old and wise, but I may be wrong.

Life is all about continual development and what this does is BUILD better lives.

THE FACTS ABOUT MINDSET AND GROWTH ARE:

People vastly underestimate self growth and think it's boring or something. But it saved my life - so as far as I am concerned it's really amazing. AND, it not only saved my life but changed my life to where I am here now helping others lives. I am also writing from a place of happiness, peace and success.

Do I believe in the power of mentoring? HELL YES!

It's just that so many people now are calling themselves coaches and are sadly TERRIBLE!

Everyone thinks they are amazing, but they have not been where some of us have been and they do not always get what the client actually needs, so - it is super saturated today with many average coaches. And there are many ineffective coaches - as they are so focused on being the best coach but fail to work on themselves, so they are mediocre at best.

By the way - this isn't a rant but I see it every day and it has put me off being in the space.

That's why I only write now, and do consulting. And I only work with very few people.

I cannot be bothered with the B.S. in the industry which is rife now.

Mindset and growth is whatever that means to you but, whatever it is YOU CAN CONTROL IT.

I am not even sharing this post to paint lovely flowers all over the success thing, I am TELLING YOU that when you master your mind and your emotions and get the right help help YOU CAN CHANGE your results.

You become 'more' and when this happens your life just changes. THIS IS STATISTICS! Up to now, I have written 26 books, I have clients all over the world in my consulting business, I have built various streams of revenue 'ALL' from mindset and growth mastery.

AND SO..... YOU CAN also! And you can do the same or better if you want that, or if you want something else.

No matter what you choose to do in your life I can give you some of the most valuable things I have learned which has taken me 15 years to learn and which you can use right now so that you don't get to the point in your life that I had gotten to.

If I didn't share these things I wouldn't be very caring - and the thing is I just care. That's because I want to help change lives NOT BECAUSE OF THE MONEY AT ALL but because I believe in giving. My goal is to make a difference to as many lives as I can AS I HAVE BEEN THERE.

So, if I was you I would at least learn from someone who has been at the lowest point of life to now being

very comfortable.

I don't really like buzz words, hype and over promised bull and that's why I am fairly quiet on the launch and product release front - as it's not really me, but I do love to share what helps me, so take notes and for goodness sakes do something. Take your passions and follow them and apply these mindset and growth tips. Work on you and I promise you YOU will get where you want to be.

READY?

HERE ARE 11 MINDSET AND GROWTH TIPS:

LESSON 1 : KEEP A TIGHT SHIP, FOCUS ON YOU, YOUR MIND AND YOUR BUSINESS AND DON'T BUY INTO CRAP. STAY FOCUSED PERIOD.

LESSON 2: WORK ON YOUR MIND EVERY DAY OR NIGHT IT WILL CHANGE YOUR LIFE. DON'T MISS THIS OUT OF YOUR DAILY ROUTINE.

LESSON 3: FORGET WHAT OTHERS SAY ABOUT YOUR DREAMS THEY ARE YOURS AND YOU OWN THEM SO WORK ON THEM WITH ALL YOUR WILL.

LESSON 4: GET HELP IF YOU NEED IT AND FIND EXPERTS AND PROFESSIONALS IN THE AREA YOU WISH TO MASTER AND BE A SPONGE TAKE AS MUCH AS YOU CAN.

LESSON 5: REALLY KNOW WHAT YOU WANT AND WHY AND NEVER EVER FORGET THIS VISION WHEN YOU ARE WORKING ON IT DAILY

LESSON 6: STAY AWAY FROM NEGATIVE AND DEPRESSING PEOPLE (yes was one of them once) THEY WILL BRING YOU DOWN AND THIS AFFECTS YOUR FUTURE WITHOUT DOUBT. STAY AROUND LIKEMINDED TYPES BUT BE PREPARED TO TAKE CRITICISM AND ADJUST IF NEED BE.

LESSON 7: DO WHAT IS RIGHT FOR YOU, YOUR FAMILY AND THE WORLD AND EVERYTHING ELSE WILL FOLLOW AS THIS IS IMPORTANT

LESSON 8: NEVER LOSE PASSION FOR WHAT YOU BELIEVE IN AND LET THIS PASSION DRIVE YOU EVERY DAY

LESSON 9: ALWAYS THINK OF YOUR CUSTOMER/CLIENT FIRST AND WANTING TO HELP OR SERVE MORE THAN THE MONEY. THE MONEY FOLLOWS GREAT CUSTOMER SERVICE, QUALITY AND A WILLINGNESS TO ADJUST.

LESSON 10: NEVER WORRY ABOUT 'NO'S' THEY SHOULD BE ACCEPTED JUST AS MUCH AS 'YES'S'. IT MEANS THAT WE KNOW SOME ARE NOT FOR US. SO WE CAN MOVE ONTO MORE YES'S. NO'S STOP US WASTING TIME ON THOSE NOT INTERESTED.

