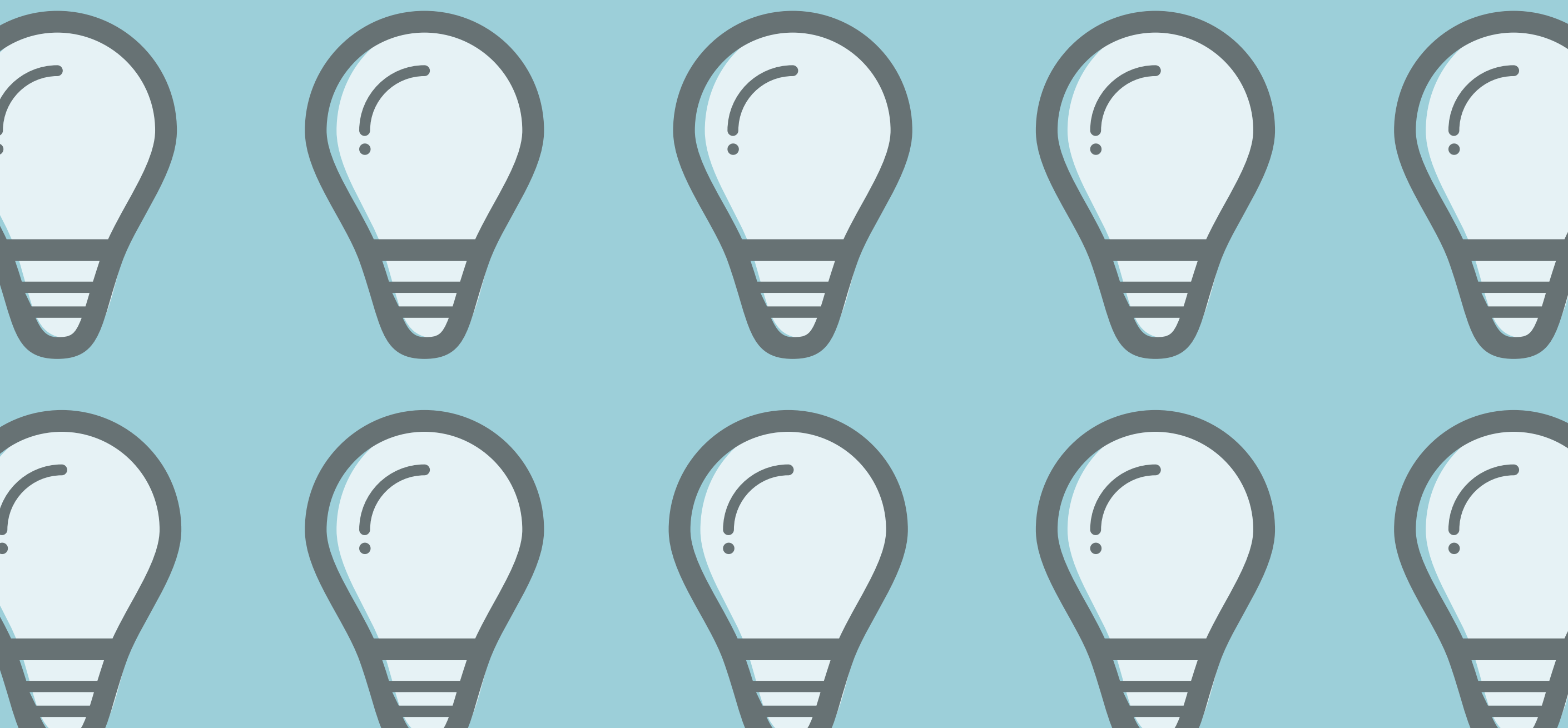


10 WAYS TO

MASTER YOUR MINDSET

A Self-Exploration eBook
for Teachers





SMILE Teachers was founded in Perth, Western Australia by Shaun Kay & Greg Mitchell. A dynamic partnership of youth and wisdom who have extensive experience in education, well-being and leadership.

This eBook was created by Teachers for Teachers so we understand the challenges you face. We're excited to reveal this introductory tool to share some of the strategies we have developed.

We have created an inspiring learning experience for educators at all stages. That is the core of what we do to help Teachers to grow professionally and most importantly personally.

