

## Shift Your Mind - Change Your Life

**E**very morning we humans get up and go about our regular routine. And then we get to the workplace where we again follow our regular routine. The good thing is our brain takes over and we operate out of habit. Shifting how we think is a great way to change how we respond.

For instance, Jock went to the hospital with chest pains – the first thing we think of is “heart attack”. Yup! Once the operation was over and he was recuperating he followed the doctor’s orders to a T – he exercised, ate well and got enough sleep. Then, about 3 months later he lapsed. Back to the burgers, pizzas and pop. Why you ask, when he was doing so well? The reason many believe is that he didn’t believe anything would happen to him! He didn’t make a conscious decision about how he was going to lead his life. I always say, he let life get in the way!

And so it happens at work as well – we learn new approaches to our job, maybe implement them and soon we are back to the same old, same old! Without a conscious decision to change we are left to our old devices and our old way of doing things.

If you want to shift your thinking and achieve your desires, there are a few things to consider:

1. David Bayer suggests we think in terms of not “believing” in things but “deciding” on the outcomes we want. In making decisions we are more hard wired to follow through and live consciously and do what we need to do to look after ourselves.

2. When we go back to unconscious thinking we need to bring in the conscious thinking by stating what we have as a vision for

ourselves in the present tense – as in, “I am eating healthy foods to nourish my body.”



3. When we fall off the wagon we need to give ourselves some slack. It is all right to mess things up. The important thing is to then get back on the wagon. So if we leave our work until the last minute and we know we tend to procrastinate then we may say to ourselves, “So, I did not do what I wanted to do towards the project yesterday, That means I am going to put in extra time today to get back on track. Then tomorrow I am going to get XXX done on the project before I leave for the day.”

4. One thing I have found most helpful in my life and my career is to ask myself one simple question at all times. “What is the best use of my time right now?” This constantly reminds me to put my mind in the state of what helps me achieve the outcomes I want.

Mind set is not hocus-pocus, it is something real and the best thing about it is we control our own minds. Scary thought that one! You can shift your mind to get what you want whether you want to change your life style or your work style. It is all up to how you decide to do it. Start today!

## Sherry's Corner



The strangest thing happened last week. I was out of town working with a client in Chicago. Before I left town I made out a cheque to Hudson’s Bay for my husband to pay off my Bay credit card balance.

He tried – yet because he did not have my credit card with him, they would not process payment! Upon returning, I went the very next day and spoke with Jolene, one of the department managers. She took me by the hand and walked me through the process showing me where their clerk had been in the wrong – one can pay a credit card bill without the credit card.

Kudo’s to Jolene. She saw this as an opportunity to do more training with staff so other shoppers are not inconvenienced. When someone indicates there’s a problem, do you see it as a chance for training? If you do, we would love to hear from you – it’s how you turn around what could be a very negative situation and keep your customers coming back.

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### QUOTE

“I think anything is possible if you have the mindset and the will and desire to do it and put the time in. “

Roger Clemens

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