PMINJ Chapter
Symposium - 07 May 2018

ATTITUDE OF GRATITUDE For LEADERS
More than Mindset

Kristen Hartnagel
Southwestern Consulting
616-550-6329
kristenswcbonus@gmail.com

BSAINXLEATNTEARS

BSAINXLEATNTEARS

B A N A N A

Let’s do one more…

NEW DOOR

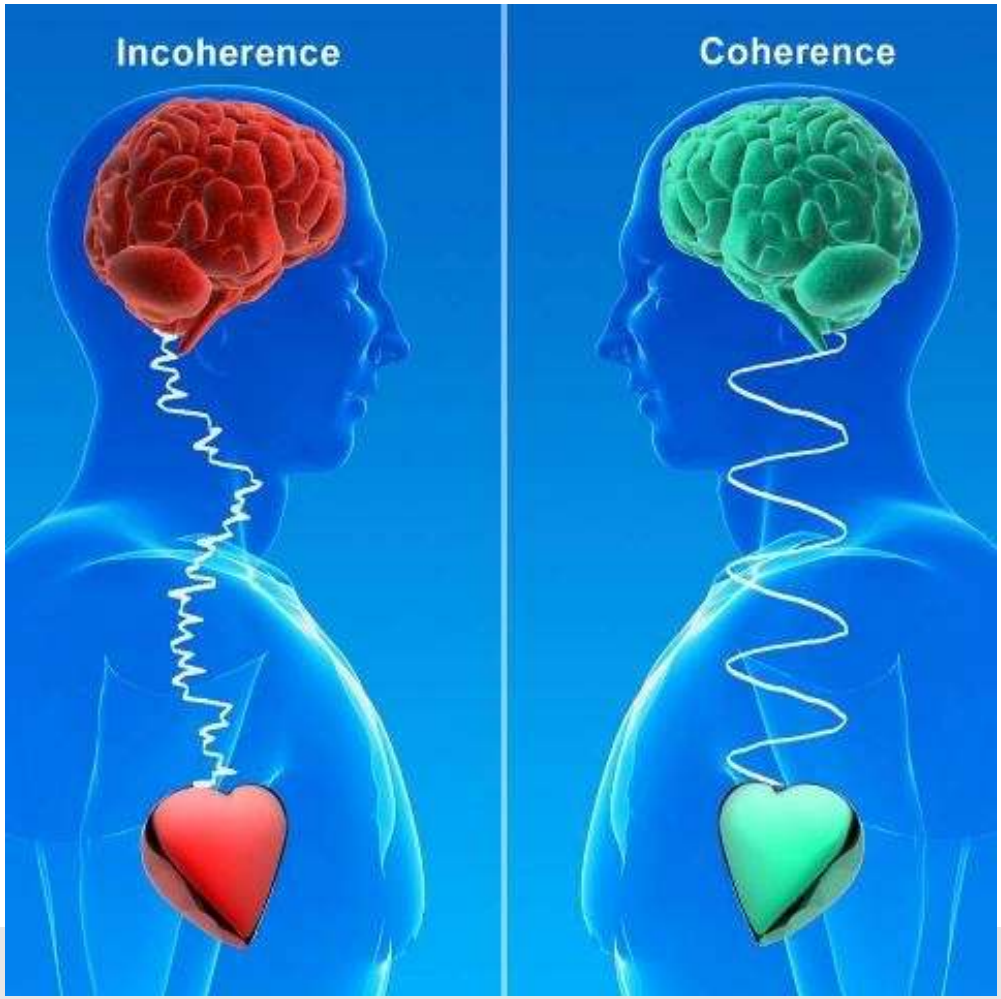
Drawing…


The most important thing we manage is our own mind

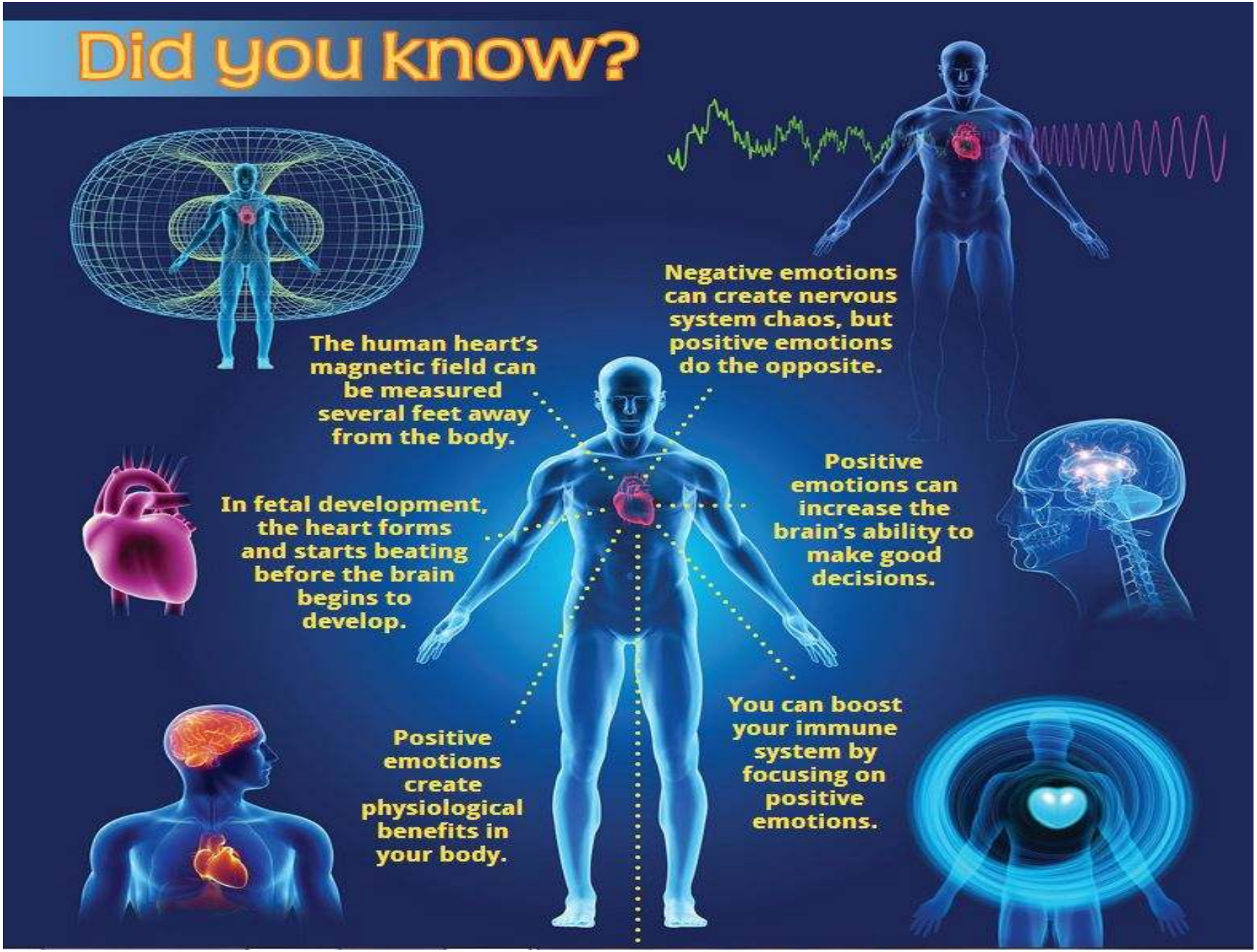
We can feel like this….

