



# Working your mindset muscle

**WEBINAR**

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BSc 96



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# A MINDSET CURRICULUM

*Adopting a  
Forward-Thinking  
Mentality*



**DISRUPT YOUR MIND!!**





**ABOUT ME**

**nkechinyere**  
*/nk-e-chinye-re/*  
 noun

What God has given, God's Gift,  
 Gift from God



- I experienced blatant racism and hatred in my Childhood
- I endured over a decade of bullying
- I had an unaspiring Guidance Counsellor
- I had to buy my friends
- I thought I was ugly
- I wanted to be anything but black



# LEARNING OUTCOMES

1. Examine the **four point system** I employ to maintain a **forward-thinking mentality** (define and explain)
2. Understand the **importance** of engaging in **daily healthy routines** and **positive self-affirmations**
3. Explore **ways** to put a forward-thinking mentality into practice (share resources for further exploration)



**YOU'RE BIGGER THAN YOUR  
PROBLEMS**

# THE FORWARD-THINKING MENTALITY SYSTEM

**BE CONVINCED**

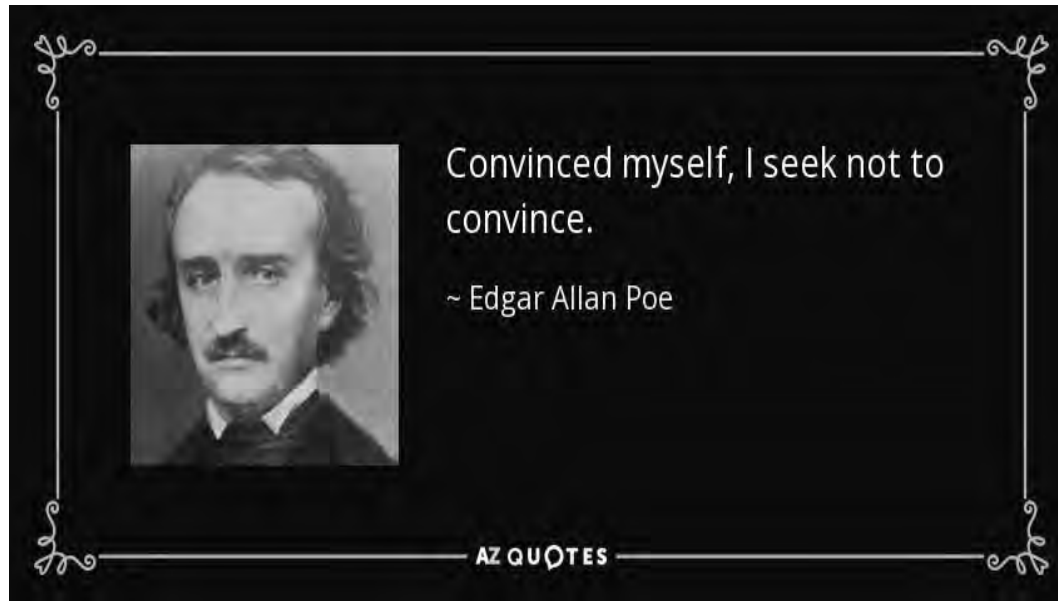
**BE PATIENT**

**BE RELENTLESS**

**BE POSITIONED**



# #1 – BE CONVINCED



- Clear your head
- Renew and renovate your mind
- Know who you are
- Be ready for the assault



**THINK ABOUT WHAT  
YOU ARE THINKING  
ABOUT**

# RENEW AND RENOVATE YOUR MIND



The way you think matters and has a major influence on your life journey



Renew your mind daily



Decide to be transformed





# ARCHETYPE YOURSELF

TITLE OF CHARACTER: Harry Potter



ARCHETYPE: The Hero

DESCRIPTORS: Brave, Intelligent, Relentless, Loyal, Humble, and Bold.

POWER: To fight for a better world for wizards and muggles.

Harry Potter is a hero because throughout the course of the 7 novel series, he desperately attempts to protect his friends from Voldemort. He is willing to make sacrifices in order to rid the world of Voldemort's evil. In the end, Harry overcomes a series of obstacles that test his strength and wit. He emerges victorious and restores order and peace.