We facilitate life-changing workshops, retreats and online learning courses that empower you to take control of your physical and mental health, so you can bring your best to the classroom.

Join us and the growing SMILE Teachers community who are at the front of creating mindful change and power for educators globally.

We look forward to meeting you in Bali in 2019, at an upcoming SMILE event or online very soon as we work together to

Master Your Mindset.

Enjoy the eBook
Thank You for Sharing
[smileteachers.com.au!](https://smileteachers.com.au/)

10 WAYS TO MASTER YOUR MINDSET

1

Know your mindset.

2

Praise is like sugar.

3

Wear the right outfit.

4

Be still and listen to the questions the world throws at you.

5

Examine your habits.

6

Understand stress.

7

Is your fuel light flashing?
Use good fuel.

8

Big Hairy Audacious Goals.

9

What can I do to make the world smile?

10

Learn to do the most with the least

1. KNOW YOUR MINDSET

Each of the mindsets gives you mental agility and the metacognitive ability to function well in all circumstances.

When you are learning something new you will do your best when you follow the developmental sequence from fixed to growth through benefit to universal.

Often, though you will not have this luxury so mindset dexterity is the key



FIXED



GROWTH



BENEFIT



UNIVERSAL



KEY LEARNING

Everyone of us has a preferred operating style. This means we get our needs met by operating the way we are, but if you are suffering stress, frustration, anxiety and depression chances are you need to embrace a different mindset for your circumstances.

2. PRAISE IS LIKE SUGAR

Too much praise is bad for you and your students. If you keep praise specific and based on encouragement and acknowledgement students grow. Praise for genetic celebrity traits like beauty and intelligence is extremely dangerous and promotes mental obesity. Integrity is built by using simple questioning of the praise co-dependency traps.

As when someone asks for praise by saying “Is this good?” Respond then with questions “Which parts do you like the best?” “Is there anything here you could have improved on?” or simply “Is this your 100% effort?”

Aim for honesty and self-reflection not manipulation.





KEY LEARNING

Praise fixes you with boots of concrete in the need for regular top ups of adorations. If you don't get it you feel insulted, let down and left out. Too much praise leaves you welded into measuring your happiness based on the opinions of others. This is not a healthy place to be.

3. WEAR THE RIGHT OUTFIT

Learn to use situational analysis, by wearing the right rather than the best mindset. If it's the "best" mindset, you are most likely wearing the Growth Mindset.

If you always want to be first, best and right the Growth Mindset is for you.

Just don't expect to stay happily married for a long while.

Marriage is a Benefit Mindset arena and you are wearing your footy jumper to The Ball!

The Fixed Mindset

Focusing on what HAS to be done and can't be avoided. This might not be the best thing for what you want to do today because there is always something better to do when hard work is required, but if it HAS to be done, focus on doing it the best way you can as well as you can. Put on the overalls, roll up your sleeves and engage your Fixed Mindset skills.

The Growth Mindset

This asks you to learn new skills and stretch yourself beyond what you currently think is possible. This usually has a measurement to it and often has something or someone else to beat. Set yourself goals but watch out for time based goals. No one knows ahead of time how long it takes anyone to learn anything so the key mindset goal is persistence and flexibility.

The Benefit Mindset

This will demand your attention when it asks you “But how does this make a difference in the world?” This is a mindset that tells you to give away what you have learned and invest it for the betterment of the planet, your community and your fellow wo/man. Watch out this is not about what a fabulous person you are because you are saving these poor people. It is about gracefully understanding that everyone, including yourself could be that poor person one day.

The Universal Mindset

Life has a way of turning things on its head. Dress yourself in an honest smile and accessorise with equal amounts of kindness, empathy and courage. Use the Growth Mindset where it's good for yourself, but always try to understand that what is good for you may not be good for someone else. Your footy jumper mindset is perfect for this..



KEY LEARNING

It is not easy to manoeuvre your mindset to suit the circumstances. The Universal Mindset needs a lot of insight to truly grow but a good clean heart and a fantastic set of listening ears will make anyone attractive and well dressed.

