

What is Mindset

Your First Guide!

Do you want to change your life for the better?

Do you feel stuck

Do you feel you are always waiting?

Do you want to stop waiting?

Do you want to change your life?

Do you want to start today?

Because you absolutely can!

Before we start remember this at ALL TIMES:

Nothing is permanent

You are a living being constantly growing, expanding, moving.

Nothing is a GIVEN

You have to work for it every SINGLE DAY

<https://saimaahmed.substack.com/>

<https://www.riseandshinewithsa.com>

There is no PLACE TO REACH

It is only a STATE of MIND you have to REACH and maintain- to
live your best life!

Let's begin!

First of all I want to thank you

For being here

For reading this

For learning my way,

The way through which I 'figured' out things for myself,

I am glad to share this with you,

I hope it can benefit you in the best way possible and help you

begin your self discovery journey!

Let's talk about the MOST critical concept to CHANGE your life:

Mindset.

Content Summary:

What is Mindset

(3 components of your mindset):

Your Inherent Beliefs

Your Background

Social Pressure

Next Step

The right Mindset is the only thing you NEED to change your life

So what is really a mindset?

[Definition 1]

As per verywellmind ; Our mindset is our set of beliefs that decide how we comprehend things around us and within us

Set of beliefs do play a major role in our mindset, but I feel there is more to it (which I will share with you shortly).

[Definition 2]

Let's consider another definition for mindset by reachout:

“A mindset is a series of self-perceptions or beliefs people hold about themselves. These determine behavior, outlook and mental attitude”

This is also a good way to define mindset, but there is more we should know and consider.

My definition of mindset:

Mindset is How You CHOOSE to look at things,

How YOU see the world

How YOU think about You, your life, your world, the world you live

in

How YOU behave, act, think, action, process things in Your life

How YOU see You, your Approach and Belief in any given situation, any circumstances- is your Mindset.

Your mindset is How you Think,

Your mindset is not *just* about your beliefs, it is a result of many factors (which we will see below in a minute)

And those factors define and impact everything in your Life.

The first step to changing your life is identifying your CURRENT MINDSET. Ask yourself what is your current mindset? How are you looking at things?

Let's break down How to understand your current MINDSET:

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Your mindset is a result of :

1. Your Inherent beliefs:

Inherent:

Inherent can be defined as something ‘existing permanently’ and ‘inseparably’ in anything, for example in your mind.

Anything existing permanently in your mind can be called ‘inherent’.

Other words we can use to understand inherent are ‘deep rooted’, ‘in built’, ‘internal’, ‘fixed’

I feel FIXED and DEEP ROOTED are very appropriate to define what inherent means.

Belief:

Our feeling of being *sure* that something exists or that something is true.

So in other words, our inherent beliefs are our fixed feelings about literally everything in our life.

We think we are good at something or not good because that is our inherent belief about that topic.

For example I always thought I needed a *certain type* of work exposure to grow in my career and achieve success.

I always thought I would be more confident, more skilled once I
have a certain type of job.

I could never get that certain type of job because I had family
commitments. I could not take the risk switching jobs or doing the
job that will get me the type of exposure I thought I needed. And
my self confidence, self perception, feeling of success was
heavily dependent on this.

I waited and searched and kept searching, trying to get the 'right'
job to be more self confident.

I was wrong.

My inherent beliefs were wrong.

This leads me to my point number 2.

2. You inherent beliefs come from your background

Your background is the second dot that makes up your mindset.

Who:

In a simple sentence, your background is who You have been up till this point in your life (while you are reading this);

What:

Your background is what you grew up with I.e. The unpleasant experiences, the childhood memories, upsetting events, major life changing events.

This is a major contributor to your mind.

Your background= your past. Your past is your life until
yesterday

You are a result of your life events and experiences , unless
you actively work to NOT be defined JUST by them.

It is very difficult to break out of the shell you have been sitting in
all your life and try to create something different for you

I found a good read on this point and it helps me to explain this to
you in a better way:

Our past is our past. Our current life, our TODAY is influenced and informed by our PAST. but we should not let it DEFINE our PRESENT.

It is very important to understand this.

