

How You Can Benefit from an Extraordinary Mindset - Nelson Mandela

A QUESTION FOR THE AGES ...

How Can
Nelson Mandela's
Extraordinary Mindset
Benefit You?

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Important Question - Your Answer

Fill in the Answer Box ... Fill in the Blank(s)

<p>Why do think mindset is the rage from Main Street to Wall Street? →</p>	
<p>What are the four benefits of an extraordinary mindset?</p> <p>Are there more?</p> <hr/> <hr/>	<p>Benefit #1: _decreasing _____</p> <p>Benefit #2: _better _____</p> <p>Benefit #3: _enhance _____ personally</p> <p>Benefit #4: _enhance communication _____</p>

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Important Question - Your Answer

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What does mindset mean to you? →	
Describe the Two Types of Mindset	Fixed Growth
What is important to note about the Gap between the Stimuli and one's Response to Stimuli? →	

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Important Question - Your Answer

Fill in the Answer Box ... Fill in the Blank(s)

What can you learn about Nelson Mandela from this Quote?
→

I had no epiphany, no singular revelation, no moment of truth, but a steady accumulation of a thousand slights, a thousand indignities, a thousand unremembered moments, produced in me an anger, a rebelliousness, a desire to fight the system that imprisoned my people. There was no particular day on which I said, From henceforth I will devote myself to the liberation of my people; instead, I simply found myself doing so, and could not do otherwise.

And from this Quote?
→

“It always seems impossible until it’s done.”

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Important Question - Your Answer

Fill in the Answer Box ... Fill in the Blank(s)

What kind of mindset do you have?	
Consider implications of: Emotions Words you use to share Words you listen to Slowing down - taking breaths If multi-tasking ... what to do	
And what can you learn about Nelson Mandela from this Quote? →	“I never lose, I either win or learn.”

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Important Question - Your Answer

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Shifting Your Mindset -
A Meditation

Listen and follow along and/or
Return and do

What came to mind when
listening to the hosts'
personal stories?

What is a story you could
share? - outline it here ...

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Important Question - Your Answer

Fill in the Answer Box ... Fill in the Blank(s)

And what can you learn about Nelson Mandela from this Quote?
→

I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not yet ended.

Calls to Action - what can you do?

Join [the conversation at: Collaborative Solutions Global on FaceBook](#)

Or Follow #BeTheWave on all social media channels

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Resources:

Video

https://www.youtube.com/watch?v=PDS_BBVfuYQ

9:52 - Dedicated my life to - conviction

<https://www.youtube.com/watch?v=o2v3ckPI4Ws>

4:40 - Asked about hate - jail time

Articles

2010:

<https://www.independent.co.uk/news/world/africa/inside-the-mind-of-nelson-mandela-2103993.html>

2013

<https://familyresolutions.us/2013/12/05/madiba-mindset-what-can-we-learn-from-nelson-mandela/>

2018:

<http://theconversation.com/the-mandela-effect-and-how-your-mind-is-playing-tricks-on-you-89544>

More Images for Mandela Mindset:

https://www.google.com/search?rlz=1C5CHFA_enCA734CA734&q=mandela+mindset&tbm=isch&source=univ&sa=X&ved=2ahUKEwjJ5O7noKfgAhWGWwMQHHWVka5gQsAR6BAgEEAE&biw=1395&bih=601