4. BE STILL AND LISTEN TO THE QUESTIONS THE WORLD ASKS YOU

This is the big meaning of life question that is asked each time in little decisions that you make often hundreds of times a day.

FIXED mindset questions usually start with 'WHO?'

“Who is going to help?”

“Who’s to blame?”

GROWTH mindset questions usually start with 'WHY?'

“Why didn’t I come first?”

“Why is this taking so long?”

“Why don’t people like me?”

BENEFIT mindset questions usually start with 'HOW?'

“How can I help the most people I can?”

“How can I get everyone involved?”

UNIVERSAL mindset questions will **ALWAYS** start
with 'WHEN?'

“When is the right time to say this?”

“When can I make time to help out?”

“ When is the right time to use the right mindset?”

5. EXAMINE YOUR HABITS

Up to 80% of your decisions are habits. Where you sit, what you eat, how you drive, why you choose this brand, are all controlled by well-established criteria that you never question. Learn to notice the millions of habits that you struggle with. Change these with TING goals that's Tiny, Instant, Necessary, Goals.

Use small adjustments and attach them to good habits to make a real difference to your health and then your outlook on life.

From “Do one push” up after a phone call.” to “Smile when you lay your head on your pillow.”



KEY LEARNING

You do not have to make huge changes to make a huge difference in your life. Small daily improvement can mount up to become a positive tsunami of change that can make you more proud of who you are and what you can do for the world.

Try one small random act of kindness and see what happens.

6.UNDERSTANDING STRESS

Choose the right mindset to solving the problem.

Stress is the gap between who you are and who you are expected to be.

If a Crazy Paranoid Psycho lives in your head learn to let it pass, like the last rainy day.

Stress loves Fixed Mindsets and Growth Mindsets because they both put voices inside your head that judge others (Fixed Mindset) and you (Growth Mindset) badly.

Make stress your ally, not your enemy.



KEY LEARNING

Use the grace that your Benefit Mindset gives you to wonder why you even bother to listen to your own thoughts.

7. IS YOUR FUEL LIGHT FLASHING?

CHOOSE GOOD FUEL.

Notice when your energy levels are running low and use H.A.L.T. to checkout you needs.

If you are “Hungry, Angry, Lonely or Tired” you are at risk and need to refuel with food that is good for you, by debriefing an argument or talking to someone who loves and cares about you or by gifting yourself a good eight hours of slumber.

Watch out for negative addictions like alcohol, sugar, money and praise they are fuelling a spiral that will take away life’s meaning and pleasure.



KEY LEARNING

When someone else is having a bad day ask them the four H.A.L.T. questions and see them alter their mindset.

HALT

How can I help you?

ARE YOU HUNGRY

ARE YOU ANGRY ?

ARE YOU LONELY?

ARE YOU TIRED?

This works like magic with unhappy students!

