



TARGETING WELLNESS NEWSLETTER



GOOD NEWS FOR GOOD HEALTH

Essential Mindsets for Overall Well-being



Planting Seeds For a Growth Mindset

In the book "Mindset", psychologist and researcher, Carol Dweck, dives deep into why the way we think determines the course of our life, starting as young as preschool. Her studies reveal that there are two mindsets: *Fixed* with the belief that a person's intelligence and talents are innate and unchangeable and *Growth*, believing that we can change and grow. What about you? I'll share a few questions you can ask yourself to get a better idea. Read on. 😊

QUARTER ONE GRATITUDE

January - March 2024

CONCEPT

Scientists, spiritual leaders and scholars throughout history have proven how expressing gratitude can profoundly impact one's overall well-being and quality of life. This goes beyond just saying "thank you". Feelings of gratitude have many benefits including:

- increased happiness and positive mood.
- more satisfaction with life.
- less likely to experience burnout, fatigue, inflammation and stress.
- better physical and mental health, sleep and greater resiliency.

Research has shown that there are four main reasons why gratitude has this effect on us:

1. Acts of gratitude help to disconnect us from toxic thoughts and rumination and brings us back to focusing on what is positive right now. There is a "shift" of our attention from past or future to the present moment.
2. Just the act of completing a gratitude exercise fills us with happier and more satisfied emotions about our lives.
3. The practice of gratitude can train our brains to tune into those experiences that generate more gratitude. Where our attention goes, energy flows. When we focus on those things that we are grateful for, we start to see more things TO BE grateful for in our lives.



"WE CAN COMPLAIN BECAUSE ROSE BUSHES HAVE THORNS, OR REJOICE BECAUSE THORNS HAVE ROSES."

By Alphonse Karr



WHAT WE FOCUS ON GROWS

➤➤➤ PERSONAL STORY

During a recent walk, I noticed a discomfort in my right foot. The realization that I would not be able to walk as quickly as I wanted to generated feelings of frustration. As I turned the corner, I noticed an older man confidently coming down his driveway in a wheelchair, a broad smile on his face. I noticed he had no right foot. We greeted each other with a warm "how are you today?" and his cheerful response was "I'm making it". Wow! Just before this encounter I had been looking at my perceived limitation that nearly started a small "pity party". Now all I could feel was overwhelming gratitude! I had a foot in which to feel the discomfort and a very slight discomfort at that.

We never know what someone else is experiencing until we have walked in their shoes. Taking a moment each day to find the things we have to be grateful for regardless of how big or small, can and does change one's perspective for the rest of the day! I can attest to that.


PRACTICE FOR JANUARY

How do you want your life to be different in 2024? With that vision in mind, what is one small thing you can do every day for the next month to start moving in that direction? Changing one small habit at a time will start the momentum towards achieving the life you desire! Check out my short meditation on the JIF website.



➤➤➤ EXPRESS & GROW IN GRATITUDE

The Gratitude Jar - every day, think of at least three things throughout the day that you are grateful for, no matter how big or small. Write them on a slip of paper and put them in your jar or box. The most important thing is knowing and reflecting on WHY you are grateful about each. Think about how it made you feel. What impact does it have on your life and happiness?

Watch the jar fill with a myriad of reasons to be grateful. You'll start to notice more things to be grateful for. Then, on those days when you are stuck on the "stress highway", reach into the jar and pull out what you might need to move back into the gratitude lane. 



Come up with your own gratitude practice and share with me at debby_schiffer@targetingwellness.com



➤➤➤ MORE WAYS TO EXPRESS & GROW IN GRATITUDE

1. Journal something, someone, or some situation that you are grateful for every day. Write down why you are grateful for it and how it positively impacts your life.
2. Try a guided meditation on gratitude. Use your favorite app (Insight Timer, Calm, Head Space, etc) and find what resonates or just sit in stillness and let your inner wisdom guide you.
3. Practice saying "thank you" in a real and meaningful way. Be specific. For example, "Thank you for ..."
4. Write thank you notes and spread them around the office. You will be surprised what a positive impact it can have on you and the person receiving it. Challenge yourself to write one hand-written note every week for the month.

Create visual reminders around the office or home to practice gratitude. Sticky notes, notifications on your phone, a picture or object that is special to you.



Which one *reflects* you more? Fixed or Growth Mindset?

➤➤➤ Would you mostly agree or disagree with each of these statements?

1. Your intelligence is something very basic about you that you can't change very much.
2. You can learn new things, but you can't really change how intelligent you are.
3. No matter how much intelligence you have, you can always change it quite a bit.
4. You can always substantially change how intelligent you are.

Statement 1 and 2 are the fixed-mindset responses. Statement 3 and 4 reflect the growth mindset responses. Which did you agree with more? You can have a mixture of both, however, most people lean towards one or the other.

➤➤➤ Now let's look at personality and character. Which do you agree with more?

1. You are a certain kind of person, and there is not much that can be done to really change that.
2. No matter what kind of person you are, you can always change substantially.
3. You can do things differently, but the important parts of who you are can't really be changed.
4. You can always change basic things about the kind of person you are.

Statement 1 and 3 are the fixed-mindset responses. Statement 2 and 4 reflect the growth mindset responses. Which did you agree with more this time? Did it differ from your responses to the intelligence statements? It can because "intelligence mindset" comes into play in situations that involve mental ability. Whereas "personality mindset" involves personal qualities such as how dependable, cooperative, caring or socially skilled you are, or perceive to be.

"IF YOU BELIEVE IT WILL WORK OUT, YOU'LL SEE OPPORTUNITIES. IF YOU BELIEVE IT WON'T, YOU WILL SEE OBSTACLES."

By Wayne Dyer