

What Is Mindset?



Your mindset is made up of your thoughts and beliefs about yourself and how the world works.

Your mindset influences the actions you take. Together, your mindset and actions create the results you experience in life.

When your thoughts and beliefs prevent you from taking action to improve your life or seek out new opportunities, you have a mindset block.

What Are The Symptoms Of A Mindset Block?

A few symptoms of mindset blocks that affect your work are:

- Avoidance of things you know you need to do to grow your business.
- Persistent doubts about your own worthiness and expertise.
- Feeling like people don't respect your expertise or value what you say.
- Frequent fatigue, burnout, or general listlessness.