

## **Meant For More with Michelle Bonwell Podcast Transcript**

### **#45: The Success Mindset: How to Transform Your Thinking.**

"Hey there, friend! Welcome back to 'Meant For More,' the podcast where we dive into all things that help you achieve your dreams and create a life you absolutely love. I'm your host, Michelle and I am so excited to have you here with me today.

Now, if you're new here, welcome to the family! This podcast is all about giving you the tools, tips, and strategies to break free from limiting beliefs, achieve your goals, and create a life filled with freedom and purpose. Whether you're an entrepreneur, aspiring entrepreneur, someone dreaming of breaking free from the 9-to-5 grind, or someone on their path to create a life you love you are in the right place.

Today's episode is super exciting because we're diving into a topic that is absolutely crucial for anyone looking to level up their life and business: mindset. Specifically, we're talking about 'The Success Mindset: How to Transform Your Thinking.'

We all know that having the right mindset is key to achieving any goal, but what does that actually mean? How do you go from having a mindset that holds you back to one that propels you forward? Well, that's exactly what we're going to explore today. We're going to cover what a success mindset is, how to identify and overcome limiting beliefs, practical tips and hacks for transforming your thinking, and even some real-life stories to inspire you on your journey.

But first, I want to share a little personal story with you. A few years ago, I found myself stuck in a rut. I had big dreams, but every time I took a step towards them, I felt like I was hitting an invisible wall. It was frustrating, and honestly, it made me question whether I was really cut out for the kind of success I wanted.

One day, I was talking to a mentor of mine, and she asked me a simple question that changed everything. She said, 'Michelle, what beliefs are holding you back?' I remember just sitting there, speechless, because I hadn't even considered that my own beliefs could be the barrier. That conversation sparked a journey of self-discovery and mindset transformation that has completely changed my life and business. And that's what I want for you too.

So, grab your favorite beverage, get cozy, and let's dive in!"

## **Segment 1: Understanding the Success Mindset (10 minutes)**

"Alright, let's dive right into our first segment: Understanding the Success Mindset.

So, what exactly is a success mindset? Well, at its core, a success mindset is a way of thinking that focuses on growth, positivity, and the belief that you can achieve your goals through hard work and perseverance. It's about seeing challenges as opportunities, learning from failures, and always striving to improve.

Think of it as the mental foundation for all your actions and decisions. When you have a success mindset, you're not just hoping for the best; you're actively working towards it, confident that you have the ability to make it happen.

Some key characteristics of a success mindset include:

1. **Growth Orientation:** Believing that your abilities and intelligence can be developed through effort and learning.
2. **Resilience:** Bouncing back from setbacks and viewing failures as learning experiences.
3. **Optimism:** Maintaining a positive outlook even in the face of challenges.
4. **Self-Belief:** Having confidence in your abilities and trusting that you can achieve your goals.

Now, you might be wondering why mindset is so crucial in achieving your dreams and goals. Well, your mindset shapes your perception of the world and influences how you react to different situations. If you have a fixed mindset, you might see obstacles as insurmountable barriers, and you're more likely to give up when things get tough. On the other hand, a success mindset helps you see these obstacles as temporary hurdles that can be overcome with effort and persistence.

Research has shown that people with a growth mindset are more likely to achieve their goals because they are more motivated to put in the effort, more resilient in the face of setbacks, and more likely to seek out challenges and learning opportunities. So, cultivating a success mindset is like equipping yourself with a powerful tool that can help you navigate the ups and downs of your journey to success.

Let's look at some statistics and studies that highlight the impact of mindset on success.

For instance, a study conducted by Stanford psychologist Carol Dweck found that students with a growth mindset - those who believed their intelligence could be developed - were more motivated to learn and achieve higher grades than those with a fixed mindset. This shows that when you believe in your ability to grow and improve, you're more likely to take the necessary actions to make that happen.

Another study by the National Bureau of Economic Research found that entrepreneurs with a positive and proactive mindset were more likely to start successful businesses and navigate the challenges of entrepreneurship effectively. This underscores the importance of having a success mindset, especially for those of us pursuing entrepreneurial dreams.

Let's talk about some real-life examples of successful individuals who exemplify a strong success mindset.

Take Sara Blakely, the founder of Spanx. She often talks about how her father encouraged her to embrace failure by asking, 'What did you fail at today?' This shifted her perspective on failure, making her see it as an opportunity for growth rather than something to be avoided. This mindset helped her navigate numerous rejections and setbacks on her way to building a billion-dollar empire.

Another great example is Thomas Edison. When asked about his thousands of failed attempts to invent the light bulb, he famously said, 'I have not failed. I've just found 10,000 ways that won't work.' His mindset of persistence and seeing failure as a step toward success ultimately led to one of the most important inventions in history.

These stories show that a success mindset isn't just about positive thinking; it's about adopting a perspective that fuels perseverance, learning, and growth, which are all critical for achieving your dreams.

Now let's dive into how to identify and overcome limiting beliefs that might be holding you back.

