

The Mind-shift

Shifting your mind from fear, to freedom.

This is a high-level **interactive**
“Mindset Workshop”

We will discuss how to discover our strength, vision, limiting beliefs and how to overcome them.

Mario Quezada



Who is this guy?

- ArtCenter
- 25+ yrs experience
- Creative Director / Owner Made X Maker
- Former VP Creative/ Design Dir.
- Worked with:
 - Disney, Warner Bros, Fox
 - Ford, Toyota
 - NIN, Al Gore
 - Microsoft
 - Google

An aerial photograph of a dramatic coastal landscape. The scene is dominated by steep, rugged mountains covered in dense green vegetation. The terrain is characterized by sharp ridges and deep valleys. In the foreground, a dark, rocky cliff face meets the sea. A thin waterfall cascades down the cliff into a small pool of water. The ocean is a vibrant turquoise color, with white foam from breaking waves visible at the base of the cliff. The overall atmosphere is one of natural beauty and adventure.

The Journey here

In order to know where you're going, you need to first remember where you've been.

5min

Take stock of your experience:

Take some time and remind yourself of all that you have gone through to get here.

Write it out.

5min | Take stock of your experience

Examples:

1. Where were you born?
2. Economic state.
3. How much schooling did you complete?
4. Dependents?
5. Hard life lessons?



The Goal Ahead

To get to where you want to go, it
will take a whole new you.

5min

Take stock of who you want to be:

This isn't so much a goal sheet as it is an ideal you. Who do you want to be in 5 years?

Describe that version of you.

5min | Take stock of who you want to be

Examples:

1. Where will you live?
2. What will your business/income look like?
3. How much personal time will you have?
4. Are you married?
5. Do you own property?

The Limitations



In order to run fast and efficient, we must cast off every burden weighing us down.

5min

Take stock of your limiting mindset:

What thoughts are limiting you from accomplishing your goals? What thoughts hold you back?

Recall them and write them out.

5min | Take stock of your limiting mindset

Examples:

1. I read slow.
2. I can't do _____.
3. I'm too short.
4. I've never _____.
5. I'm afraid of putting myself out there.

The Reframe



Sometimes all we need to do is look at the “problem” from another angle.

5min

Reframe your limitations:

Take the limitations from the last exercise and reframe them in a positive way.

5min | Reframe your limitations

Examples:

1. “I read slow” - becomes: “I take my time to absorb information.”

2. “I’m not smart enough” - becomes: “I’m learning so much, everyday!”

3. Etc.

Study the evidence.

Take a good look at all the lists
you've written:

All you've gone through = Strength

Who you want to be = Vision

Limiting beliefs = Fear

Reframed beliefs = Power

Make a decision today:

Who will you listen to?

Voice of fear? Voice of Power?

After this is over, I want you to find a fire pit, or a stove, and throw that limiting mindset in the fire.

Share your top reframed mindset.

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Thank You!