

**Build a Powerful Transition  
Mindset  
For a Successful Career Shift**

# My Intentions

1. The Neuroscience of Change
2. The Success Results Formula
3. Keys to develop a Powerful Transition Mindset
4. Strategies for navigating obstacles to stay on track
5. Daily Routine for a Powerful Transition Mindset

**My Promise**

# Neuroscience of Change

- Default wiring sets up expectations and views of world.
- Error Detection System picks up when expectations are not met.
- The brain's response to change can be handled in two parts of the brain – lower or higher
- Part of brain creates habits which require less energy.
- Adults are more resistant to change and creating new habits due to ego, vulnerability issues and long-standing habits.

# Definition of Mindset

Your mindset is a set of attitudes, beliefs, and perceptions you hold about yourself and your life.

It has the power to impact your success, and it plays a critical role in how to cope with and overcome challenges.

# YOUR RESULTS FORMULA

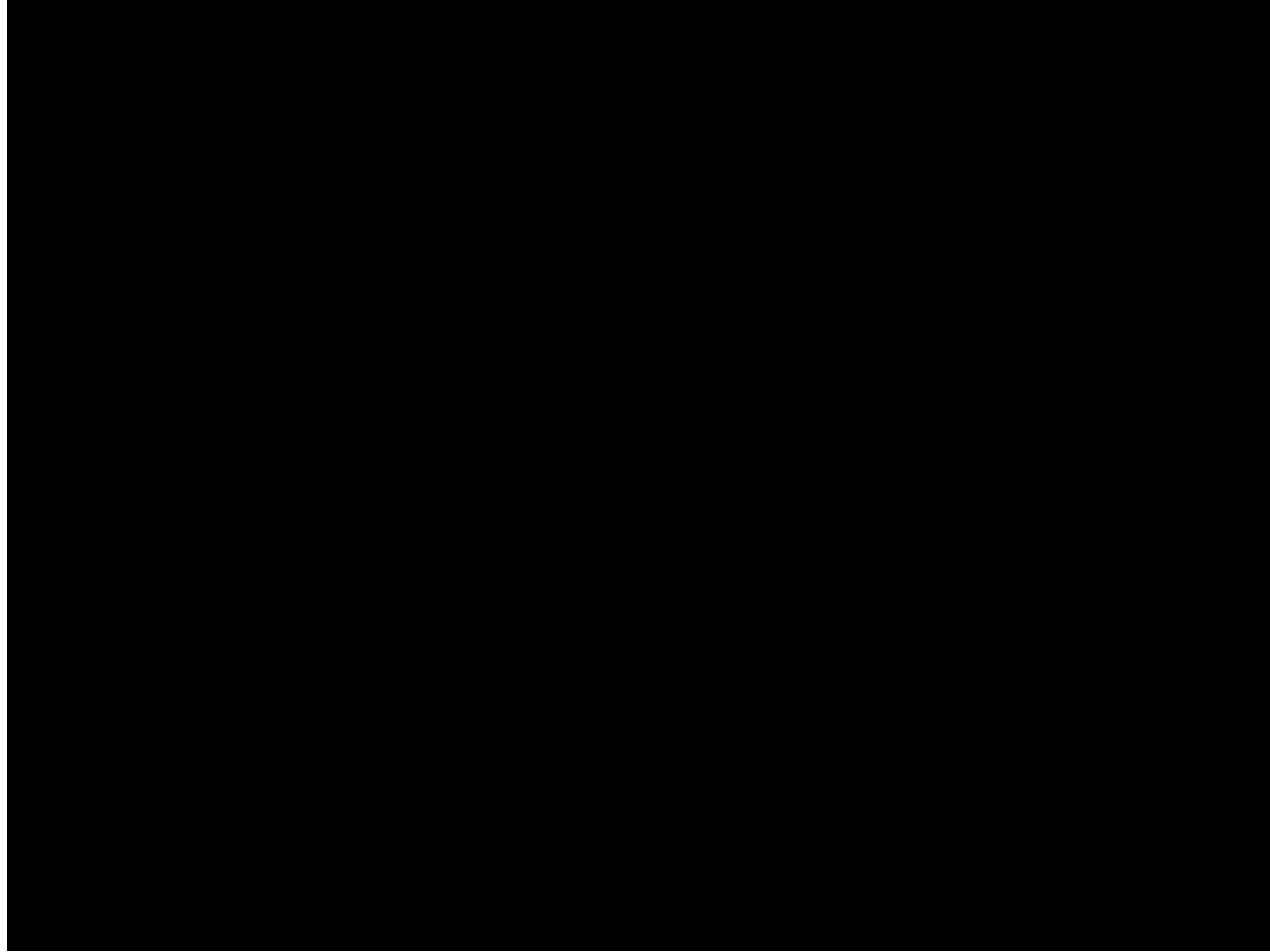
Thoughts → Feelings → Actions → Results

because because because

because because because



# Tuning Your Attention





# GPS System



The quality of your life is  
determined by the quality of  
your thinking.

If you really want to make a change in your life, and get different results, you need to ignite change at the level where results are created in the first place ~ you need to change your **THINKING!**

Neural plasticity has evolved as the study of the plastic and malleable nature of the brain. Rewiring your brain is a dynamic process that happens within the relationship of your mind, brain, and body.

Donald Hebb's landmark discovery in 1949, "neurons that fire together wire together," best explains the process of forming, strengthening, and solidifying neural pathways.

**Where we put our attention energy flows.**

# Transition Mindset

Shift from Mind-Set to Mindset by Design.

Move to Transition Mindset with higher level attitudes, beliefs, and perception by designing and repatterning.

Shifting to a higher Mindset helps your build confidence.

# Growth Mindset

A belief that skills and abilities can develop – trying challenging things, learning from failure, and adjusting strategies to accomplish goals.

You are more likely to stick with things longer, perform better, and enjoy what you're doing more than when you believe that your skills and abilities are fixed.

Growth mindset helps you focus on what is in your control and reduces the fear of being stuck in current state. It helps to be Proactive instead of Reactive.



**CHALLENGES  
AHEAD**



# Resilient Mindset

- Neutralize
- Respond vs React
- Building muscle and grit – don't build with tiny weights

