



Mastering Mindset

Driving Change in the
Workplace and Beyond

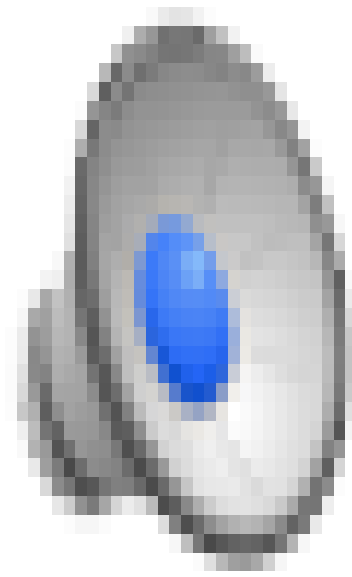
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GINA *B*

Registered dietitian,
master of human nutrition.

Objectives

- The Self-Destructive Burnout Cycle.
- How Mastering Mindset is KEY to creating fulfillment and drastically reducing turnover.
- 3 - Step plan to Mastering Mindset you can implement immediately.



What are we working for?



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What are we working for?



A survey was made that covered a lot of men, working men and these men were asked,
“Why do you work? Why do you get up in the morning?”

19 out of 20 had no idea.

– Earl Nightingale

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If you're not moving forward,
you're moving back.

Is a little stress really
a big deal?



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Is a little stress really a big deal?

Headaches

Hair loss &
Wrinkles

High blood
pressure

Acid Reflux
Bloating
IBS



Depression

Weight gain

Fatigue

Loss of muscle

Insomnia

Body Aches

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Self-Destructive Cycle

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Gallup Study:

89% of employers believe their workers leave for more money.

Only 12% actually leave for more money.

What happens if they
aren't finding fulfillment?

They are unproductive.

They are unhappy.

They leave.

Goals flood our lives with
energy, passion, and
purpose.

But, if goals = fulfillment...

Why do we not have them or
even sabotage them?

False perception that
introspective work is ...
too much work.

We become mindless –
instead of mindful.

If we can...

1. Facilitate personal & professional goal setting
2. Connect their deeper purpose
3. Empower the mind

They will experience growth & fulfillment

What is your cost?

19 minutes per month to
create a profound change &
ROI.

3 – Steps to Mastering Mindset

1. Define Goals & Make a Plan
2. Establish WHY
3. Empower the Mind

Step 1: Goal setting

What Does Professional Fulfillment Look Like?



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A photograph of two men in a professional setting. The man on the left is younger with dark hair, wearing a light blue shirt. The man on the right is older with white hair, wearing a light blue shirt and a watch. They are shaking hands, and the older man has his hand on the younger man's shoulder. The background is a bright, modern office with large windows and structural elements.

New accomplishments
New job title
Raise
Recognition

Step 1: Goal setting

What Does Personal Fulfillment Look Like?





Personal Health
Financial Stability
Relationships & Family
Travel
Hobbies

Step 1: Goal Setting & Planning

Personal Goals:

Professional Goals:

Step 1: Goal Setting & Planning

What is the ONE thing to do this week? _____

What barriers can you predict? _____

Step 2: Establish WHY

When willpower fails, why-power works.

Step 2: Establish Why

What are you doing this for?

Step 3: Master the Mind

We become what we think about.

Step 3: Master the Mind

What are my thoughts?

Is it true and empowering?

Visualization Practice

The human spirit thrives
on progress.

Create a supportive
environment that cultivates self-
awareness.

How to Implement this Now

1st Monday of Each Month:

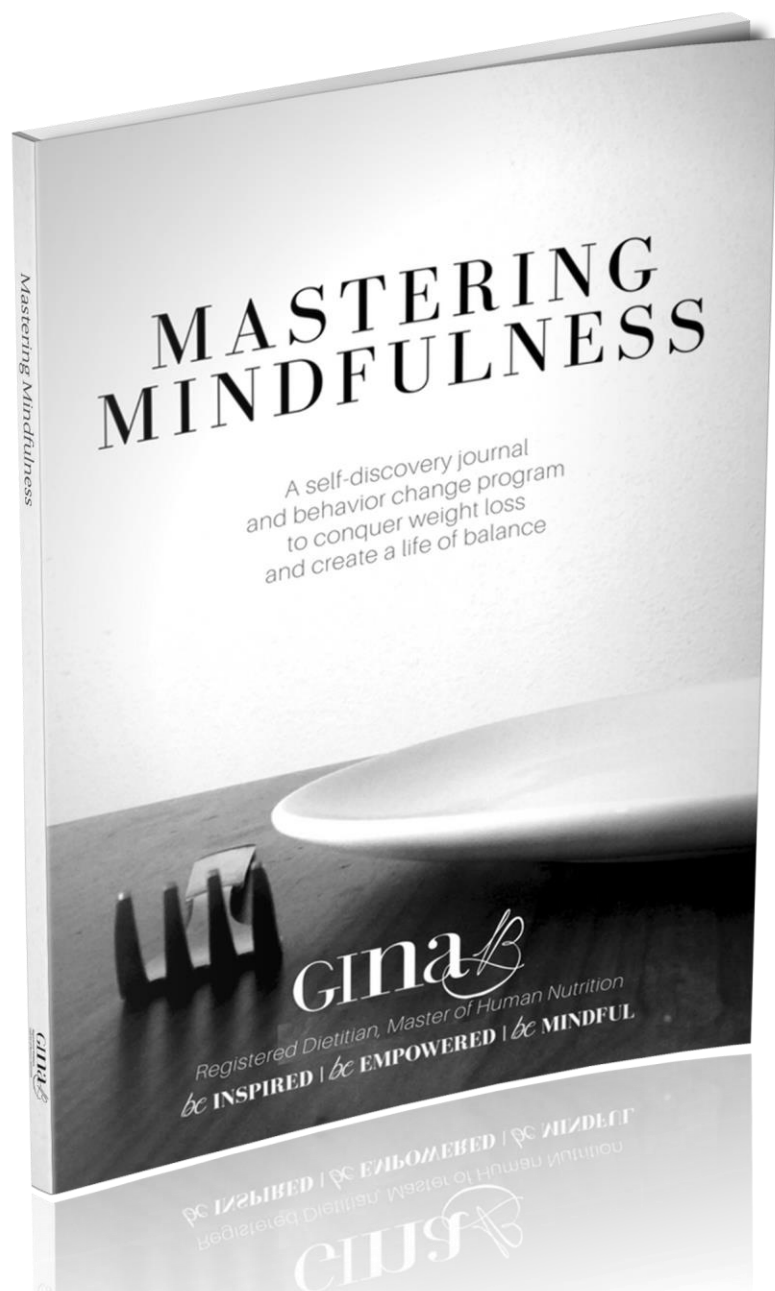
- 10 minutes of goal setting & establish why

Every Monday of Each Week:

- 1 minute: review goals
- 1 minute: review why
- 1 minute: practice visualization

Goals flood our lives with
energy, passion, and purpose.

– Mastering Mindfulness



MASTERING MINDFULNESS

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