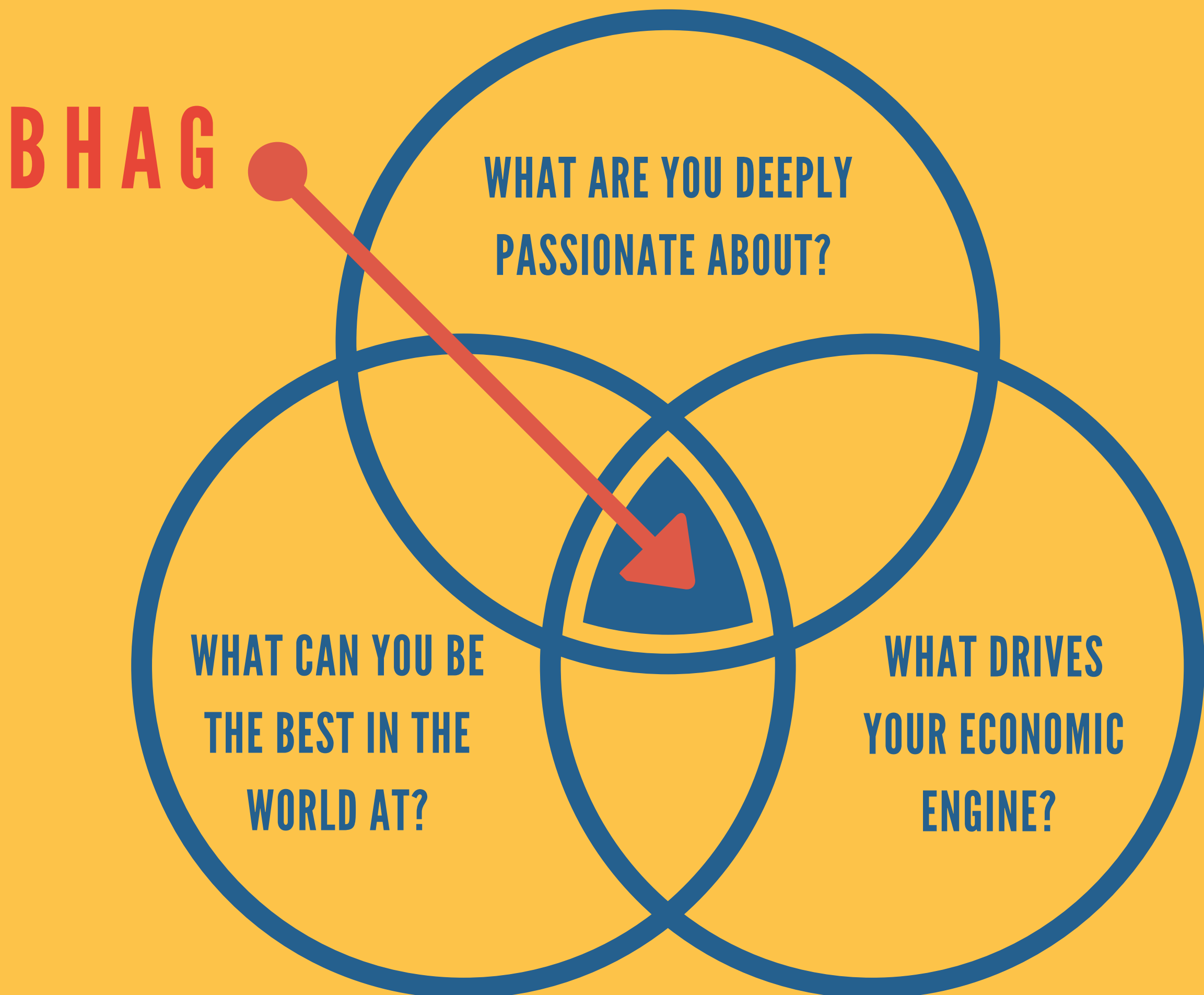
8. IS YOUR TARGET BIG ENOUGH?

Often even our biggest goals are singular in dimensions.

Jim Collins once wrote a world mega selling book called from Good to Great in which he laid out the best of all Growth Mindset goals called BHAGs

BIG HAIRY AUDACIOUS GOALS

that were designed to give you something to aim for over the next 5 to 30 years.