Weakness: Cannot control emotions (love + anger)  
Strength: Altruistic ❤️ ❤️ ❤️ ❤️



**KNOW WHO YOU ARE**

- What is your brand?
- Who are you when the worst of you shows up?

# I AM

TWO MOST POWERFUL  
WORDS,  
FOR WHAT YOU PUT  
AFTER THEM SHAPES  
YOUR REALITY.

I AM NOT WHAT  
*happened to me.*  
I AM WHAT I CHOOSE  
*to become.*

I AM  
WHO I AM.  
YOUR APPROVAL  
IS NOT NEEDED.



TELL YOURSELF  
EVERY DAY:  
I AM  
ENOUGH

# THE POWER OF “I AM”



## BE READY FOR THE ASSAULT

- How you speak to and about yourself matters
- No anti-you thinking
- Stay convinced in your identity




We already have enough  
against us, so don't be  
against yourself

JOEL  
OSTEEN



## #2 – BE RELENTLESS



Be *Relentless* in the face  
of adversity

- Fight the attack and / or thought and forge forward
- Press towards your identity statements

# The Lion and The Gazelle – African Proverb



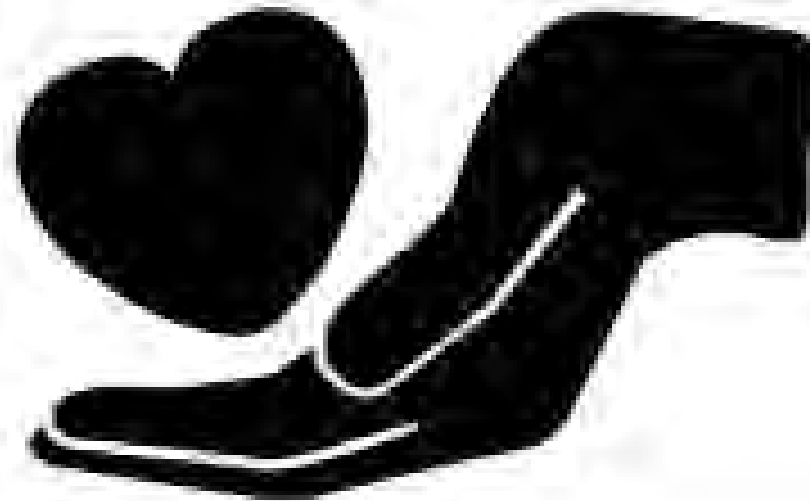


# FIGHT THE ATTACK

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- Always hand back what is NOT yours
- Stop quitting on yourself and who you are
- Fight the negative thoughts

# GIVE BACK



# PRESS TOWARDS YOUR IDENTITY STATEMENTS

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If you don't accept it, the  
person is left holding it

BE THE KIND OF  
**WOMAN**  
THAT WHEN YOUR  
**FEET HIT**  
THE FLOOR, EACH  
**MORNING**  
**THE DEVIL SAYS**  
"OH CRAP, SHE'S UP!"

