

NICOLE HOGLUND OF HONESTLY ABLE PRESENTS

BUILDING A SOLID MINDSET PRACTICE FOR STEADY, **SOLID** **GROWTH!**

AND SOME OTHER FUN THINGS

#HONESTLYABLE

“ About ME ”

**CONFIDENCE COACH FOR
FEMALE ENTREPRENEURS**

**LONG ISLAND GIRL LIVING
IN NASHVILLE, TN**

**LOVE DOGS + COFFEE +
BEACHES + MY HUSBAND**

TWIN

**OBSESSED WITH REALITY
TV + FINDING NEW COFFEE
JOINTS!**

**AWESOMELY AWKWARD
INTROVERT!**



What You Will Walk Away With

An action plan on how to create daily mindset practices/habits

How to conquer the negative self-talk

Stop the comparison trap that comes with being a business owner

Let's get started!

So What is Mindset, Anyways?

The definition of mindset is:

**The established set of attitudes held by
someone**

or

a fixed state of mind

Two Types of Mindset

Fixed Mindset



People believe their basic qualities, like their intelligence or talent, are simply fixed traits.



They spend their time documenting their intelligence or talent instead of developing them.



They also believe that talent alone creates success—without effort. They're wrong.

Growth Mindset



People believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point.



This view creates a love of learning and a resilience that is essential for great accomplishment



Virtually all great people have had these qualities.

Two Types of Mindset

Fixed Mindset

Negative Self Talk Comes into play here



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So What Could Block You?

The blocks that keep us from moving forward are personal & individualized. Different types of blocks can intertwine depending on the situation...

5 types of blocks:

Outer Blocks

Limiting Beliefs

Assumptions

Interpretations

Gremlins

So Why Is It Important?

To cultivate a growth mindset. This could be the single most important thing you ever do to help you achieve success.

Sayings You Can Say to Yourself

Fixed Mindset



“Are you sure you can do it?
Maybe you don’t have the skills
to get it done.”



“What if I fail, then I am a failure”



“It’s not my fault. It was something or
someone else’s fault “



Growth Mindset



vs. “I’m not sure I can do it now, but I can
totally learn to with time and effort!”



vs. “Most successful people have failed, it’s
part of the journey”



vs. “If I don’t take responsibility, I can’t fix it.
Let me listen and learn whatever I can.”

How I Personally Shift

Fixed Mindset



“You’re not worth the price
you’re charging”



“I don’t know what I am doing”



“You will never make the income
you want and need”



Growth Mindset



VS. “I’m a certified coach, who has already
had success with clients!”



VS. “Know one really knows what we are
doing, so let’s do it my way”



VS. “Everyone starts somewhere, I am
making money and will continue to grow
my income, at my rate.”

How to make Mindset a Practice?

Routines, they are your best friend and worst enemy!

Figure out what helps you go from your negative thought to the more confident, positive one.

Each morning before you start the day, sit and write out what you're grateful for

Set reminders on you're phone to check in with yourself daily

See if yoga or mediation help you clear the clutter and mental noise

Create post-it's with inspirational sayings around you're workplace

Practice, Practice, Practice!

Comparison vs. Uniqueness

Comparison can get the best of us!

Unsubscribe from your competition

Un-follow anyone on social that makes you question what you do or who you are (especially competition)

Take action and steps towards YOUR goals

What makes you Unique?

Think about your quirk's, weird habits, what you think makes you different, and hidden talents that make you feel make you stand out...
and **embrace them!**

Power of Choice

You have the power to choose your life

You choose...

How you show up

How to lead

How to use your energy and time

Power of Celebration

When was the last time you celebrated?

Celebrating helps:

You recognize you're successes

Reminds you of the goal/task you set out to
accomplish!

Forces you to concentrate on the positive!

Power of Celebration

How I Celebrate:



Action Steps

Figure out where you're mindset is

Shift those “fixed mindset” thoughts to
“growth mindset” thoughts

See what works best FOR YOU to do this

Complete Uniquely YOU Questionnaire

Celebrate EVERY Darn #FatBabyWin!

“Thank You!”

YOU'VE GOT THIS!

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