To ensure our PRESENT is not DEFINED by our PAST, we have to:

1. Make peace with our past
2. Accept our past
3. Embrace our past
4. Feel comfortable thinking about it (but not too much dwelling on it!)
5. And just know it was there, there was a time in your life, good or bad. It was there. But it is NO MORE there

For the longest time I was letting my background define my present.

For the longest time I was not able to truly accept and embrace what I grew up with

Until the vessel was full

Until I was tired and exhausted of 'waiting' and finally had this epiphany. And it changed my life.

I chose to NOT be defined by my past. My mindset changed.

This brings me to point number 3.

3. Social Pressure

I.e. Family expectations/friends/colleagues/ ideals

(Ideals are celebrities/social media influencers/any people you
'follow')

Family expectations plays a major role in how we think

We think we want something because parents or elder siblings
have told us so

We think we have to be good at something because it is
considered a 'good' and reputed profession, we don't think or
question.

Even though in our heart we want something, but we never gave it serious thought (because it's not a 'usual' profession or way of living)

Our friends are happy doing some random things or just going with the flow. So I guess we should also? I don't think so.

Next , our colleagues. They are on a constant run to be better, faster, more automatic,

To get that promotion or recognition. It is so important to get that medal at work!

Sleep and rest don't matter.

What matters is our 'position' and 'success' at work.

Have you felt that?

Have you been in a position where you are acting on something
just because your family wants you to,

Or because your friends are doing it

Or because everyone is doing it so you should too.

Have you been working in corporate life where people are razor
sharp and the competition too high?

Have you felt that pressure?

Have you felt you have a lot to do or be BEFORE you truly
become successful in life?

I have felt it too.

When I let the social and peer pressure lead my life.

When I let the 'picture perfect' life illusion lead my life.

According to American Psychological Association, social pressure is defined as "exertion of influence on a person or group by another person or group".

So think about it.

Are you acting or thinking on something because of *influence* or because you are genuinely pursuing it/thinking about it?

I was clearly worried about the 'right' job for me because I was heavily influenced by my peers, friends and everyone I thought

was 'successful' because they had the ideal corporate experience.

To summarize:

My inherent beliefs, my background and my social pressure convinced me I 'needed' the right job for me to feel confident, worthy and successful.

I struggled for years, getting rejected from the jobs I 'wanted' to do.

I kept thinking why? Why can't I be given a chance?

Sadly corporations don't primarily hire based on your 'interest' in the job.

They hire based on your 'past experience' and in my case it could never be the 'right past experience'

So what now?

Will I be miserable forever?

Absolutely not.

My will power to succeed in life was bigger than my feeling of low-confidence-due-to-non-successful(in my mind)-corporate-life

I started re-evaluating my thoughts, my perceptions, my beliefs about myself and my life.

I started looking on the brighter side. I started thinking about feeling better; regardless of what I couldnt have in my life.

Because there is always more than one way to reach a place.

I wanted to reach the place of self confidence, self worthiness,
and success.

If I did not have the right background, which was not in my
control. Then definitely there will be something in my control to
feel better?

Yes. there was. Writing. I loved to write to express myself. It
brought me happiness. I felt confident.

That was my starting point.

I started reading and following people that I felt connected with.

People like Jacob Mcmillan and Justin Welsh.

I knew there was so much I could do if I only got in the 'right
mindset'.

And I remember reading somewhere 'what is it that you can do
every day, without it feeling like work'

That stuck with me.

I kept thinking and the answer was there.

I was hesitant to say it out loud. But when I did, everything
changed.

I want to tell all those with a similar journey like mine- that it is okay. You did not have the perfect life but you deserve whatever you want in your life, whatever you WORK for in your life.

So start with the simplest,

Start with what you have i. e. yourself and your mindset.

Your mindset is the most powerful tool you can use to change your life.

Your mindset is trainable/changeable and growable.

Think about the 3 pillars that make up your mindset.

Ask yourself:

What are my inherent beliefs holding me back?

Am I being defined by my background?

Am I thinking under social pressure?

If yes, how can I change it?

Once you have identified your current mindset and want to change your life for the better,

The next step is to ask yourself why creating the right mindset for YOU is critical

We will see this in our next guide!

Stay tuned!

I write weekly newsletter on Substack about everything mindset, in case you are interested:

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