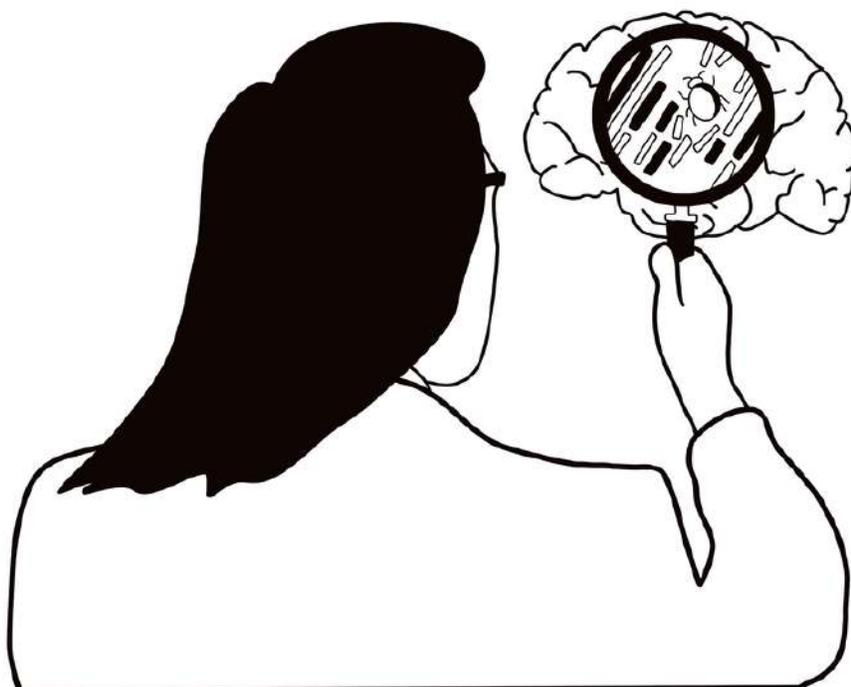


# LIMITING MINDSETS CHEAT SHEET

*From Chapter 13 of  
Winning The Week: How To Plan A Successful Week, Every Week*







## 2. LIMITING TRUTH:

***"I just can't stay focused. There must be something wrong with me."***

That's the kernel of truth here—every brain is different, and some of us have more trouble focusing than others. But once you tell yourself that this is an unshakeable feature of your brain, you fall into a victim story.

The higher truth is that *focus is more about your environment than it is about you, and there is a lot you can control and change in your environment.*



### **3. LIMITING TRUTH:**

***"I've just got too much on my plate."***

It has a ring of truth to it because it's likely that you have put too much on your plate. But again, this thought traps you and places you in a victim posture. Let's get real: your task list will outpace your capacity to finish it.

The higher truth here is that *success isn't about getting everything done. It's about getting the right things done, at the right time, in the right way.*

## 4. LIMITING TRUTH:

***“I don’t control my \_\_” (time / money / priorities / schedule)***

This one is common when you have a lot of competing responsibilities and you're trying to meet all of them simultaneously.

Invariably, you'll bend yourself into a pretzel to make it work—and the result is feeling like a prisoner in your life. It's easy to see why you might start to believe that you are a slave to your responsibilities and the people around you.

But again, that puts you in a victim posture when it comes to your key resources—and nothing good comes from that. As a coach, I know I'm talking to someone like this when I make suggestions to improve, and they relentlessly respond:

- "My boss would never let me \_\_"
- "My team would never let me \_\_"
- "My company culture would never let me \_\_"
- "My wife would never let me \_\_"
- "My kids would never let me \_\_"

The higher truth is that *your ownership of your key resources is inalienable. It can't be given up without your consent. (Key resources include your time, your energy, your money, etc.)*

## 5. LIMITING TRUTH:

***"This imperfect \_\_\_ is keeping me from results."***

This one refers to the "if onlys" of life. People get obsessed with a crystal clear vision of what life should be. This vision is funny because if life has one consistent quality, it's that it doesn't cooperate with anyone's plans. Despite this, we still develop strong expectations around our perfect solutions, which are then promptly dashed. Crestfallen, we use this as an excuse to play the victim:

- "I could have been on time if only I hadn't hit traffic!"
- "I could have stuck to my diet if only it hadn't been the holidays."
- "I could have quit smoking if only my wife had quit too."
- "We could have hit the deadline if only that last-minute emergency hadn't popped up!"

The higher truth is that **there are zero perfect solutions and infinite imperfect solutions**. Modern life is inherently chaotic, and it's your job to navigate a path through those churning waters. While your ideal solution rarely works out, you'll find that imperfect solutions perfectly fit your imperfect reality.





## **6. LIMITING TRUTH:**

***"I can't focus or motivate because I'm so worried about [an external situation out of my control]."***

There are so many things to worry about! The problem with worrying about situations outside your control is that you can't possibly affect the outcome, so every bit of energy expended on it is wasted.

The higher truth comes by asking yourself, *"what's the optimal level of thinking and caring about this that can positively affect the situation?"*

## 7. LIMITING TRUTH:

***"The stakes are so high, it's freaking me out!"***

Once you start gaining responsibilities in life, high-stakes moments can begin to mess with your mental game.

But ironically, the higher the stakes of the game, the more you need to stay calm and loose. When you tense up, it affects your performance negatively. Of course, practice helps with this, so the more you can prepare for the big moment, the better off you'll be. But when the moment comes, the best thing to do is stay loose and play it like a game.

That's why the higher truth here is to *play it like a game and try to enjoy yourself. If unchecked, life can get too serious. But it's important to remember how few real consequences there are in the grand scheme of things. Failure—in our plush, spoiled modern world— isn't really failure at all. In practically every area of life, we can restart the video game and play again.*

So relax, and try to enjoy yourself a little. Bring your attention back to the very next action: the next kick, the next throw. That's what high-stakes moments deserve because your best energy will shine through.



## **8. LIMITING TRUTH:**

***"It feels like life gets harder and harder every year."***

If you're playing the game of life right, each win brings new responsibilities. So yes, life tends to get more challenging and complex as you progress. But that's not all that's changing. You're changing too. Each win and each failure is teaching you, helping you grow and adapt.

The higher truth is *it never gets easier, but you get better. Every time you win the week, you'll learn new lessons and forge yourself in the fire of experience.*

## 9. LIMITING TRUTH:

***"I can't be expected to play if I'm hurt."***

There's no better excuse to play the victim than when you're genuinely hurt. That could be a physical hurt, like an injury or an illness. Or it could be psychological pain, like a crisis or mental health moment.

Regardless, the tendency is to run to the sidelines of your game and tap out. Nobody could blame you. To be clear, there are moments when it's not wise to keep playing. Like moments when there are no severe consequences on the line, and the benefit of playing hurt is far outweighed by the costs or risks.

But there are also moments when—as the star player in the game of your life—your team needs you to play hurt and be the hero who pulls out the win.

The higher truth is that *you can give yourself permission to play hurt when the game is on the line. If you wait to be in perfect shape to play your game, you won't be a starting player.*