## **Segment 2: Identifying Limiting Beliefs (10 minutes)**

So, what are limiting beliefs? Essentially, they are the negative thoughts and beliefs that we hold about ourselves, which constrain us and prevent us from reaching our full potential. These beliefs often stem from past experiences, societal conditioning, or internalized criticism. They act as mental barriers, keeping us stuck in our comfort zones and hindering our success.

For entrepreneurs and aspiring entrepreneurs, common limiting beliefs might sound like:

- **'I'm not good enough'**
- **'I don't have enough time'**
- **'I need more experience before I can start'**
- **'Success is for other people, not for me'**
- **'I can't afford to fail'**

These limiting beliefs can severely restrict your progress and keep you from taking the bold steps needed to achieve your goals.

Now, recognizing these limiting beliefs is the first step toward overcoming them. Here are some tips and tricks to help you identify your personal limiting beliefs:

1. **Pay Attention to Your Inner Dialogue**
2. **Reflect on Past Experiences**
3. **Seek Feedback**
4. **Write it Down**
5. **Reflective Questions**

To help you uncover your limiting beliefs, here are some reflective questions you can ask yourself:

- **What goals or dreams have I put on hold, and why?**
- **When I think about achieving my goals, what fears or doubts come up?**
- **What are the recurring negative thoughts I have about myself and my abilities?**
- **Who or what influenced these beliefs?**
- **What evidence do I have that contradicts these beliefs?**

By taking the time to identify and reflect on your limiting beliefs, you begin the process of breaking free from their constraints. Remember, the beliefs you hold about yourself directly influence your actions and outcomes.

### **Segment 3: Transforming Your Thinking (15 minutes)**

Ok it's time to talk about how to transform your thinking.

First, let's talk about the concept of fixed vs. growth mindset, a theory developed by psychologist Carol Dweck. A fixed mindset is the belief that your abilities, intelligence, and talents are static and unchangeable. People with a fixed mindset often avoid challenges, give up easily, and see effort as fruitless.

On the other hand, a growth mindset is the belief that your abilities and intelligence can be developed through dedication, hard work, and learning. People with a growth mindset embrace challenges, persist through obstacles, see effort as the path to mastery, and learn from criticism.

Here are some tips for cultivating a growth mindset:

1. **Embrace Challenges:**
2. **Learn from Criticism:**
3. **Celebrate Effort, Not Just Results:**
4. **Keep Learning:**

### **Positive Affirmations and Visualization**

Next, let's discuss the importance of positive affirmations and visualization in transforming your mindset. Positive affirmations are statements that you repeat to yourself to challenge and overcome negative thoughts. Visualization involves creating a mental image of yourself achieving your goals.

Here's why they work:

- **Rewiring Your Brain:**
  - Positive affirmations and visualization help rewire your brain, replacing negative thought patterns with positive ones. This can boost your confidence and motivation.
- **Focusing on Success:**

- When you visualize your success and repeat affirmations, you're training your mind to focus on positive outcomes. This helps you stay motivated and resilient in the face of challenges.

Here are some powerful affirmations for success:

1. **'I am capable of achieving my goals.'**
2. **'I embrace challenges and learn from them.'**
3. **'I am constantly growing and improving.'**
4. **'I believe in my ability to succeed.'**
5. **'I am worthy of the success I desire.'**

To practice visualization, take a few minutes each day to close your eyes and imagine yourself achieving your goals in vivid detail. Picture the steps you'll take, the obstacles you'll overcome, and the feelings you'll experience upon success. The more detailed and vivid your visualization, the more effective it will be.

## **Mindfulness and Meditation**

Lastly, let's talk about the benefits of mindfulness and meditation on your mindset. Mindfulness is the practice of being present and fully engaged in the current moment, while meditation is a technique for training your mind to achieve a state of calm and focus.

Here are some benefits of mindfulness and meditation:

- **Reduced Stress:**
- **Improved Focus:**
- **Increased Self-Awareness:**

Here are some simple mindfulness exercises and meditation techniques:

1. **Mindful Breathing:**
2. **Body Scan Meditation:**
3. **Guided Meditation:**

By incorporating these practices into your daily routine, you can cultivate a success mindset, overcome limiting beliefs, and stay focused on achieving your dreams.

## **Segment 4: Practical Tips and Hacks (15 minutes)**

Now let's talk about daily habits, the importance of a positive environment, and continuous learning.

## **Daily Habits for a Success Mindset**

First up, let's talk about daily habits. Developing a success mindset isn't just about thinking positively; it's about consistently practicing habits that reinforce and support that mindset. Here are some daily routines and habits that can help you cultivate a success mindset:

1. **Morning Routine:**
2. **Goal Setting:**
3. **Positive Affirmations**
4. **Gratitude Practice:**
5. **Continuous Learning:**

Here are some tips for incorporating these habits into a busy schedule:

- **Start Small:**
- **Schedule It:**
- **Use Reminders:**

## **Surrounding Yourself with Positivity**

Next, let's talk about the importance of a positive environment and support system. The people you surround yourself with and the environment you create play a significant role in shaping your mindset.

