



7

MINDSETS THAT WILL

SUPERCHARGE

YOUR SUCCESS

MINDSET IS EVERYTHING.

If you master your mind you can accomplish anything. There is no shortage of information and strategies when it comes to accomplishing any goal. Whether that's building an incredible business, doubling your income, helping 1,000's of people or even getting a 6 pack. There's so much information online, in books, seminars and in courses. So why then, with more information available than ever before is there still a gap between those who enjoy major success, major impact and fulfillment and those who are stuck, find it hard to break through to the next level or who just simply feel like it takes all their energy just to get a little further ahead in life? I 100% believe that mindset is the defining factor.

In this cheat sheet, I'm going to share with you the 7 mindsets that supercharge success. I wholeheartedly believe that if you can master these mindsets then you will be more successful in whatever you do. Not just a little bit more successful but I think you'll see that by developing these 7 mindsets it will take your life to a whole other level.

“ IF YOU
MASTER YOUR
MIND YOU CAN
ACCOMPLISH
ANYTHING! ”



MEET BEN ELLIOTT

BEN IS A PERFORMANCE COACH SPECIALIZING IN
MINDSET
AND HIGH PERFORMANCE.

He has been coaching, training and helping people for over 12+ years, across 7 countries. Ben's methods are fresh, life giving, straight to the point, encouraging and totally bulletproof. Ben is a qualified Life Coach and Master Practitioner of NLP. Yet the real methods and philosophies that bring the best results have been developed in the thousands of hours working with clients. Ben currently lives in Adelaide, Australia with his wife Anna and gets way too excited about basketball, earl grey tea and cycling.



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THIS IS IMPORTANT

All of these mindsets are learnable! It does not matter how old you are, the way your parents treated you, if you are rich or poor, how smart you were at school or any other excuse you can think of. The brain is a learning machine, you can “rewire, reprogram or train” the brain. It’s like a muscle. If you train a muscle and it gets stronger, faster and develops muscle memory. It’s the same with the brain. All the scientific studies in the field of neuroscience back this up.

How did I decide on these 7 mindsets in particular? After 10+ years of coaching business owners, leaders and athletes I have noticed very similar patterns and mindsets that influence all of their success. In particular, I paid special attention to those who also had fulfilling personal and family lives while maintaining that success.

I studied these types of highly successful people, studied ancient wisdom from the heroes of the past, looked at all the scientific facts and studies and combined it all with my bulletproof coaching methods.

Take this cheat sheet seriously and you’ll begin to notice tangible results as you amplify these mindsets in your life.

If you want help implementing these mindsets and really want to take it to the next level you’ll want to check out my online course called “High Performance Unlocked.” This will give you the how-to system and give you the simple clear strategies that will level up your inner game.

**“ ALL THE
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...SO LET'S GET STARTED!

#1 RESILIENCE

“The more resilient you are, the more likely you are to succeed”

BENEFITS OF RESILIENCE

- STAYING CALM WHEN THINGS HIT THE FAN OR SETBACK OR CHALLENGES HIT
- BEING THE MOST COOL, CALM AND COLLECTED ONE IN THE ROOM
- FOCUSED ON SOLUTIONS, NOT PROBLEMS
- DON'T GET PLUGGED INTO OR DISTRACTED BY DRAMA, STRESS & WORRY

COST OF LACK OF RESILIENCE

- INCREASED LIKELIHOOD TO QUIT WHEN THINGS GET TOUGH
- PROBLEMS FEEL LIKE MOUNTAINS
- CAN'T GET MAJOR SUCCESS OR MAINTAIN MAJOR SUCCESS

BENEFITS OF BEING RESILIENT

- OVERCOME SETBACKS QUICKLY
- PROBLEMS FEEL LIKE MOLEHILLS
- ABLE TO TAKE ON ANY MASSIVE GOAL OR CHALLENGE AND FIND A WAY TO MAKE IT A REALITY.

