



The
GOLD MIND

Mindset Is Everything

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TABLE OF CONTENTS

INTRODUCTION

The Gold Mind

PART ONE

HOW YOU THINK

START EVERY DAY WITH GRATITUDE

KEEP A POSITIVE ATTITUDE

HEALTHY MIND, HEALTHY BODY

ALWAYS CHOOSE POSITIVE

OPTIMISM

NEGATIVE THOUGHTS

FIXED MINDSET vs. GROWTH MINDSET

SELF-DISCIPLINE

KNOW HOW VALUABLE YOU ARE

FEEL GOOD ABOUT YOURSELF

BELIEVE IN YOURSELF

FIND YOUR HAPPINESS

KNOW YOUR WHY

BE YOUR OWN INSPIRATION

PART TWO

WHAT YOU DO

PRACTICE SELF-CARE

GET CONFIDENT

SPEAK NICELY TO YOURSELF

WRITE DOWN WHAT YOU ARE GRATEFUL FOR

MAGNIFY YOUR STRENGTHS

LESSONS NOT LOSSES

TRANSITIONING

GIVING

VOLUNTEERING

SMILE MORE

OPEN YOURSELF UP TO HUMOR

MENTAL HEALTH

WORRYING
STRESS & AN IDEA
MANAGE YOUR STRESS
THERAPY
MEDITATION
PICTURE MEMORY
JOURNALING
BE MINDFUL, NOT A MIND FULL
EXERCISE
PRACTICE WELLNESS TO PREVENT ILLNESS
WHAT ARE YOU WATCHING ON TV?
WHAT ARE YOU LISTENING TO?
WHO ARE YOU FOLLOWING?
INVEST IN YOURSELF
SETTING GOALS
TAKE ALL THE STEPS
PLAN FOR OBSTACLES
CHALLENGES
REWARD FOR SUCCESS
ORDINARY MOMENTS
TAKE IT AT A GRADUAL PACE
PROCRASTINATION
COMMUNICATION
SOCIAL ATTUNEMENT
WATCH YOUR WORDS
WHAT SUCCESS LOOKS LIKE
VISUALIZE SUCCESS
ACCOMPLISHMENTS
MOTIVATION
DO IT FOR MORE THAN MONEY
EQ VS. IQ
INTELLECT VS. INSTINCT
MONEY MANAGEMENT
PLAY THE OFFENSE
LEARN WHAT YOU CAN CONTROL
SET ALARMS ON YOUR PHONE
CHECK YOUR POSTURE
DECLUTTER YOUR LIFE
MAJOR VS. MINOR
TAKING THINGS PERSONALLY
TAKE THE HIGH ROAD
SEPARATE YOUR FEELINGS FROM YOUR PERFORMANCE
CYNICISM
IT'S OKAY TO SAY NO

CHOOSE JOY
BELIEVE IN YOURSELF
HUMAN BEING NOT HUMAN DOING
ENJOY THE PROCESS
GET UNCOMFORTABLE
EXPOSURE
NO MORE ZERO DAYS
NEXT LEVEL
ROUTINE
MIND YOUR OWN BUSINESS
ENCOURAGE, DON'T CRITICIZE
TAKE INVENTORY

PART THREE
YOUR GOLD CIRCLE
STAYING PRESENT
NO CRYING ALONE
NOT ME, BUT ME TOO
SURROUND YOURSELF WITH POSITIVE PEOPLE
WHO IS YOUR INFLUENCE?
GET A MENTOR
COACHING
CREATE YOUR MASTERMIND GROUP
ACCOUNTABILITY
EXPECTATIONS
Conclusion
Additional Works by the Author

INTRODUCTION

As a young man growing up in the inner city of Chicago, I lost complete control over my life. I was never a book-smart kid, and I made one stupid mistake after the other. I did every knucklehead thing you could think of. I hung out with the wrong crowd. I started skipping class. I got arrested. Anything that I could do to try my parents' patience, I did it. The guilt that I felt from making a series of wrong decisions began to weigh on my mind.

I began to doubt that the future I was capable of having was possible and that I would have to stay stuck in a life where everything around me was beneath me.

I believed that I would always be a victim of my circumstances.

It wasn't until my twenties that something clicked for me. I decided that I wanted—no, I needed—to turn my life around. I knew that if I made different decisions, followed by different actions, I could be better. In fact, I could be greater.