1. **Positive Relationships:**
2. **Join Communities:**
3. **Create a Positive Workspace:**

Here are some tips for building a network of like-minded, supportive individuals:

- **Attend Events:**
- **Engage Online:**
- **Seek Mentors:**

## **Learning and Personal Development**

Lastly, let's talk about the role of continuous learning and personal development in maintaining a success mindset. Investing in your growth is essential for long-term success and fulfillment.

1. **Read Regularly:**
2. **Listen to Podcasts:**
3. **Take Courses:**
4. **Reflect and Apply:**

By incorporating these practical tips and hacks into your daily routine, you'll be well on your way to cultivating a success mindset and achieving your dreams.

### **Segment 5: Real-Life Stories and Case Studies (10 minutes)**

Let's look at inspirational stories of well-known individuals who transformed their mindset to achieve their dreams, and we'll also hear testimonials from listeners who have benefited from adopting a success mindset. Let's dive in!

First, let's talk about some well-known individuals who transformed their mindset and achieved incredible success.

1. **Oprah Winfrey:**
  - Oprah Winfrey's journey from a difficult childhood to becoming a global media mogul is a testament to the power of a success mindset. Despite facing numerous obstacles, Oprah cultivated a mindset of resilience and determination. She believed in her ability to overcome challenges and used every setback as a stepping stone to greater success. Oprah's story is a powerful reminder that our circumstances do not define us; our mindset and actions do.

Next, let's look at a few case studies of entrepreneurs who overcame limiting beliefs to achieve success.

1. **Howard Schultz (Former CEO of Starbucks):**
  - Howard Schultz, the former CEO of Starbucks, grew up in a poor family and faced many challenges early in life. Despite these obstacles, he believed in his vision of creating a coffeehouse culture in America. Schultz's growth mindset and willingness to take risks transformed Starbucks from a small coffee chain into a global powerhouse.



Now, I'd like to share some testimonials from listeners who have adopted a success mindset and seen positive changes in their lives.

- "Hi Michelle, this is Laura. I just wanted to thank you for your podcast on mindset. After listening to your tips and implementing them in my daily routine, I've noticed a significant change in my attitude and productivity. I'm now more focused and motivated to pursue my entrepreneurial dreams. Thank you so much!"
- "Hey Michelle, this is Jason. Your episode on identifying and overcoming limiting beliefs really hit home for me. I realized I was holding myself back with negative thoughts about my capabilities. Since then, I've been using positive affirmations and mindfulness techniques, and I've already started seeing progress in my business. Keep up the great work!"

Hearing these stories and testimonials truly highlights the transformative power of a success mindset. Whether you're just starting out on your journey or looking to take your success to the next level, remember that your mindset is the key.

We're coming to the end of today's episode, and I hope you found our discussion on transforming your thinking and cultivating a success mindset valuable. Before we wrap up, let's quickly recap the main points we covered today.

## **Recap and Key Takeaways**

- 1. Understanding the Success Mindset:**
  - We defined what a success mindset is and highlighted its characteristics, emphasizing the crucial role mindset plays in achieving your dreams and goals.
- 2. Identifying Limiting Beliefs:**
  - We discussed common limiting beliefs that can hinder your success and shared tips and tricks for recognizing your own limiting beliefs through reflective questions.
- 3. Transforming Your Thinking:**
  - We explored strategies for shifting from a fixed mindset to a growth mindset, the power of positive affirmations and visualization, and the benefits of mindfulness and meditation.
- 4. Practical Tips and Hacks:**

- We provided actionable tips on daily habits, building a positive environment, and the importance of continuous learning and personal development.

#### **5. Real-Life Stories and Case Studies:**

- We shared inspiring stories of well-known individuals and entrepreneurs who transformed their mindsets to achieve success, along with testimonials from listeners who have benefited from adopting a success mindset.

Transforming your thinking is essential for success. It's not just about positive thinking but consistently practicing habits and strategies that reinforce a success mindset. Remember, your mindset is the key to unlocking your full potential and achieving your dreams.

Before we go, I have a few calls to action for you. If you enjoyed this episode and want to dive deeper into these insights and strategies, make sure to subscribe to the ['Meant For More with Michelle Bonwell' podcast](#). By subscribing, you'll get access to more valuable content designed to help you achieve your goals and create a life you love.

Additionally, I'd love for you to join our free Facebook community, ['Meant For More: Creating a Life You Love!'](#) This is a supportive space where like-minded individuals come together to share experiences, offer support, and access exclusive resources. It's a great place to connect with others on the same journey and get the encouragement you need.

And finally, I have a special free gift for you – a ['Success Habits Checklist.'](#) This checklist includes daily habits and routines that can help you maintain a success mindset and stay on track toward your goals. To get your free checklist, just visit [your website URL] and download it today.

Thank you so much for joining me on this episode of ['Meant For More with Michelle Bonwell.'](#) Remember, your success starts with your mindset, so take these insights, apply them, and watch your dreams become reality. Until next time, stay inspired and take action because you are meant for more.

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