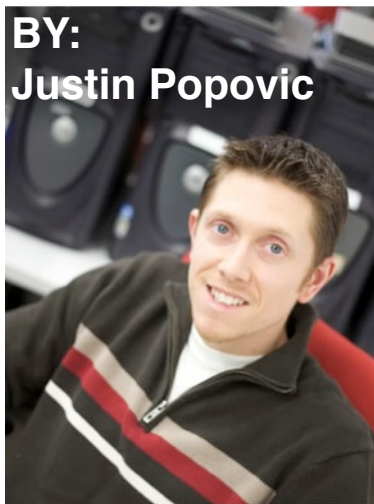


# Entrepreneur Psychology

## 6 Elements To a Winning Mindset

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## Exercises

**Exercise 1a - Remind yourself of your true wants. List 101 things you would be/do/have if money were not an issue...**

101 Goals	
1	2
3	4
5	6
7	8
9	10
11	12
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15	16
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19	20
21	22
23	24
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43	44

101 Goals	
45	46
47	48
49	50
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67	68
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79	80
81	82
83	84
85	86
87	88
89	90
91	92

77	78
93	94
95	96
97	98
99	100
101	

**Exercise 1b - Set 3 awkward silence goals that stretch and expand your current capabilities and accomplishments...**

**List an awkward silence goal to complete in the next week:**

**List an awkward silence goal to complete in the next month:**

**List an awkward silence goal to complete in the next 3 months:**

**Exercise 2** - Pick 1 action you can apply the concept of “dental floss success” to. Start with something small and simple. Something that takes little time. Start today and begin tracking your progress every day. Repeat to yourself “how you do anything is how you do everything.” Keep going until you hit momentum (then keep going... forever):

**Exercise 3** - Create 3 calendar entries per day that sends you a quick remind to do an AQ test (Adversity Quotient). On a scale of 1-10, ask yourself honestly how resilient, resourceful, etc... you have been over the past few hours. Is your adversity quotient high or low? Track your numbers every time.

**Exercise 4** - Start keeping track of ALL of the ways your mind thinks in "lower self" terms. Whether you worry about burning out, not having enough money to pay bills, not being worthy of success, not being brave enough to handle criticism, etc...

Then, INTERRUPT this disempowering pattern of thought. Use the exercise outlined in the following blog post to help you do this:

<http://www.igniteyouessence.com/featured/my-secret-tool-for-reaching-a-peak-mindset/>

**Exercise 5** - Select a result that you intend to achieve and apply the concept of "Lock In And Let Go.". STOP worrying about how or IF you can pull it off. Once you decide, you will FIND the way.

**Step 1:** Pick a goal/result that is exciting and you REALLY want

**Step 2:** Pick a forum to publicly declare your intention to create the result

**Step 3:** Lock in and announce it publicly. Include a due date