LESSON 11: ALWAYS BE GRATEFUL FOR WHAT YOU HAVE IN YOUR LIFE. GIVE THANKS AND YOU WILL FEEL A MILLION DOLLARS DAILY

Well, that's it really. Do those MINDSET AND GROWTH things daily and you will achieve what you want, but if you don't do them who knows?

Working on dreams takes time, focus, hard work, patience and determination - so do whatever it takes to get that and follow your heart.

The fact of the matter is that - there are certain principles to success and they are created through practice of MINDSET AND GROWTH training. You have to work at them in order to create new and powerful habits. That's the only way to do it.

My clients also know that this is true, as I have shared my story and 'they all have' special reasons for doing what they do, but the great thing is that they have all gone onto create hugely successful lives, business and growth and been able to change their lives in whatever they needed to.

So, my advice is find a mentor/consultant who can hold you accountable and let them help you hit your goals. The alternative is what? Drifting and hoping that life will throw you a magic button to get all you desire won't happen!

We have to move past and through any fears we may have and act in spite of our feelings - as this will take us to the next level.

Hey, we all get those times when we have a crisis of confidence or our stress levels overtake us and we feel less capable and are less productive, but THIS IS OK and NORMAL. We all get bumps in the road, however, when you have 'more of the better days than not so good days' you are winning and this is where MINDSET AND GROWTH matters most.

By programming your mind every day you are gaining control and your mastering life and your business.

MINDSET AND GROWTH TIPS

Finally – Start now by associating yourself with success and happiness and USE the past as a tool. As it is.

It was all there to learn from for me and no matter what else you need to know IT CAN BE LEARNED. That's the thing is, all you have to do is find out what you WANT and then to ACT. When you do so you grow and so does everything else.

We become what we think about, so you know - if you change your thinking you can change your life because I HAVE. And remember that - what we go through serves us and is an asset.

(Oh by the way – I am offering a ** ZERO COST ** zero obligation "Vision" Planning Session ** if you are looking for a massive breakthrough in your life in 2020. If so I'll support you to make it happen. Do you have something SPECIAL, something important for you to do? If you want to speed up your success rate, then I'd like to help you do it. This is where we'll work together to...

=> Create a crystal clear passion vision for “ultimate success? so you know exactly what you want, where you're headed, and what you need to do

to make it happen.

=> Uncover hidden challenges that may be sabotaging your ability to make changes that last or that are slowing down your progress.

=> Leave this session renewed, re-energized, and inspired to finally achieve the change you seek-

once and for all.

If you'd like to have a totally FREE 45 minute session, then click and fill in the planning session form @ www.GregDeTisi.com

By the way - Here Are Some Recent testimonials from Greg's Coaching (2020)

*When you are happy you are more productive. The more productive you are the quicker you get results. The quicker you get results the more successful you become. The more successful you become the happier you become. That's what I call WIN WIN! So master your mind for success. Greg taught me this and I am now successful – **Greg's client Antonio De Francesco Italy***

*You have to get your vision right in order to reach your goals. Greg showed me how simple this is with a few adjustments and within a few months my life has completely changed. I frickin own my life now and every decision I make – **Greg's client Adam Polanski USA***

*We all know how quickly time flies and as the years pass we ask the questions, 'what should I have done' or 'what should I do now?' Greg will get you clear on this in literally 45 minutes or less it's amazing – **Greg's client Tom Stanmore Australia***

*I was very concerned about spending money on coaching and when Greg and I spoke we agreed that this was more important than another car, so I decided to trust my gut and take action. I know now that when we master our mind and success rates in our lives we can do anything and now I have that car anyway thanks to Greg's direction. I have a dream business and I live life on my terms so was it worth it? You bet your ass it was. Invest in yourself and you will never look back. Thanks Greg – **Greg's Client Andrea Williamson UK***

>>> **[FREE PLANNING SESSION WITH ME TO CREATE YOUR ULTIMATE VISION AND CREATE A LIFE DESIGNED BY YOU](#)**

I have to say that sometimes I have to pinch myself when I wake up as I am now living the life I dreamed of. What Greg has taught me is that 'I AM' the one who decides what I get out of life and today I am getting a lot out of life. I used to drink too much, moan, hate others success and was frankly at my wit's end but then Greg came along and the cloud lifted, Sounds cheesy I know but he really helped me change

my whole life as I have mastered my own Mindset and success. Now, I run a successful membership site and am making more in a month than I used to make in 6 months thanks to Greg's guidance and support. If I can do it you can do it. - *Greg's client Samuel H Canada*

How do you I think I feel reading these kinds of things every day? Yep fantastic - and I believe life is meant to be, but maybe I am just an optimist?

As always I want to wish you the very best, and I hope that this post has served you in some way. And remember that progress doesn't always look or appear amazing as much of it is within, so you may not see it right away, but it will start to shape your world if you persist.

if you need more inspiration [Click here for Inc.com's 17 Growth Mindset Quotes](#)

Greg

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