What we want is…

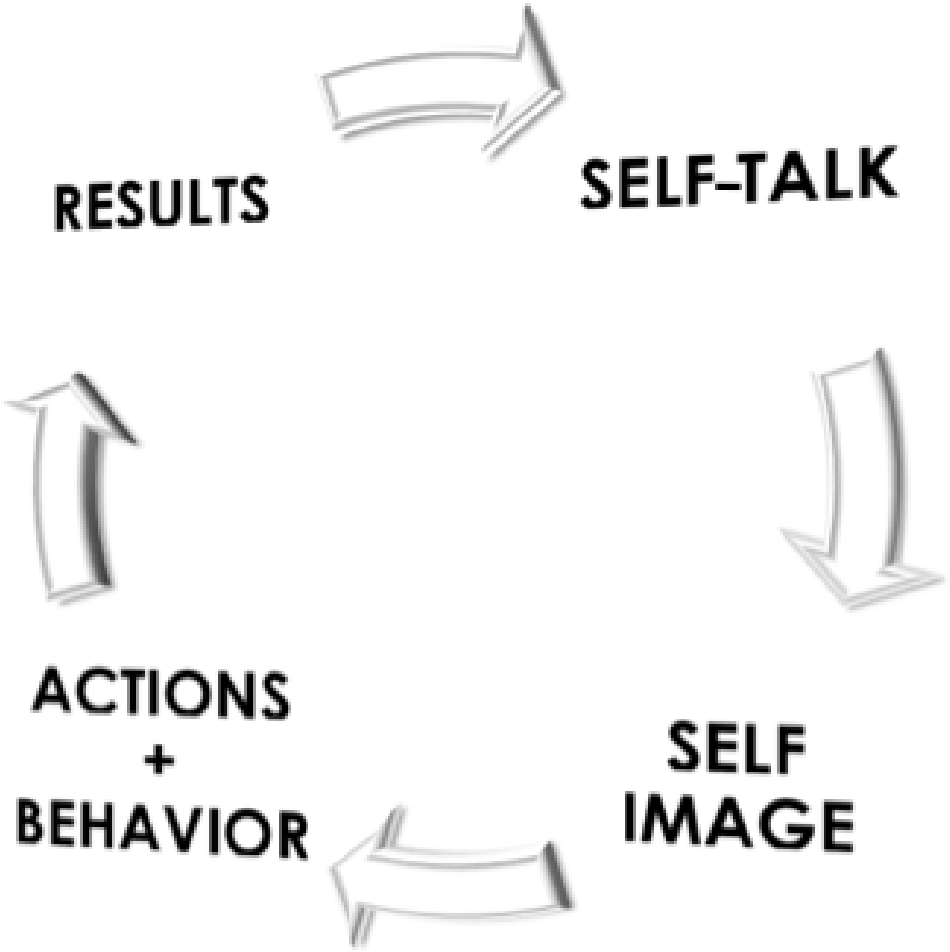
The Power of Thought



The Power of FEELING


Did you know?
The human heart's magnetic field can be measured several feet away from the body.
Negative emotions can create nervous system chaos, but positive emotions do the opposite.
In fetal development, the heart forms and starts beating before the brain begins to develop.
Positive emotions can increase the brain's ability to make good decisions.
Positive emotions create physiological benefits in your body.
You can boost your immune system by focusing on positive emotions.

The Self Fulfilling Prophecy




Can be Changed
Unique to Everyone
Create Blind Spots
Created by Experiences
THE NATURE OF
MINDSETS
FIXED - GROWTH - BENEFIT
Self Protective
Imperfect Models
Create our World
Govern our Actions
benefitmindset.com

Why should we assess our beliefs?

YOU ARE IN CONTROL

Most people think that life works like this

For example: *"If I had more money, then I could do the things I want, and I could be happy."*

YOU ARE IN CONTROL

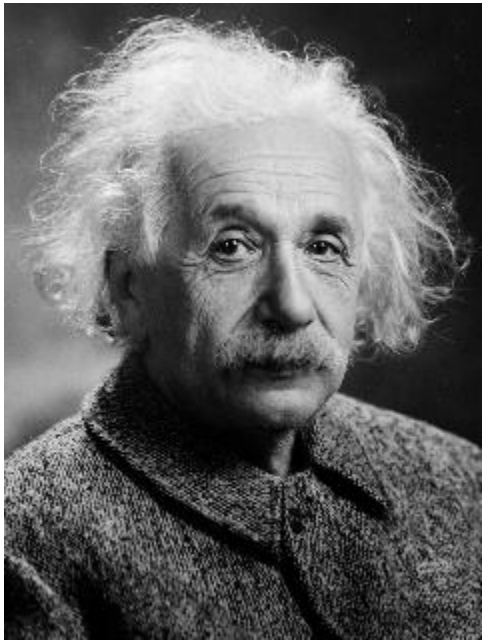
Successful people understand

that life actually works just the opposite. . .

