

# *Mindset:*

What is mindset?

**Mindset is a way of thinking.**

It refers to whether you believe qualities such as intelligence and talent are fixed or changeable.

There are two different types of Mindset:

Firstly, there is the **fixed mindset** when people believe that these qualities are fixed and unchangeable. Then, there is the **growth mindset** when people believe that these abilities can develop and grow in strength with commitment and hard work. I certainly had a **fixed mindset** when it came to my illness.

This became '*all consuming*' and I couldn't focus on anything other than my pain levels and growing list of symptoms and what they meant for me in the future.

My totally 'narrowed focus' was on what I **couldn't** do and this allowed me to kind of be blind and ignore all the positive things that I **could** do and that, we are going on around me.

As the name of my pain management program suggests:

Everything we do starts with a thought:

Our thoughts lead to our emotions that leads on to our actions How we act, show up in the world - And they give us the responses we get.

How we were raised or the experiences we had in school shape our thoughts and beliefs and these then shape our 'thought habits'.

These HABITS become how you think, feel and act.

Your Mindset is how you make sense of the world and yourself.

Through this program it is my goal to show you that a 'fixed' mindset can be opened to accept new learnings and ways of being to allow it to slowly rewire into a more empowering 'growth mindset'.

The biggest way to make this shift is to embrace change.

Through the Master your MIND : Master your PAIN Program I'm sharing with you the tools and techniques that worked for me but that's not to say they will work for you.

Please pick the ones that resonate with you and feel congruent for you.

The first way to embrace a change to mindset or enhance an already growth mindset is with the use of Affirmations:

Affirmations are positive statements that you should say to yourself in the morning. They can help you feel motivated and set a solid foundation for my mindset for the day.

For me one of the most powerful affirmations is:

(whilst looking at myself in a mirror, deep into my eyes, deep into my soul)

"I love you Lara Devlin - I believe in you."

By using my maiden name this allows me to reach the child within and sooth Her insecurities.

Buddha said,

*"Each morning we are born again -  
What we do today is what matters most".*

Today why don't you write an affirmation that will empower you for the days ahead and make a new habit by using it each morning.

Maybe make a note of any differences in your thoughts, feelings or emotions.

Journaling is one of the most recommended tools to have a clearer mind and happier life.

We are always learning and growing.