

Hero Frame of Mind

Let's play some mind games - mind frames!

It looks so easy when others achieve their goals. Especially VIPs, gurus and superheroes seem to have an endless supply of energy and motivation. Why can I not do this?

You are you. You are kind of trapped inside the image that you built of yourself. From time to time you may have done good things, or stayed disciplined. Yet you fall back to old behavior. (I'm talking about myself, please don't feel offended.) You simply seem not to be able to leave the old shoes.

The cheat sheets on "Goal setting" and "Discipline" will make more small successes come into your world and keep them alive in your mind. Use these exercises here as another building block to become your own hero.

Exercise 1 - Hero frame of mind

Next time you feel lack of courage or energy to start, simply ask yourself...

What would Oprah do?

or

Would Cristiano Ronaldo watch TV right now?

or

If I were J.K. Rowling would I go on with the task?

You get the point. Pick 1 or 2 famous people who you know are successful, you think they are disciplined and you respect. By imagining to be them, it is much easier to give up old behavior. You just play a role, therein everything can happen. You got the power.

Also, for max effect, train the picture you have of them. Go to youtube, search for their name and find interviews, reports, speeches of them. Select the youtube filter <4min length, so you don't end up watching the full documentary. Good idea is to download this as mp3 (install a youtube download add-on in your browser) and put it in your mobile. So you have the magic button to-go.

I personally love speeches of Tony Robbins and Les Brown. You also find them with stunning/cheesy background music. That's awesome.

Exercise 2 - Soundtrack of your life

Make a playlist of cheerful music that you like. If no idea, search on youtube for music for workout. Add a style / genre to the search, like pop, rock, RnB, whatever you like.

To reduce distraction by sound from outside (colleagues, telephones, birds, traffic noise, lush neighbors, ... you name it) I like to put on white noise sound. Just search it on youtube. It can be bare swoosh or sound of waves, rain and birds (birds again?!) Also, monotonous instrumental music works fine.

Exercise 3 - Circle of excellence

This is one of the best techniques to get into high performance mood. It's easy and universal. You can trigger discipline, self-confidence, positivity...

1. Draw a circle on the ground in front of you in your imagination. You can add energetic color and sound (like a light saber ...)
2. Put all excellence that you need inside the circle. Every strength, good deed, confidence that you wish you had. Turn up the color, brightness and maybe sound with every bit you put inside. You can also use the behavior of people of exercise 1.
3. Take a deep breath and step inside the circle. Feel the positive vibrations, colors and emotion flood your body. Thereby the virtues transfer to you.
4. From inside the circle think of the task before you, and how easily can it be done now that you have the excellence.
5. Put the circle inside an imaginary pocket. Whenever you need it, pull it out, toss it on the ground and step inside to switch on the power.

First this may sound gimmicky or cheesy. But it works. Visualizing your bad self, and mentally drowning yourself in adverse thoughts, self-pity, weakness works too. So why not switch to the other side?

There is a nice thought experiment. Imagine you had a switch on the back of your hand. The one direction is "good feelings" the other "bad feelings". How would you switch it? There is no magic, but everyone has experienced the power of thoughts and imaginations. For example stage fright, it all happens inside the head. There is no real life threat on stage that could explain the intense feelings of anxiety. Thus, you better use this mind power for your own good.

- Hack your mind!