It took me years to learn the true power of a positive mindset. My shift didn't happen overnight, but, little by little, I took control of my life and improved myself mentally, physically, and even financially. Sure, I still had setbacks. But now I knew that I actually had the ability to control my thoughts, how I felt about myself, and how I showed up in the world. I learned that a bad day or bad situation didn't have to become a bad life. I learned that I could make mistakes, fail, and fall down—but I didn't have to stay down. I could keep going and growing. Every time I got back up after life knocked

me down, I came back better, stronger, and greater.

I discovered a daily diet of information and motivation to feed my hungry mind. I stayed positive in the face of adversity. I kept supportive people around me. I created habits that helped me stay healthy, happy, and focused.

Today, I have a successful career in law enforcement. I am a motivational speaker and an author who inspires people all over the country. I am happily married with a loving family. All these achievements were once goals that felt out of reach. But my mind wouldn't allow me to give up on them.

I wrote this book to shorten the distance between where you are and where you want to be. You may want a life that looks completely different from mine, and that's fine. It doesn't matter what you want for yourself or what your vision of your life is. That's for you to decide.

Regardless of what you desire, what you want to do, or where you want to go, here's what I want you to know: You need a Gold Mind to get there.

And that's why I wrote this book.

I'm sure this is not the first personal development book you've ever picked up. Some of them you've probably skimmed through. Some of them you may have finished. Most of them you did not.

I want this to be a different experience for you.

This book was designed to guide you and be a reference that you come back to again and again. More importantly, it was designed for you to actually do the work to change your mindset and your life.

This book is divided into three parts, with each one serving a

unique purpose on your journey to a Gold Mind. The first focuses on your thoughts, the second on your actions, and the third on your environment. You'll need all three to make a real change in your life.

Do not try to digest this book in one sitting. Instead, set aside some time each day to read 1-2 of the practical principles in each section. Think about them. Apply them to your life. Adjust your mindset, step by step. I guarantee you will see significant changes over time. Because this book is focused on retraining your subconscious mind, you will notice that you will think and act differently, often without even realizing it. Positivity will become your default.

But the information in this book is only valuable to you if you apply it.

That's why each section includes actionable steps (Gold Mind Work) and reflections (Gold Mind Mantras) for you to apply to your daily life. I encourage you to take the work seriously and put these tools into practice.

If you do that, by the end of this book, you'll be equipped to live a more purposeful life. I'm not asking you to change your life completely or turn it upside down. I'm simply asking you to think about life in a different way. I'm asking you to be more *mindful*, instead of having a *mind full* of past mistakes, doubt, defeat, and failures. I am asking you to be willing to respond differently when you are challenged, frustrated, and want to give up. I am asking you to learn what tools you need to pull out of your toolkit (the practices you'll learn throughout this book) to get your head back in the game and refocus.

Keep an open mind while you navigate through these pages. This book has a lot to offer, but it's up to you how much you take from it.

So, congratulations! You've taken the first step toward mastering

your mind! You've made the decision to become better than you've ever been before.

Greatness awaits you.

Now, let's continue your journey...

Control your mind
Control your behavior
Control your destiny

The Gold Mind

Our thoughts, along with our environment, shape everything about who we are and who we become.

When it comes to our day-to-day lives, we often regard situations as happening *to* us, instead of happening *for* us. But the truth is, everything we experience occurs for a reason. Sometimes it's to teach us. Sometimes it's to protect us. Every time, it's to remind us that nothing in our lives is a coincidence. Every day we get to choose the lens through which we look at ourselves and the world.

Positivity is a perspective.

Think about your drive to work. There's the traffic and the constant red lights between you and where you need to be in the next few minutes. You're running late and you feel rushed. You're irritated and you can feel your blood boiling. The mere thought of this might make you shudder.

But consider this: what if a terrible accident has occurred on the road ahead of you, and the traffic and red lights actually saved your life by making you late? What you thought was an inconvenience or the universe conspiring against you was really a lesson or protection. Either way, your mind gets to decide whether you see your delay as positive or negative.

How different would your life be if you shifted your mindset to see the good, or—better yet—the great, in every situation? What would

happen if you decided today that life is not happening *to* you, it's happening *for* you?

We all have bad, even horrible, days. We all face challenges. Whether it's being stuck in traffic, losing a job, or not getting the big break we know we deserved, tough times happen. But every one of those scenarios could be setting us up for our next great win. If we can't push past what is attempting to stop us, we'll never know. That's why the key to lifelong success is to not allow what happens to us to throw us completely off course or to dictate the direction of our next steps. We have to learn how to keep going, no matter what.

This book will teach you how to do that.