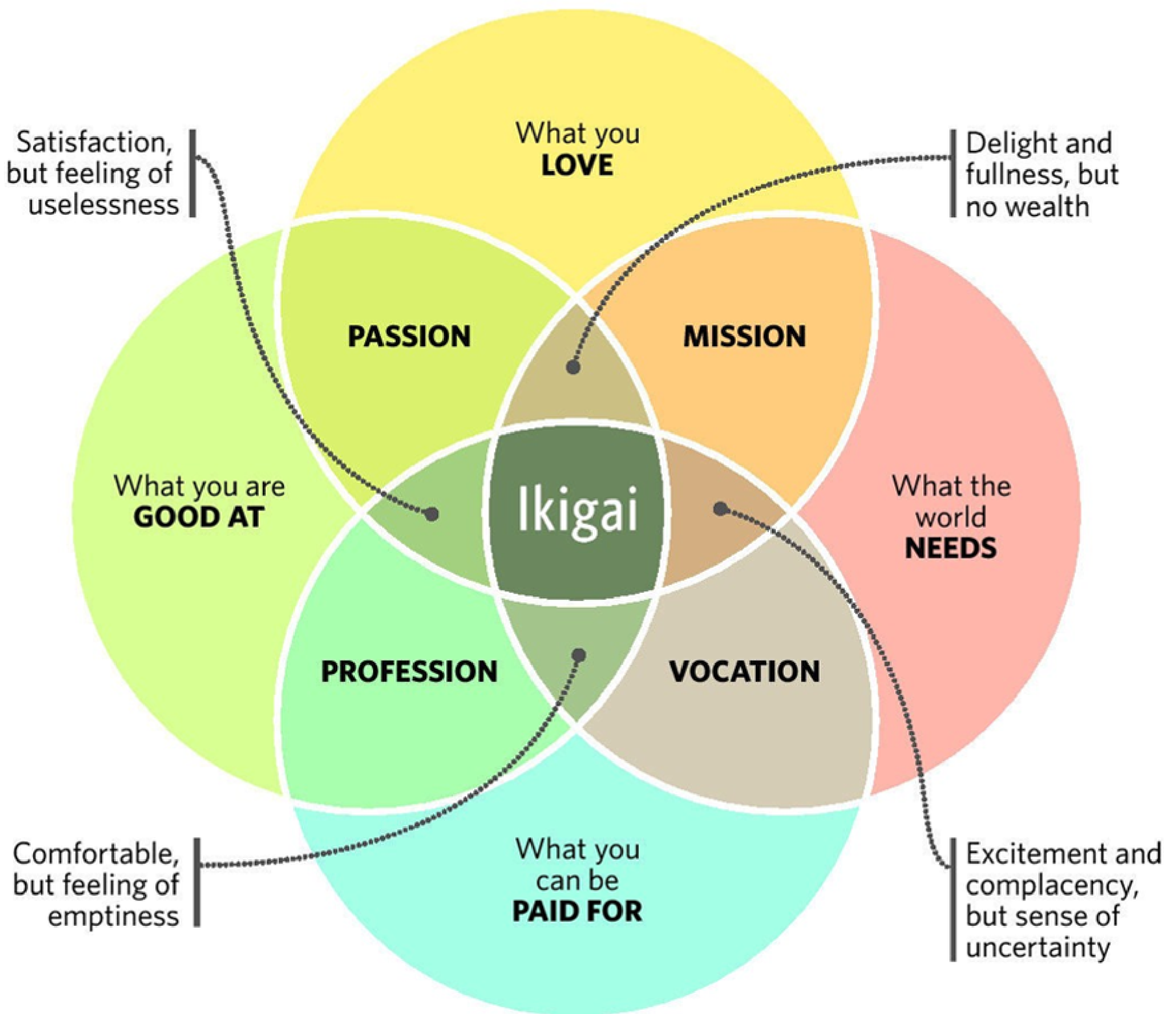


THESE ARE GREAT FOR PERSONAL AND BUSINESS GROWTH
THERE ARE A FEW DIMENSIONS THAT THEY ARE LACKING

Wise people from Japan express these dimensions as Ikigai

IKIGAI

A Japanese Concept Meaning "A Reason For Being"



“Your ikigai is at the intersection of what you are good at and what you love doing,” says Hector Garcia, the co-author of *Ikigai: The Japanese Secret to a Long and Happy Life*.

He writes, “Just as humans have lusted after objects and money since the dawn of time, other humans have felt dissatisfaction at the relentless pursuit of money and fame and have instead focused on something bigger than their own material wealth.

This has over the years been described using many different words and practices, but always hearkening back to the central core of meaningfulness in life.”

9. WHAT CAN I DO TO MAKE THE WORLD SMILE?

Know that the Benefit Mindset is the passion and mission stuff but it usually has no money involved!

This is a huge draw back because the Growth Mindset often measures wealth in belongings, bank balances, battles and bravery.

True worth needs no money and is counter cultural.

Many of us feel validated by owning things, but as someone who has lost everything I have owned in one evening I learned goods and chattels only distract from the true goal of life and that is purely kindness.