# Resilient Mindset - 5 P's:

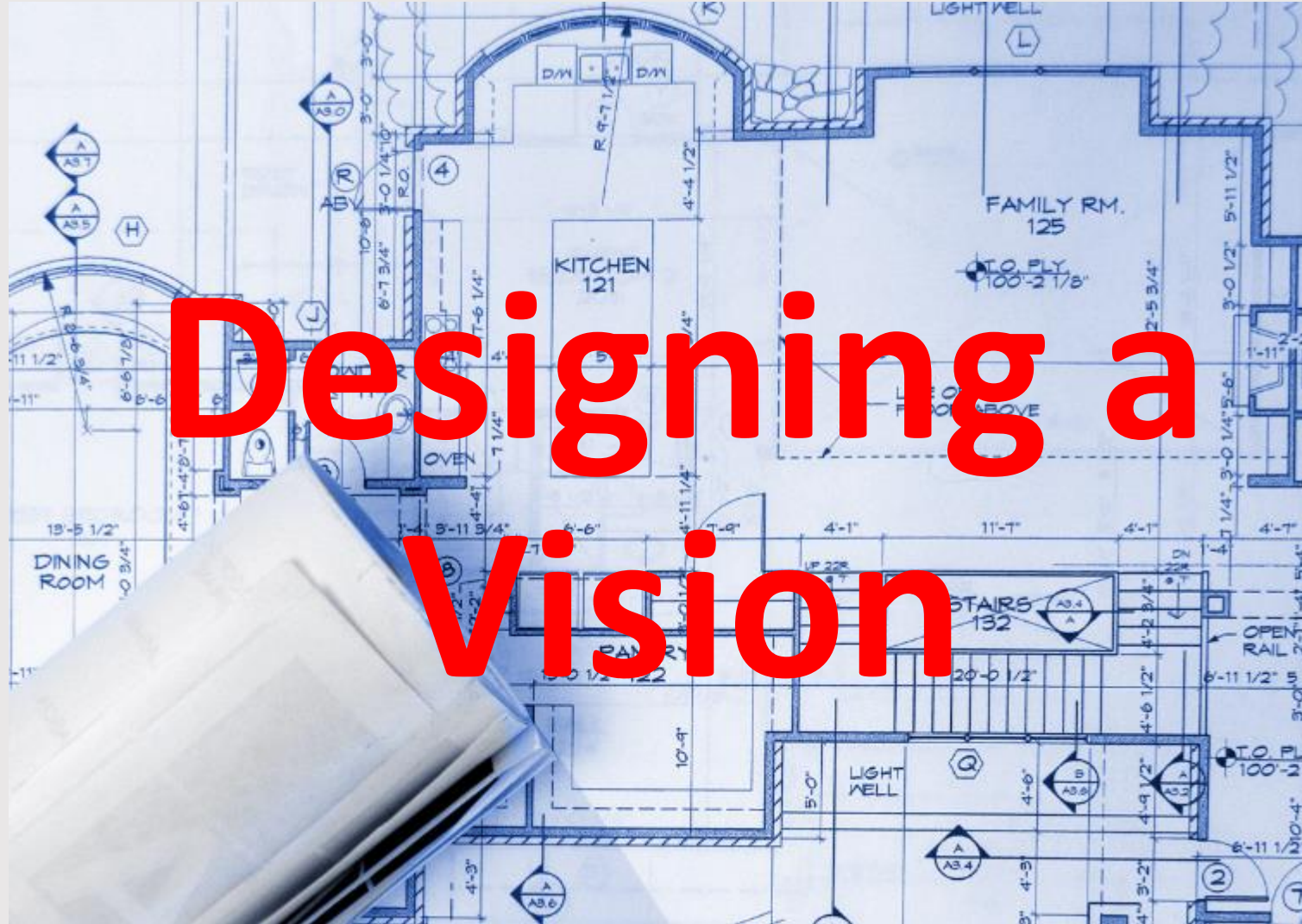
- Pause
- Perspective
- Possibility
- Pivot
- Proceed

# **Purpose Mindset**

When people find passion and purpose in their lives, they persist longer and enjoy what they are doing more and feel better about their lives.

# **Social Mindset**

Recognition that others are navigating uncertainty and discomfort in the transition and that you don't have to do it alone.



# Designing a vision



**CLARITY IS POWER**



# Time Machine



2:00





# Key Elements of a Vision:

- Think 3 years out so that your brain relaxes
- Generate gratitude: “I am so happy and grateful now that...”
- Write in the present tense
- Be specific and detailed
- Create images: paint pictures with words
- Add Feeling Tone: choose words that create the “YES!” factor

“The person who reaches a Definite Decision to procure a particular job must also EXPECT, PLAN, and DEMAND these things.”

“98 out of every 100 people working jobs are in positions because they lacked DEFINITENESS of Decision to Plan a Definite Position and the knowledge of how to choose an employer.”

