



MONDAYS

with Mike

What is holding us back?

In the national bestseller book, *Mindshift*, author Erwin Raphael McManus suggests that mental toughness, mental clarity, and mental health have one thing in common: the journey begins in our mind. We must trade beliefs that limit our potential for ones that help us move toward optimal performance. We must move from a life of obligation to a life of intention. Furthermore, we need to realize that we are our own ceiling. We tell ourselves the following stories:

- I'm too damaged to ever be healed.
- I've made too many mistakes to make something of my life.
- I just can't get a break.
- I would have accomplished so much more if others hadn't held me down.
- I'm the victim of an unfair system.

And on and on it goes. These self-limiting stories become endless. We build these boxes in our minds as a way of limiting our responsibility. We have built ceilings that are not really there. They create mental rigidity.

My personal pep-talk around this concept is that our response IS our responsibility! When we abdicate responsibility, we relinquish our power.

We can reshape our thinking and blow the lid off those ceilings by incorporating the following self-talk provisions:

- Make room in your soul for the things that make you a better human.
- Be ruthless in eliminating everything that is not a reflection of your best self.
- Listen to your "I will!" voice, instead of your "Will I?" voice.
- Give of your unique gifts and talents. When we contribute in even the simplest ways, our self-worth improves. We need a "self-worth" bank account to draw from when life's hard spots surface.

This week, let's step out boldly with one new intentional step to build our personal power. This response is truly our responsibility!

Have a breakout week!