The more resilient you are, the more likely you are to succeed. That's what Barcelona soccer club have found in all their scouting, developing and training youth and turning them into world-class soccer players. In the past, their focus used to be on skill set and physical gifting but after decades of research and experience, they found it was the resilient children who actually turned into the greatest players. I've found that to be even more true in the business world and in life.

Resilience is that grit, that determination, that ability to keep a level head and even after many failures, resilience will get back up and try again. Resilience will keep you adapting and pressing on no matter what hardship you face. This is what I love about being resilient... you can go through hard things that would make others freak out, lose sleep and have panic attacks but the resilient person can remain calm, in control and logically process how to move forward. The more this is developed the less likely stressors, dramas and unexpected setbacks will affect you. No one is born psychologically resilient. It is built by the subtle choices we make during the tough times in life and business.

HOW DOES RESILIENCE MAKE YOU MORE SUCCESSFUL?

Accomplishing any goal is a step by step process. When a set back happens (and you'll have many if you're trying to achieve anything great), the resilient mindset will look for solutions, remain in control of their emotions and simply handle the problems without losing any sleep. Compare that with a non-resilient person. They are far more likely to panic (which causes the brain's ability to think of solutions to greatly diminish), become negative, avoid the problem instead of facing it and if they make a mistake or feel like they have failed they will either give up or stay "down" far longer thus wasting valuable time.

#2

UNSHAKABLE CONFIDENCE

“ Confidence and the belief that you can accomplish your goals is absolutely non-negotiable ”

UNSHAKABLE CONFIDENCE LOOKS LIKE...

- ABLE TO FACE CHALLENGES HEAD-ON, TAKE BOLD AND COURAGEOUS STEPS FORWARD
- NOT LETTING THE NERVES DOMINATE YOU
- YOUR SENSE OF CERTAINTY COMES FROM WITHIN INSTEAD OF FROM EXTERNAL THINGS (MONEY, OTHER PEOPLE, THE ECONOMY)
- UNSHAKABLE SELF WORTH AND HEALTHY SELF ESTEEM.



COST OF LACKING UNSHAKABLE CONFIDENCE

- PANIC, WORRY AND FEAR WHEN "ALL YOUR DUCKS AREN'T IN A ROW"
- SHRINK BACK FROM OR AVOID NEW CHALLENGES
- CAN'T PERFORM WELL IN CHAOS OR UNDER PRESSURE



BENEFITS OF UNSHAKABLE CONFIDENCE

- SELF-BELIEF FOR SUCCESS
- EMOTIONAL STABILITY
- CONFIDENCE TO TAKE THE BIG/BOLD STEPS FORWARD (THE ONES THAT GENERATE THE BIGGEST INCREASE TO SUCCESS AND BREAKTHROUGH)

Confidence and the belief that you can accomplish your goals is absolutely non-negotiable. Your confidence, or lack of it, will cap how high you can reach and how far you can go. If you have a huge vision you better be developing unshakable confidence to go with it!

The more confident you are, the better you will perform, grow and feel comfortable taking (educated) risks. You can only go as far your confidence will allow.

When you have unshakable confidence you'll find that it will amplify your talents and skill, reduce procrastination and make you fearless as you pursue the world-changing ventures that others shy away from.

“ If you have a huge vision, you better be developing the unshakable confidence to go with it! ”

#3

DRIVEN

DRIVEN PEOPLE DON'T
PROCRASTINATE

Giving into apathy and comfort zones will keep you small and hold you back in every area of life. Those who have trained themselves to be driven don't let those sluggish, heavy or flat feelings hold them back. They have strategies mentally and physically to shake those feelings off and get back to feeling focused, clear and excited about the next steps.

We are all going to have days now and then where we wake up feeling flat, tired, a negative heaviness or sluggish. The difference between a high performance mindset and a weaker mindset is how long will you allow those feelings to hang around.

"Drive" is the attitude inside that will reject allowing those feelings and accompanying excuses to hang around. Whether it takes 10 seconds or 30 minutes, people with drive will mentally and emotionally resist those negative thoughts and feelings until they break through and return to their normal feeling selves.