For example: *"I can be happy, which makes it easy to do things required, so that I can have more money."*

Possibility Thinking

"Imagination is everything. It is the preview of Life's coming attractions." ~ Albert Einstein



Setting Expectations

What you can count on from me:

What I'd like to be able to count on from you:

Winning ways

Articulate what a win for you looks like

Learn what a win looks like for others

Philosophy: “We all win or nobody wins”

GRATEFULNESS

Being grateful is different than having a positive attitude.

Having an optimistic outlook doesn't necessarily mean you are grateful for your current situation.

Perspective is the gift.

GUT CHECK QUESTIONS

How often do you pay team members compliments?

How often do you give thanks?

Do you tend to focus on what you have and what's going right or what you don't have and what's wrong?

How often do you compare yourself to others?

THE POWER OF OUR MINDS

You Attract What You Think

The Law of Reciprocity

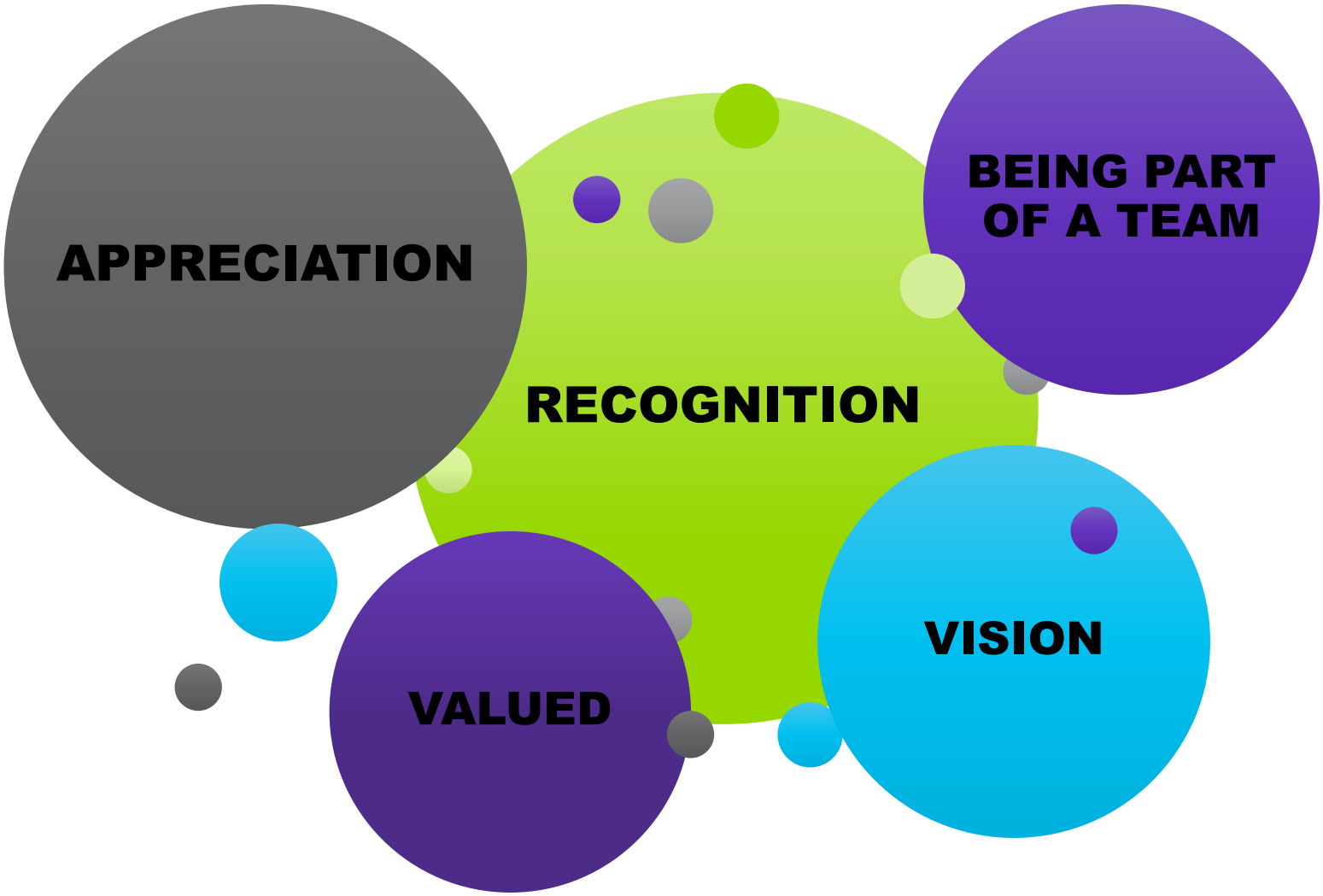
The Differences Between an Attitude of Scarcity vs Abundance

