

EPISODE 1: MASTERING YOUR



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the episode



No matter where you are right now, no matter how stuck or broken things might feel, you **ARE** capable of making your life better.

What You'll Learn in This Guide:

- What mindset really is and why it matters.
- How to recognize the thought patterns that may be holding you back.
- How to shift your thinking to create the change you want.

What is Mindset & Why Does It Matter?

You might have seen posts or reels on social media that say "Mindset is Everything." And that's true. Your mindset is the foundation of everything in your life.

We all see life through our own unique lens, and that lens is shaped by our mindset.

Mindset is the way you see, interpret, and make sense of the world around you. It's made up of the thoughts, beliefs, and attitudes you've developed over time, based on your life experiences.

That's why two people can go through the same situation and see it completely differently—it's all about the perspective they're looking through.

Your mindset matters because it acts as a mental framework that shapes your habits, decisions, relationships, and health—literally every part of your life.

Why Do We Struggle to Change?

Have you ever been so motivated to do something—maybe start working out, eat healthier, be more productive, or improve your relationships—

- You set a goal...
- You start strong...
- You're excited...
- Then, a few days or weeks later...
- You're back where you started.

You feel stuck, unmotivated, procrastinate, and no matter what you do, it seems like you always fall back into old habits.

That's because change doesn't just require action—it starts with your thinking.

Think about this:

- If you believe you're not capable of being disciplined, you'll never stick to new habits.
- If you believe you're just unlucky, you won't take ownership of the things you can actually control.
- If you tell yourself you'll never be successful, you'll subconsciously sabotage yourself before you even start.
- If you believe you can't be healthy, you'll never take the steps needed to improve your well-being.
- If you believe no one can love you, you might push away the people who actually do.

**"Whatever we plant in our subconscious mind
and nourish with repetition and emotion will
one day become a reality."**

Earl Nightingale

How to Identify Limiting Beliefs

I want you to pause for a second and think about an area of your life where you feel frustrated or stuck.

Maybe it's:

- Your health
- Your career
- Your relationships
- Your confidence

Now, ask yourself these three questions:

1. What do I believe about this area of my life?
2. Do I believe I'm capable of changing it?
3. Am I blaming external factors (circumstances, other people, bad luck) instead of focusing on what I can control?

Often, the biggest thing holding us back isn't our circumstances—it's the story we keep repeating in our minds.

Most of the time, we're not even aware of it. We've repeated it so many times that it becomes our truth. Until you become aware of it and work on it, you'll continue making the same choices and getting the same results year after year.

How to Start Rewriting Your Mindset

Here are three practical steps to start shifting your mindset today:

1. Catch Your Thoughts in Real-Time

Start paying attention to the thoughts that run through your mind daily. Every time you notice a negative thought ("I'm not good at this"), pause and challenge it.

Ask yourself:

- Is this actually true?
- Or is it just a story I've been repeating?
- Am I capable of changing it?
- Am I blaming external factors?

2. Replace Negative Thoughts with Empowering Ones

The words you use matter. Your brain believes what you tell it!

- Instead of "I can't do this," say "I'm learning how to do this."
- Instead of "I always fail," say "Every setback is a lesson that's helping me grow."
- Instead of "I'm not good at this," say "I'm improving every time I try."

3. Reinforce the New Belief with Action

Your brain learns through repetition—and small, consistent actions create real change.

- If you're working on your health: Start with drinking more water, walking for 10 minutes, or choosing healthier snacks.
- If you're working on confidence: Stand up straight, make eye contact, or practice positive self-talk.
- If you're studying for a test: Break it into small, focused sessions instead of cramming.
- If you're improving a relationship: Focus on how you communicate and listen more.
- If you want to start a business: Take one small action daily, like researching, networking, or planning.

Every time you take action, you're proving to your brain that change is possible. And the more you do it, the easier it becomes.

Recommended Books on Mindset

If you want to dive deeper into mindset and personal growth, here are some books to check out:

1. "Atomic Habits" by James Clear
2. "Mindset: The New Psychology of Success" by Carol Dweck
3. "Switch on Your Brain" by Dr. Caroline Leaf
4. "Change Your Mindset, Change Your Life" by Taylor Grant
5. "Mind your Mindset" by Michael Hyatt

Final Thoughts & Your Challenge

If you're ready to commit to improving your mindset, here's your challenge for this week:

- ✓ Monitor your thoughts.
- ✓ Replace negative thoughts with empowering ones.
- ✓ Take action to reinforce your new belief.

If you found this guide helpful, share it with someone who might need to hear this message.

And if you're up for it, take a screenshot of this guide, post it on social media, and tag me @drdalian with one limiting belief you're letting go of this year! I'll be sharing and celebrating your progress with you! 🎉

**"You've got to win in your mind
before you win in your life."
John Addison**