**badass**

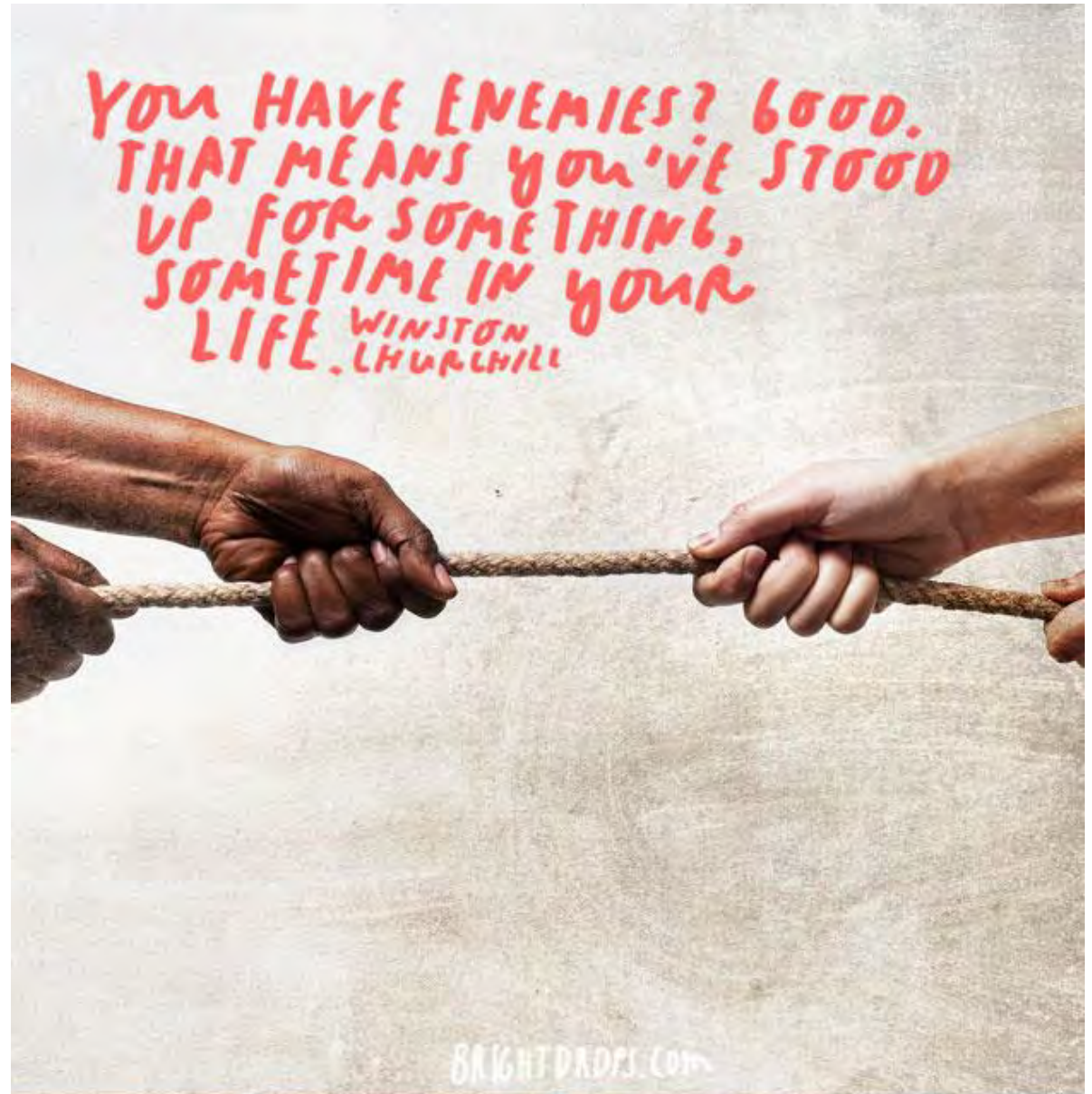
[bad-as] *adj*  
someone who  
never looks back  
at an explosion

# HANDLE THE CRITICS

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Here are 5 ways, courtesy of Dr. Caroline Leaf

1. Thank you for sharing
2. Could you repeat that slowly
3. Are you trying to make me feel bad about myself
4. That won't work because I am not letting it in
5. Since we are sharing, do you know what is running your critical behaviour





# #3 – BE PATIENT

new mindset



new result

- Don't rush the process.  
Trust the process.
- Stay cool! Stay Calm



## DON'T RUSH THE PROCESS. TRUST THE PROCESS.

- You should know why you are willing to keep going before you know why you are willing to quit
- Stop quitting on yourself and who you are

