

Uncommon Mindset Techniques that Instill Resilience and Presence

by Matt Zinman

There's no time to waste.

These techniques will enrich your life for good.

To make them easier to do, let's consider the challenges, problems, solutions and benefits in sets of three.

The **challenges** involve "3 Filters that Shape Reality." The **problems** refer to "3 Forces of Distraction." The **solutions** comprise "3 Mindset Reset Skills." And the **benefits**, "3 Facets of an Enriched Life," will inspire action.

The **3 Filters that Shape Reality** are your perception, your Mood Health and your Superego.

With **perception**, in any given moment, we believe everything we experience to be the truth when, in fact, it is only our interpretation. Keep things in perspective. Recognize that optimism and pessimism apply to the exact same circumstances.

The term **Mood Health** is based my lifelong battle with depression, bouts of burnout and other lived experiences. Everyone has to manage mood instabilities. We experience the world as a biochemical reality shaped by a fluctuating mix of dopamine, endorphins, serotonin, oxytocin and other influences.

The third filter shaping reality, our **Superego**, is better known as our inner critic. This challenge is self-explanatory.

Next, the problems that diminish our quality-of-life include **3 Forces of Distraction**: namely, our past baggage, our future uncertainties and our current Automatic Negative Thoughts.

Our **past baggage** comes in all shapes and sizes. These may be resentments, regrets, guilt, failures, traumas, blame and/or shame. We rehash.

Future uncertainties are what cause negative overthinking. Often, without ever realizing it, we spend much of our free time having phantom conversations with ourselves about imaginary situations conjured by worries, anxieties, fears, assumptions and/or jealousies. We pre-hash.

Automatic Negative Thoughts (ANTs) are the hardest to counteract because we're hard-wired. They're mostly involuntary and operate in the subsurface of our minds, like background music. We ruminate.

Now that we've identified these daily challenges and problems, let's focus on what matters most: the solutions to overcome them.

These **3 Mindset Reset Skills**: self-kindness, Earned Confidence and amplified awareness are foundational techniques in my book and courses.

First, adjust your perspective to view **self-kindness** as an essential skill. It begins with your buy-in to a rhetorical question, "Is there any reason why I should be anything less than kind to myself?" There's no in-between. You're either kind to yourself or you're not.

This is your release lever to drop any past baggage. It's also the repellent to combat your ANTs. And, it's the line to draw that your inner critic cannot cross.



Earned Confidence is just as definitive. Though rooted in your proudest achievements, it relies more on the fact that you've overcome every adversity. You're still standing. You've proven to yourself that you're fully capable of coping with whatever happens.

Apply this pure logic as a powerful skill to outsmart future uncertainties. What's the point of worrying, being anxious, making assumptions or fearing anything that's uncertain to happen?

Instead, expect the best and know you can cope with the worst. Stay present and just deal with the real. Develop a positivity reflex by choosing to make the best of every situation.

The main purpose of your third Mindset Reset Skill, **amplified awareness**, is to tame your inner critic. Realize that your thoughts are not always facts and that your inner critic is not you. Catch yourself in the act and enlist your inner coach to do the talking.

As straightforward as these mindset skills are, I hope their benefits further motivate you to build them. These **3 Facets of an Enriched Life** involve your self-care, energy consciousness and having an experiential mindset.

The purpose of acknowledging **self-care** has less to do with being in shape, eating right, sleeping well, staying sharp or stressing less.

Honing these Mindset Reset Skills enhances other abilities that awaken your inner athlete. They improve emotional intelligence in ways that cultivate greater resilience, empathy, adaptability and relationship-savvy, especially for conflict resolution (and avoidance).

Staying present and aware also enables you to be more **energy conscious**. This may be to realign your personal energy for greater productivity. It also relates to interpersonal energy by observing how others affect you as well as mindful about how you impact them in your interactions.

Being more aware of universal energy involves a stronger connection with the Law of Attraction. Flowlike experiences are unique to everyone. Results may vary.