That can be a foreign idea for many people because many people just wake up and if they feel good then they have a good day. If they wake up and feel bad then they have a bad day. But let me ask you this question. "Can you really afford to let your feelings dictate the quality of your life and steer you?" Or do you need to learn how to take charge of yourself, lock on the mission and shake off every hindrance?

THE COST OF LACK OF DRIVE



- PRONE TO PROCRASTINATION & LAZINESS & AVOIDING ANY REAL WORK.
- LOOKING FOR SHORT-CUTS, WHICH CAN RESULT IN BAD RESULTS OR LACK OF RESULTS.
- GET STUCK IN COMFORT ZONES AND NEVER HIT YOUR TRUE BIG GOAL.

BENEFITS OF BEING DRIVEN



- INCREDIBLE FOCUS.
- MAKE THINGS HAPPEN INSTEAD OF WAITING FOR THINGS TO HAPPEN
- BE A SELF-STARTER AND PROACTIVE. THIS MAKES YOU A BETTER LEADER AND GIVES YOU THE ABILITY TO DRIVE PROJECTS FORWARD

**“Your drive
MUST be
bigger than
your laziness
and your
excuses.”**

#4 IMPLEMENT AT AN A+ LEVEL



COST OF LACKING IN A+ IMPLEMENTATION

- HALF-FINISHED PROJECTS THAT LEAD TO NO ACHIEVEMENT.
- SPENDING MONEY ON COURSES, BOOKS, PROGRAMS, SEMINARS & MENTORS BUT NEVER REALLY USE WHAT YOU LEARN OR KNOW.
- HAVE ALL THE INFORMATION BUT DON'T LIVE IT.
- CAN'T BE RELIED UPON.



BENEFITS OF A+ IMPLEMENTATION

- TAKES WISDOM/INFORMATION AND IDEAS AND TURN IT INTO PROFIT OR A TANGIBLE RESULT.
- GETS QUICKER RESULTS THAN THE ORDINARY PERSON.
- GROWS FASTER PERSONALLY AND PROFESSIONALLY AND BECOMES MORE SUCCESSFUL AS A RESULT.

Have you ever been in a situation where a new business or a new invention has been released and you hear a friend say “I had that idea 10 years ago?” This happens all the time. Unfortunately, you don't get any credit or rewards for having great ideas or reading a lot of books. The rewards come to those who can take an idea or wisdom and make something happen with it.

I used to be one of those people who had a new business idea or strategy every single week. One week there was a book I was going to write, the next week it was an idea that would help me scale my business and take it to the masses, then yet another week would go by and I had the perfect plan to fix the health and fitness industry. One day, when I excitedly told my wife one of these genius ideas and showed her the drawings I had made on a piece of paper something life-changing happened to me. She chuckled at me. I was offended.

I said “Babe, why are you laughing at my goals!?” she replied, “Sorry, but you're a fad person.”

“Whats a fad person?” I inquired.

“You're one of those people that have a hundred ideas and every week it's like you're jumping onto a new fad. How many of these ideas and projects have you ever actually completed?”

She was right. Every idea would have produced results but my distracted mind and lack of implementation gave me nothing but some momentary excitement and made me feel like I was doing something because I was getting “praise” for having such great ideas. How was this life-changing for me? Because, I eliminated that pattern in my life and now have a long line of consistent finished projects and results to go along with it.

It's not what you know, what your goals are or how much you learn that counts. The only thing that will really matter is what you do with it all.

Working with clients for 12+ years. The ones with the best results? Those who implement at an A+ level. They finish what they start. They make it a part of their business or lifestyle. They don't just listen and take in the information but they then retain it and persevere putting it into practice. They do not stop halfway or have half-finished ideas everywhere. Once they know "I need to do this, achieve this or implement this" they lock in and see it through.

A+ level implementation is the defining factor that sets the successful apart from the unsuccessful.