~ Napoleon Hill

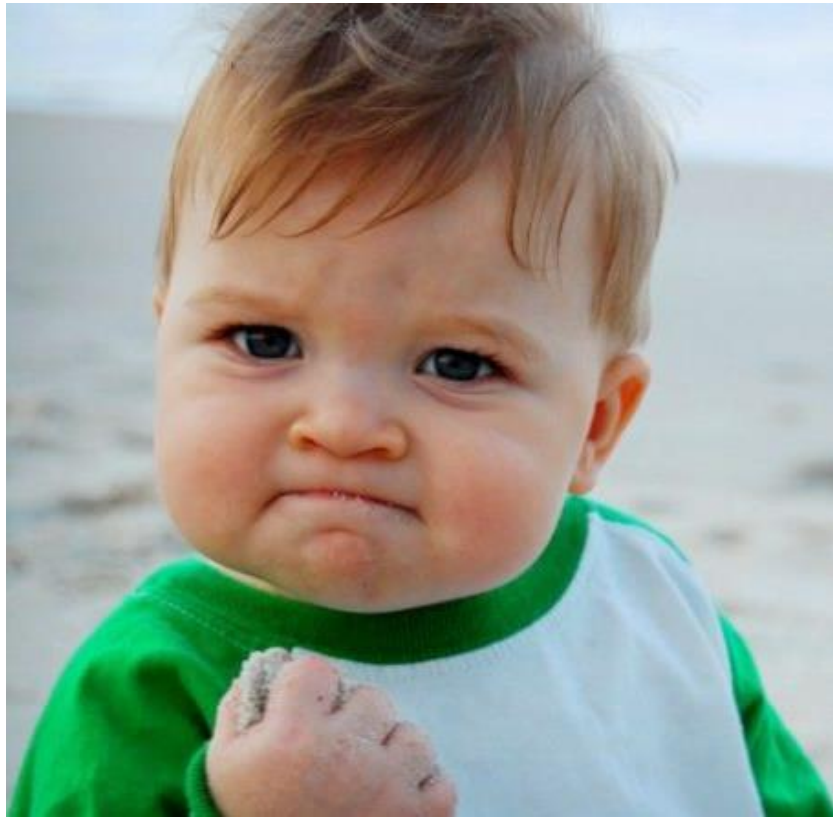
YOU MUST  
**DECIDE**

# Why Decision-Making is Crucial to Move Forward

1. No new path can be forged without a decision.
2. Excuses arise without a true decision.
3. Once the decision is made, resources, circumstances, and people will come to you.
4. Gets you into Action.
5. We can create our environments by decisions.

Once you make a decision, the  
Universe conspires to make it happen.

~ Ralph Waldo Emerson





# System for Overcoming Obstacles

1. Pause
2. Breathe
3. Acknowledge the fear or obstacle
4. Set it aside
5. State, “Up Until Now”
6. Focus on your Vision
7. Take an action step



# The Doorknob Exercise



“Stand guard at the portal of your mind.”

~ Ralph Waldo Emerson

“You only drown if you let the water in.”

~ Eleanor Roosevelt

# Daily Routine for Success

## **Morning:**

1. List 10 things you are grateful for
2. Read, write, and/or speak your Vision
3. Create a TO BE list – identify no more than 3
4. What step can I take, from where I am, with what I have?

## **Midday:**

1. Pause, take a Deep Breath
2. Notice your thoughts
3. Identify what grateful for
4. What would I love to get done by the end of the day?

## **Evening:**

1. Before bed, think through your day and identify all that you are grateful for
2. Identify your wins for the day
3. Focus on your Vision

# Daily Mindset Affirmations

- Every day in every way I am getting better and better.
- Everything is coming together in just the right way with ease and flow.
- I have just the right amount of time to accomplish all that I desire today.
- This is what it looks like while it is all coming together.

# Positive Affirmations

- I am as young as I want to be and am a great candidate.
- I can get the job I want; age is not important.
- I am experienced and qualified for the position.
- My perfect job is out there waiting for me.

# What We Covered

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**You are the Director of Your Transition**

**You are the Master of Your Mind**

**Thought creates limitations and thought creates wins.**

**Make up your mind you're going to think "wins" all day.**

**"Change your thoughts, you change your world."**

**~ Norman Vincent Peale**

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**Full Spectrum Living**

***Fuel Your Passion. Maximize Your Potential.***