WE FIND WHAT WE'RE LOOKING FOR

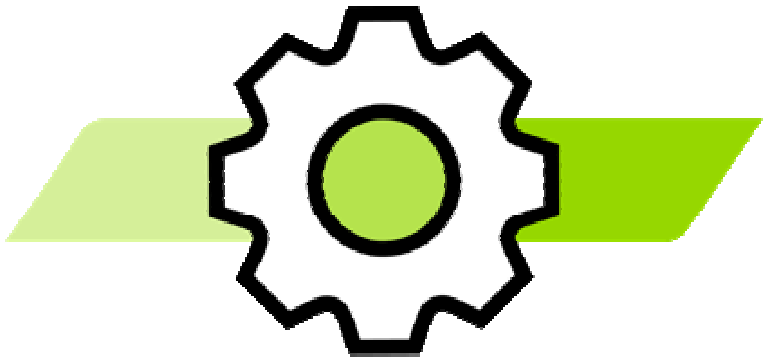
"The more high-tech we get, the more high-touch we'll need."

—John Naisbitt, Megatrends, paraphrased

PURPOSE PRECEDES PERFORMANCE



EXCELLENCE IS NEVER AN ACCIDENT



Transforming a Marginally Performing Team into a Well-Oiled Machine Doesn't Happen by Luck Either.

ALWAYS MAKE PEOPLE FEEL

APPRECIATED

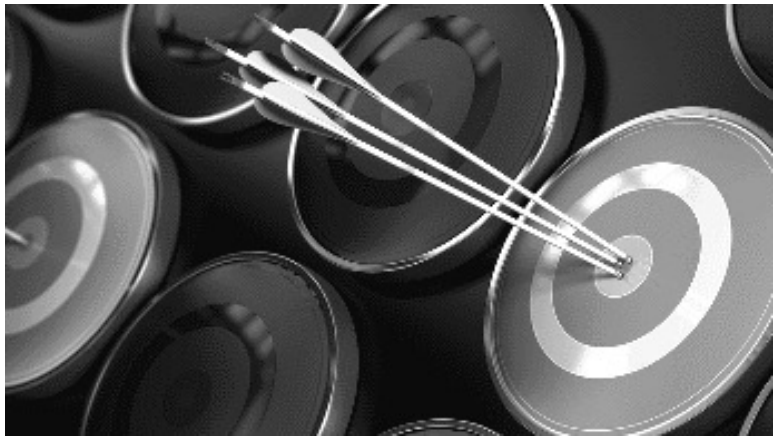
MAKE PEOPLE
FEEL THAT THEY

BELONG

MAKE PEOPLE FEEL
THAT WHAT THEY DO IS

IMPORTANT

HELP PEOPLE DEVELOP A
VISION



HELP PEOPLE DEVELOP SPECIFIC
GOALS

HELP PEOPLE DEVELOP
COMPETENCY

Leadership Affirmations

I lead with strength, courage, and confidence and anything is possible with enough effort, activity, and time.

I raise the belief, energy, and confidence level of every single person with whom I interact.

My life's mission, and what I am called to do as a leader, is to help others reach their potential every day.

MAKE SURE PEOPLE KNOW THAT

I BELIEVE IN THEM

Game Plan

- Make a list of 20 things for which you are grateful. E-mail it to your accountability partner and read it every morning.
- Once a day, write down one thing that you are grateful for in a gratitude journal.
- Focus on who you want to be rather than what you want to have.
- Visualize
- Set Expectations
- Be responsible with your own mindset

- Recommended Reading: *The Noticer* by Andy Andrews

STAY CONNECTED

Sign Up For My FREE Weekly E-Zine!

EMAIL

kristenswcbonus@gmail.com

& put your **FIRST NAME**

in the Subject Line!

Get Service Video:

Thank You!

Kristen Hartnagel
616-550-6329