Some people implement for a few weeks then it falls away. Others implement at a "D+" level but don't get the same results because they either did it half-heartedly or ignored the proper instructions. Information and wisdom to accomplish anything is already out there BUT only the A+ implementors get the results.

A+ IMPLEMENTATION BEGINS WITH...



MAKE A PLAN HOW YOU WILL IMPLEMENT ADVICE OR USEFUL INFORMATION IMMEDIATELY AFTER RECEIVING IT.



SET DAILY, WEEKLY & MONTHLY REMINDERS TO ENSURE A+ IMPLEMENTATION IS EXECUTED.



WORK ON YOUR A+ IMPLEMENTATION MINDSET WITH A COACH OR MENTOR

#5 REVERSE ENGINEER GOALS & OUTCOMES

IF YOU DON'T REVERSE ENGINEER

- GET CAUGHT UP IN DETAILS
- WASTES TIME ON MINOR THINGS
- LOTS OF DISTRACTIONS (AKA. SHINY OBJECT SYNDROME).

BENEFITS OF REVERSE ENGINEERING

- ABLE TO CREATE CLEAR, USEFUL PLANS THAT CREATE RESULTS
- CREATES CEO MENTALITY AND MINDSET.
- ABILITY TO PIN-POINT WHAT ACTIONS PRODUCE HIGHEST RETURN.
- CAN DELEGATE AND LEAD WITH PURPOSE AND FOCUS

Successful people know what they want, what the vision looks like and then they begin to reverse engineer how to make it happen. S.M.A.R.T goals used to be the ideal model for goal setting but I've found that to be incredibly fluffy and a little bit useless.

Allow me to show you the simple way my most successful clients set goals, create business strategies and even train their staff. Its as simple as 1,2,3...

- 1 Start with the outcome, the clear vision of what you want.
- 2 Make it really clear to the point of being able to visualise it.
- 3 Then begin to work backwards from then to now asking "what has to happen between now and then to make that goal a reality."

What are you left with by the time you complete step 1, 2, 3?

A clear vision and/or target and a list of action steps to get there.

The action steps are already in order of priority from then to now.

You can clearly see at the beginning where the knowledge or expertise gaps are and can immediately look for a solution to them.

The vision and the steps to get there are far easier to communicate to the team. They will feel like they are part of something because they can clearly see how their work affects something bigger than themselves.

Plus, because you have used the power of visualisation(step 2), your brain is subconsciously working on making the picture in your mind a reality.

#6 ABILITY TO SWITCH OFF

IF YOU DON'T DEVELOP THE ABILITY TO SWITCH OFF

- BURNOUT AND FATIGUE SETS IN
- WORK EVENTUALLY BECOMES A BURDEN AND YOU LOSE YOUR PASSION.
- FAMILY AND FRIENDS COMPLAIN THAT YOU ARE NOT PRESENT (Causing relationships deteriorate or become less fulfilling).

IF YOU DEVELOP THE ABILITY TO SWITCH OFF

- BETTER RECOVERY AND THUS MORE ENERGY.
- ABLE TO ENJOY OTHER AREAS IN LIFE.
- CAN "LET GO" OF NEGATIVE EVENTS AND NEGATIVE EMOTIONS AND STRESSFUL THOUGHTS FASTER.

Do you find it hard to switch off from work once you arrive home? Do you toss and turn at night with thoughts about work, worst-case scenarios or just feel like your totally wired while everyone else is restfully sleeping?

All that noise in your head is actually slowing down your productivity, burning out your adrenal glands and making it really difficult to be present and enjoy your friends and family.

Life and business are demanding and there's a lot of pressure that goes along with it. Sometimes the pressures and demands are so important that people think that they need to be constantly processing or juggling everything in their minds. They may even think it's not wise to fully switch off. I've seen clients losing sleep because they need to constantly get up in the middle of the night and check out the stats of their latest social media campaign, constantly refreshing their emails, messaging the team on slack when they should be recharging, enjoying other aspects of life and recharging effectively so they can give more the next day.

“Nothing steals energy and joy faster than being unable to switch your brain off from work or from the stresses of life.”