Anyone who has ever run a marathon will tell you that their success was contingent upon consistent conditioning. While physical endurance plays a huge part in their performance, there is something far more important than that—the mind. It's the mind that keeps the body going, rain or shine. It's the mind that tells the legs not to give out or give in. It's the mind that moves the feet across the finish line.

You may not be a runner or dream of completing an actual marathon, but leveraging the power of a positive mindset is a skill that will serve you in any area of your life. Your goals, dreams, and the life that you envision for yourself demand a mindset that is conditioned to continue, to press forward, to stay positive, and, most importantly, to get to the finish line.

This is what The Gold Mind is all about.

Before we jump in, I want to point something out to you.

This book is far more about action than talk. This book is about doing *your* work. This book is big on personal accountability and

taking intentional actions toward your goals.

Let's be honest. It's easy to blame life, our circumstances, and others for what we don't have.

I'm not saying life hasn't been rough for you. You may have odds stacked against you. People who decided that you won't win. You may be facing some tough times.

But think about this (and be honest):

Do you hold yourself accountable when you have a task to complete? Are you intentional when going after the things you want in life? What are you doing to challenge yourself? Are you able to recognize your worth and feel grateful for what you have?

Notice that none of these questions have anything to do with anyone else—except you. And if the answer to any of them is “no” or “nothing”, don't worry. You're in the right place.

Keep reading.

PART ONE

HOW YOU THINK

START EVERYDAY WITH GRATITUDE

The morning is the most important part of your day. From the moment you open your eyes, everything that happens next determines how your entire day will flow. If you wake up stressed and frustrated before your feet hit the floor, you can't expect your day to be filled with ease, clarity, or control. Believe it or not, you *can* completely control the direction of your day. You *can* take your mind where you want it to go. A positive mind is a conscious decision.

While your first thought in the morning might be, *Ugh, I have to wake up!* it doesn't take a lot of effort to start your day differently. Instead think, *I get to wake up!* Do you see the difference?

When you think about how many people went to bed thinking they'd wake up and didn't, you can't help but be thankful that you have another day and another opportunity to breathe, connect with the people you care about, and choose to go after whatever it is that's in front of you.

Starting your day in a peaceful, gracious way sends positive messages to your subconscious mind and sets you up for a whole day of positive thinking and action.

When given a choice, go with gratitude. It beats negativity every time.

Gold Mind Work

When you wake up in the morning, what are your first thoughts?

What is at least one thing you are grateful for?

How can you change your morning mindset to start your day on a more positive note?

Gold Mind Mantras

I am grateful that I got to wake up this morning.

I have complete control over my mind today.

I have so much to be grateful for.

I am blessed beyond measure.

KEEP A POSITIVE ATTITUDE

A positive attitude means believing everything will turn out just fine. Having a positive attitude is essential to remain happy, and to progress through life, whether it's at work, in school, or at home. A positive attitude magnifies your accomplishments and not your failures. It helps you see the good in people, not the bad. It helps you see your obstacles as opportunities. A positive attitude equals positive thinking.

Adopting a positive attitude means you stop saying "I can't" and start saying "I can." Stop focusing on your failures (we'll talk more about this more later), or how bad you think your life is. Shift your attitude by focusing on all the things that are *right* in your life, not what's wrong.

We've all experienced difficult situations that we could justifiably be hurt and angry about. But it is possible to change our perspective and the way we think about those experiences. We have the power

to change our perspective from negative to positive at any moment. We don't have to dwell in defeat. We can be mindful of how and where we focus our energy. What we think is who we become.

Of course, no matter how positive a person is, bad things do happen, and, as humans, we will slip sometimes and allow our minds to wander to a negative space. But over time, you can learn how to reel those thoughts in quickly. Your goal should be to have more positive thoughts than negative ones. And the wonderful thing about thinking positively is that it can be self-taught, though it does require practice and patience.

A positive attitude comes with many rewards, such as happy friends, family, and co-workers. You're probably thinking how can *you* change the attitude of others? But it's true! Think about that one person in your life who brings you joy and inspiration when you're with them. Why do they make you feel that way? How is it that they make you smile? What is it about them that you love so much? Just think if you were able to be that positive influence for someone else.

Positivity pays itself forward. It's a gift that keeps on giving. The more positive energy you have, the more you can share with others.

Gold Mind Work

Take a moment, close your eyes, and take three deep breaths. Open your eyes and smile. Remember, someone didn't get to do that this morning.

The next time you're thinking negatively, take a moment and think of a way you can transform that thought into a positive one.

Make it your goal to be a positive person that people want to hang around. Positivity is contagious.

Gold Mind Mantras

My mind is filled with positive thoughts.

My energy is positive, and my mind is too.

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