

What is *Your* Mindset?

Are you satisfied with the state of your business? One place you may not have examined, is you mindset.

by Helen Ober

670 words | 3 pages



Are you satisfied with the state of your business? Do you believe you work as hard as possible and still do not find yourself succeeding? One place you may not have examined, is you mindset.

**What is mindset?
Simply defined, it is
your set of beliefs about yourself
and the world around you.**

Do you believe you are capable? Do you believe you are worthy? Do you believe you deserve success? Or do you believe you just don't have what it takes? Do you believe no matter what you do, you can't succeed? Do you believe everyone else seems to have what it takes but not you? Were you absent when luck was passed out?

This month's theme is **Abundance Mindset**. An abundance mindset is one that believes that good fortune, happiness, joy, prosperity are available to us all. A similar belief is growth vs fixed mindset. A growth mindset is one that believes effort and determination leads to learning. A fixed mindset believes you either can or you can't do something. Your abilities are set, no amount of effort will change that. Someone with a fixed mindset is afraid to take risks for fear of failing and looking bad. A growth mindset loves challenges, doesn't mind failing because they can keep on trying till they figure out the challenge. Abundance and growth are very similar as is fixed and scarcity.

For someone that struggles holding on to positive beliefs, like abundance and growth, a tool some have found helpful is tuning into all there is to be grateful for.

Without a doubt, when attention is focused on the beauty of this world, abundance abounds.

That is the main lesson here, you see what you focus on seeing. Is the glass half full or half empty? Challenge yourself to tune in to how you see the world and inevitably, consciously eliminate negative thoughts, abundance will emerge!!



Helen Ober is a woman of extraordinary talents. After earning her Bachelor of Science Degree in Education/Psychology, Helen was a public school teacher while simultaneously working in Direct Sales. She reached the pinnacle of success by being named top recruiter for 10 consecutive years, earner of more than 25 incentive-based trips, a multiple President's Club member, a Quantum Leap

achiever for showing outstanding growth, as well as a three time recipient of the Woman of the Year award. Helen has also received the award of #5 in the world in sales in a company that is represented in 9 counties!

With 30 years of direct sales experience, she has mastered selling, recruiting, and coaching others to promote into leadership. Her true love is teaching and helping others how to succeed in business and in life. Thus, her company, LIVING THE EMPOWERED LIFE, was formed. She is an independent certified coach, leadership trainer, and a sought after speaker within her community. As a founding partner of the John Maxwell Team, Helen offers individual and group coaching and facilitates several Master Mind groups weekly. Additionally, Helen currently has a busy schedule presenting workshops and coaching Empowered LADY LEADERS the skills of leadership, self confidence, and influence, whether it be in their own company, a direct sales company, or in their home.

Helen is a member of multiple professional business networks, a past youth missions leader, and an active member of her church community. She is the mother of two and the proud grandmother to Jase and Ryan. She resides in the suburbs of Philadelphia with her husband, Gary.

Her credentials and experience shows, beyond a shadow of a doubt, Helen is leading an empowered life and assisting others to do the same! To learn more about the services Helen offers go to www.helenober.com or request to join her Facebook group #empowered lady leaders with Helen Ober <https://www.facebook.com/groups/290054694708390/>