When most people come to see me it's so normal for them to have a noisy head space. Then, they become shocked when they actually stop and become aware of what their self talk and thinking patterns are doing. They are shocked by the negativity, unnecessary pressure they put on themselves, the complaining and the "stick" like behavior (you can watch my Instagram TV episode about carrot vs stick motivation by clicking the camera icon: 

DID YOU KNOW?

You have an around 70,000 thoughts per day. When your brain is filled with "noise" there's not a lot of room left for creative solutions, big ideas and thoughts that will move things forward faster.

#7 HAVE LEARNT TO ENJOY THE JOURNEY

“ WITHOUT ENJOYMENT IN THE JOURNEY,
YOU MIGHT NOT ARRIVE AT YOUR DESTINATION. ”

IF YOU DON'T LEARN TO ENJOY THE JOURNEY

- WORK AND LIFE GO FROM BEING A PASSION TO A GRIND.
- YOU LOSE YOUR POSITIVITY.
- PEOPLE DON'T ENJOY BEING AROUND YOU OR ENJOY YOUR LEADERSHIP.

BENEFITS OF ENJOYING THE JOURNEY

- ABLE TO SUSTAIN HIGH PERFORMANCE IN THE LONG TERM. HAPPIER AND MORE FULFILLED.
- ABLE TO BE MORE PATIENT SO YOU MAKE BETTER DECISIONS AND ARE.
- ABLE TO ANTICIPATE THINGS BEFORE THEY HAPPEN.

Imagine this. It's Sunday night and you're thinking about the week ahead. How do you feel? Are you looking forward to it? Or are you starting to feel tense or even dreading it?

Your major goals and especially your life's vision are going to take a lot of time and effort to achieve. It will be a long process to get there and then maintain those results. If you're reading this and that thought stresses you out, stirs up worry or negativity then you need to work on "enjoying the journey."

It's going to involve a lot of hours, consistency and effort. So if you aren't finding fulfillment or enjoyment in those hours, weeks, months or years the entire process is going to become harder and harder. When things aren't fun they feel like they drag on forever. Yet, time flies when you're having fun. This is so true in relation to your big financial, business and lifestyle goals.

I've had countless business people come to me for one on one coaching because although they have the money, the houses, the great family and the status they are grumpy, miserable people and no one wants to be around them. That is all simply a byproduct of never learning how to enjoy the journey.

Make no mistake, enjoying the journey IS a high performance hack! Famous Australian basketball player Mark Davis said in an interview "It's amazing how well you play when you are happy." Now I tell you "It's going to be amazing how well you play the game of life and business when you're happy.

RATE YOUR MINDSET:

RESILIENCE:

Easily Overwhelmed

Calm under pressure

UNSHAKABLE

Shrinking back

Taking bold steps

**CONFIDENCE:
DRIVEN:**

Procrastinate & lazy

Focused & productive

**IMPLEMENT
AT A+ LEVEL:**

Lack of execution

Getting desired results

**REVERSE
ENGINEER
GOALS:**

Distracted/
waste time:

Clear vision
& plan

**ABILITY TO
SWITCH OFF:**

Burnt out
Busy Mind

Happy &
enjoying life

**ENJOY THE
JOURNEY:**

Feels like
a grind

Loving the
process

**GET TO WORK, SUPERCHARGING
YOUR MINDSET ASAP!**

**SUPERCHARGED
MINDSET ACHIEVED**

**CLICK PICTURE BELOW AND TAKE THE
NEXT STEP TO SUPERCHARGE YOUR
MINDSET AND CREATE MORE SUCCESS**

High Performance Unlocked

The mindset program that will "unlock" your

POSITIVITY, MOTIVATION & PERFORMANCE

so you can overcome every setback and accomplish your goals.



HIGH PERFORMANCE
UNLOCKED PROGRAM

'PROVEN STEPS'

'PROVEN METHODS'

=

"UNLOCKED
STATE OF MIND"

to give you that unlocked state of mind,