# CULTIVATE COURAGEOUS PATIENCE

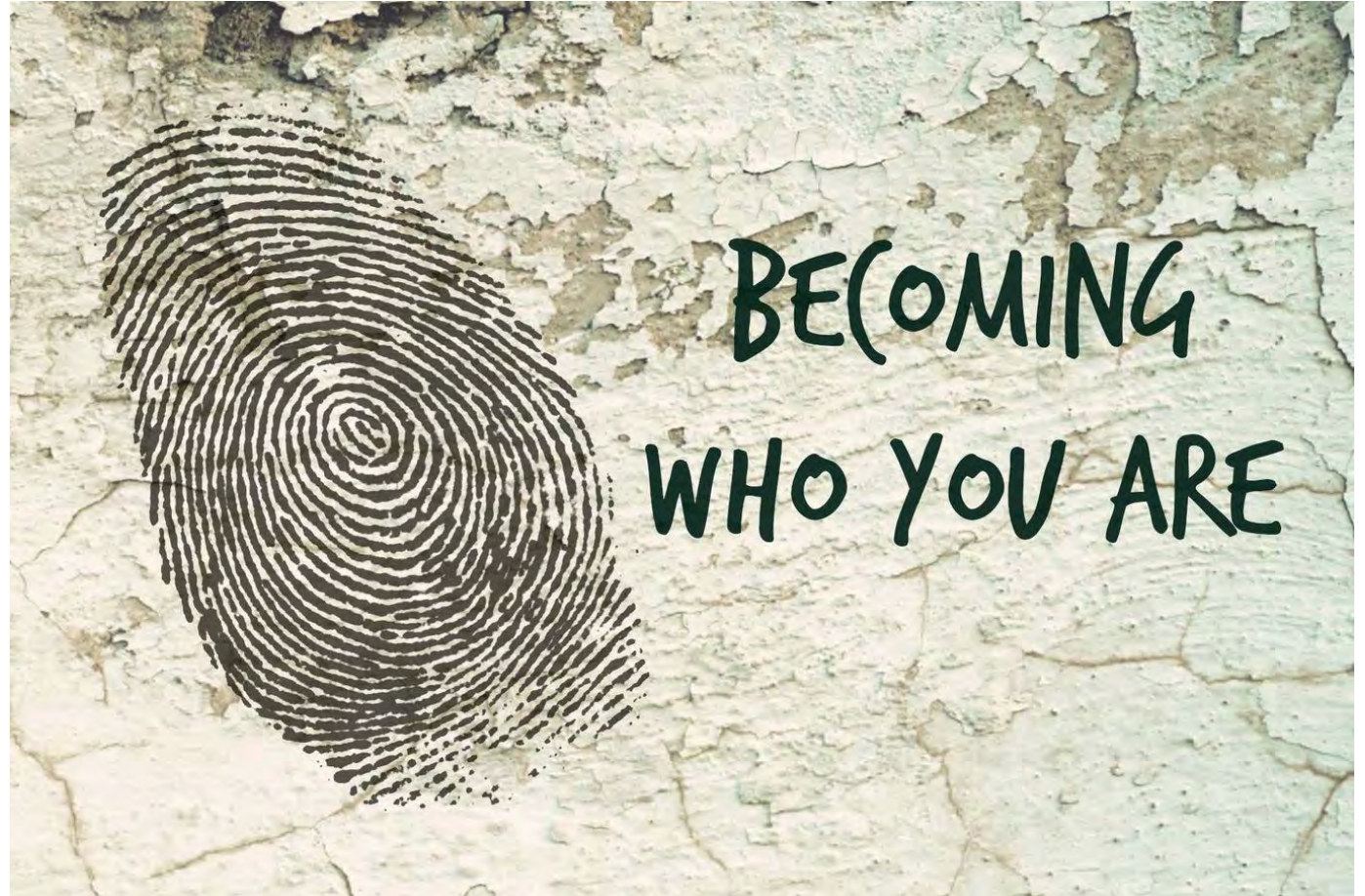
- The process is about finishing
- Do what you need to do right now and do it well
- Continue to make small, regular deposits