That leads us to the third facet: enabling your **experiential mindset**. This activates mindfulness to observe life as it happens, which brings gratitude, passion and purpose into focus.

It takes intentional energy to get out of your head and into the moment. If you need greater inspiration, consider the many joys of life that can only happen in the present. To name a few: adventure, romance, creativity, fun, inspiration, humor, imagination, playfulness, surprise, love, pleasure and memory-making.

These are high value motives to develop your Mindset Reset Skills. Put another way, they're what you miss out on whenever you're not present.

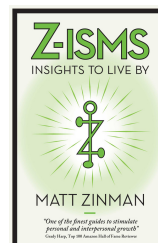
In fact, I believe that living in the **UNpresent** is the utmost source of unhappiness and, most of that time, we don't even realize we're elsewhere.

Few good things happen by themselves. By upskilling your self-kindness to release past negativity and relying on your Earned Confidence to ward off uncertainties, you will be more present. Then, you can amplify your awareness to curtail ruminations, befriend your inner critic and enrich your experiences with more of life's joys.

Live presently. There's no time to waste.



Matt Zinman is a speaker, author, course creator and podcast host devoted to personally enriching the 'Happierness' of at least 10 million people by 2030. His highly acclaimed book, "Z-isms: Insights to Live By," embodies his experiences as an entrepreneur, athlete, single parent, caregiver, nonprofit founder, burnout beater and depression defater. He has since adapted the book into skill-building programs that enable learners to apply the concepts and techniques from Z-isms to enrich their lives for good.



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"Some things have to be experienced to be learned. Books can't build skills. Adapting Z-isms into these courses puts the techniques and insights into action with highly engaging practical activities for true transformation and profound, lasting life enrichment."
- Matt Zinman



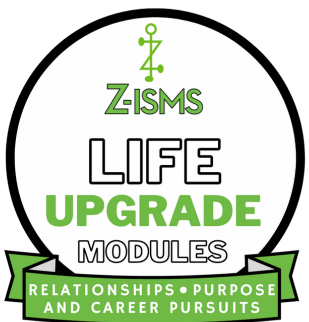
Clarity
Presence
Resilience

- Learn innovative ways to level up their mindset
- Strengthen their abilities to counteract negative self-talk
- Increase their sense of clarity, intuition and self-understanding
- Outsmart uncertainties like worry, anxiety, assumptions and fears
- Gain a boost of confidence and self-belief with the tools to sustain it
- Enhance their presence to experience and enjoy life in the moment
- Get clear about self-improvement goals with a roadmap to achieve them



Wellness
Mindfulness
Managing Energy

- Includes the Mindset Reset [as Module I] with outcomes listed above
- Fortify coping abilities, resilience, problem-solving and prevention skills
- Better manage their personal, interpersonal and universal energy
- Nurture their "Mood Health" with practical ways to stay balanced
- Improve self-care skills to remedy and prevent burnout and depression
- Reduce, mitigate and prevent stress and environmental toxicities
- Explore mindfulness techniques and set preferences to keep practicing
- Personalization Plans to continue learnings and achieve individual goals



(Individual Modules)

Relationships and Interactions

- Better size-up others and intentionally engage interactions
- Improve emotional intelligence, empathy, intuition and adaptability
- Enrich collaboration, communication, connection and teamwork
- Deftly manage, resolve and avoid conflict, especially with manipulators

Career & Livelihood Alignment

- Perform at their best in interviews to secure the job they want
- Cultivate mentors, champions and allies for professional networking
- Access a comprehensive set of career skills tip sheets to guide success

Purpose & Legacy Achievement

- Find their calling and align pursuits with that defined purpose
- Set and accelerate personal and career goals to achieve true fulfillment

OTHER RESOURCES

UNCOMMON MINDSET TECHNIQUES TO INSTILL PRESENCE AND RESILIENCE
Passion | Purpose | Perception | Positivity

WEBINAR
Interactive Live Training
Matt Zinman
Author of Z-isms
Host of "Insights to Live By"

Article

Uncommon Mindset Techniques that Instill Resilience and Presence

Podcast

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