KEY LEARNING

At the end of your days you will measure your life with two Benefit Mindset questions

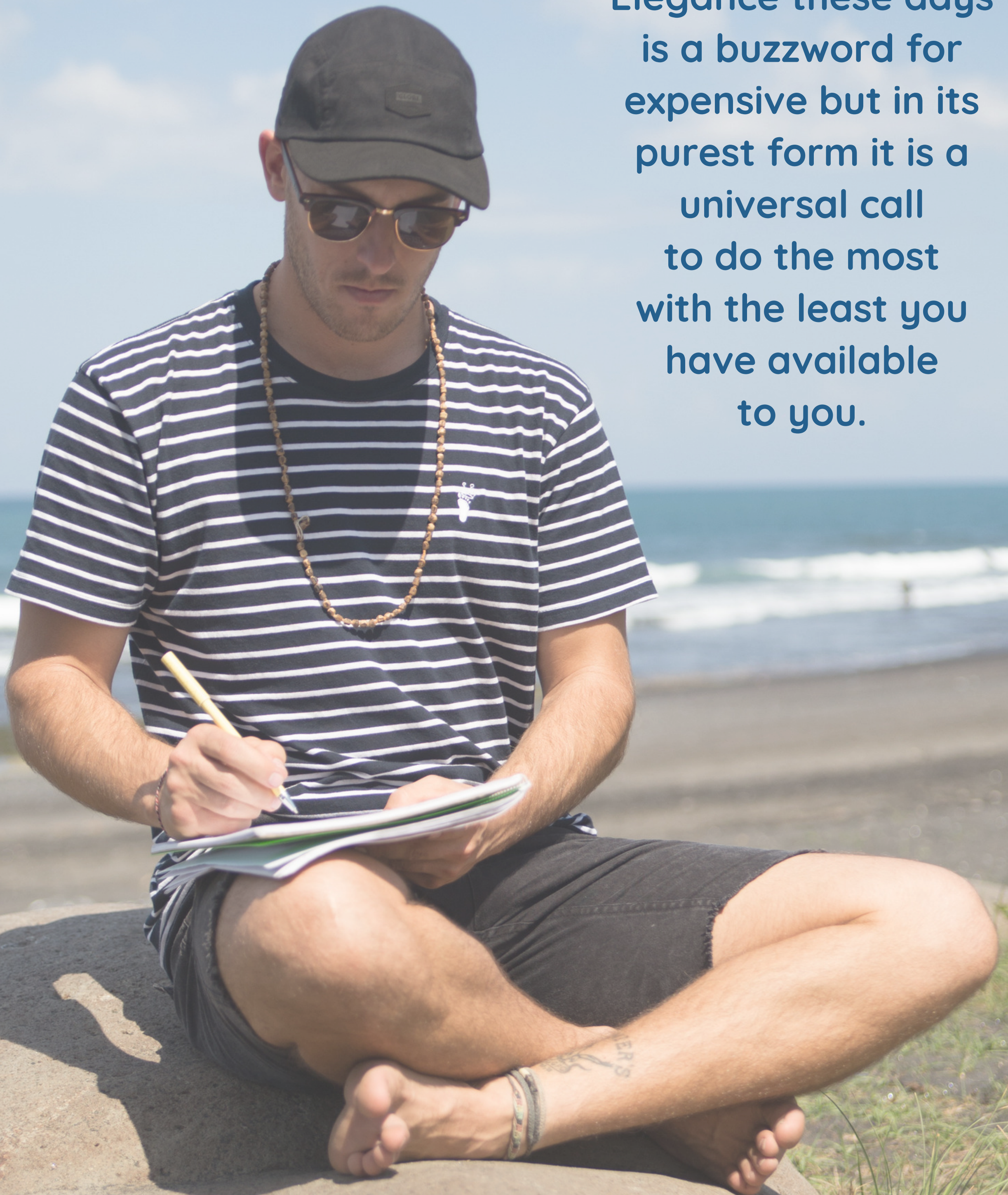
**Who did I love and did I love them well enough?
How did I make a difference in this world?**

Both of these are driven by giving away your very essence to those who need you.

10. LEARN TO DO THE MOST WITH THE LEAST

Aim for Empathy with Elegance.

Elegance these days is a buzzword for expensive but in its purest form it is a universal call to do the most with the least you have available to you.



KEY LEARNING

Acts of kindness, smiles and acknowledgement, words of endearment, expressions of gratitude and the simple joy of listening to your own breath can change the world in the most simple but defining way.

Simple but Significant.

Smile
be happy, teach well

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