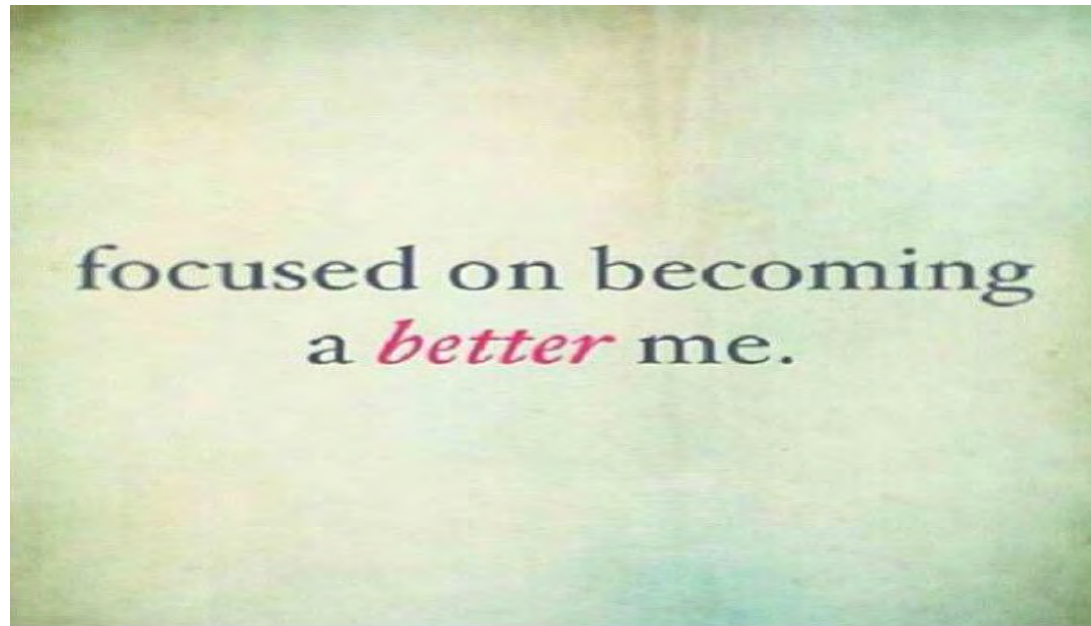


**STAY COOL!  
STAY CALM!**

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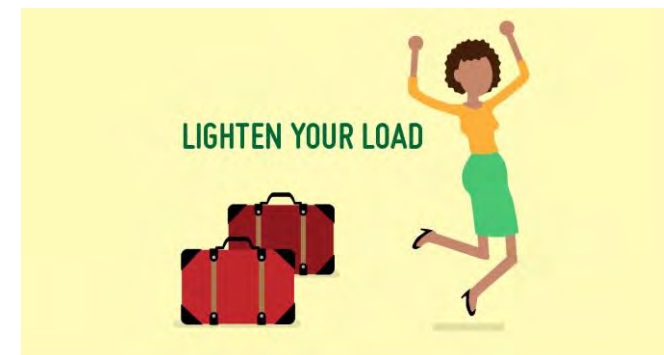
# #4 – BE POSITIONED



- Lighten your load
- Clean up your environment
- Solidify and align your Network to where you are going



# LIGHTEN YOUR LOAD







# CLEAN UP YOUR ENVIRONMENT

Take time to think;

- Are you hanging with people who have empires inside of them?
- Where are you going in life?
- What is your personal vision?
- What are your greatest passions?
- What are your goals?
- Where do you see yourself in ten, twenty, or thirty years?



# WHAT IS ON THE HORIZON?

Align your personal Network with where you are headed.

Suggested tribe requirements:

- People of substance, passion and ambition
- People who aren't seeking to make an impression on the world but to make a powerful impact
- People who have the capacity to appreciate the vision you have for your life and the energy to support you in it
- People who will challenge and encourage you to become more than you are today, and who will allow you to do the same for them



# RESULTS ARE IN THE ROUTINE

## CALL TO ACTION:

1. **MAKE A DECISION:** The question I ask is, have you made a decision?
2. **SENSE OF URGENCY:** The question I ask is, why not start now?
3. **RELENTLESS FOLLOW-UP:** The question I ask is, what “why” will you lock into, to keep you moving forward?



## WHERE TO FIND ME?



@empoweredinmyskin



@empoweredinmyskin  
@nkechi\_ifbbpro

## LET'S CONTINUE THE CONVERSATION



<https://www.linkedin.com/in/nkechinwafor>



**TIME FOR QUESTIONS!**

# Thank-you!



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