

The Power of Mindset

What changed within my mindset? And how did it change?

- The change wasn't quick but a long process. I began thinking and talking about this on an exchange with Elder Risenmay. We both recognised that there was a flaw in the way the mission was doing things. We saw that for 6 weeks (1 transfer) missionaries would work for a goal. The first few weeks we would work super hard to find and get people on baptismal date and then towards the end we would slow down and relax if we achieved our goal. Or if we didn't achieve it we would think it wasn't possible to achieve and then kind of give up. Then we would have to start all over again the next transfer. It was a start and stop process which isn't effective. We needed a flowing process. One that didn't cause us to stop or start in the missionary work. We couldn't figure out how we could do this, but when I heard we were moving to monthly goals I knew it would help this process. With a monthly goal it doesn't matter where you are in a transfer, because the goal carries over with the month. So even if we are starting a new transfer in the middle of the month, the goals are already set and you just keep working without much of a pause in the work. I could see how the change would be positive for the mission.
- I began looking at people as who they could become (seeing them in white baptismal clothes, future callings, temple, missionary, etc.). Even though I had begun making this vision before the monthly goals, I could more clearly see it as we moved to monthly goals, because I wasn't worried about the transfer ending with a goal, but I knew the entire transfer I would continually be working towards a goal. And having the month end in the middle of the transfer helped us review how we were doing so far and what we could improve upon. Having it by month means we could do more checkups on how we were doing and we had to be more mindful of the goals. Because of this I could have a better view of what people could progress to become what God needed them for. Not only one person but the ward or branch. I saw how this member could impact the rest of the branch and help it grow. This changed because I was more focused on knowing the people and their qualities and potential. As well as being able to see this helped me recognise who we could focus on more.
- I read a book back in school about Michael Phelps, one of the best swimmers in the world, and there was something that was very important. When he was a younger swimmer, him and his coach would sit down and go over the races he was going to swim at an upcoming meet. They would set a goal for the time he wanted to achieve. Their goal wasn't just an estimate but they carefully considered what he could achieve. Then they would set a specific goal. They would choose a time down to the hundredth of a second. When they did this, Michael Phelps would keep that time in his mind until he raced. When he finished the race he would get the exact time they had set, down to the hundredth of a second. Why did he achieve his goals to the exactness? Because he convinced himself that he could. His goals were reasonable, well thought out and planned. Then executed to exactness.

With this mindset of setting the goal and achieving to exactness, it didn't matter if it was a monthly or transfer goal, it was still a goal that we needed to achieve.

- For me setting monthly goals was easier to fix my mind to. It was easier for me to follow along with how long a month is and what I have to do to accomplish it. With a transfer goal I didn't always know when the transfer would end so I didn't always keep track of the goals as easily. A big change was being able to more clearly see how the goals would be accomplished. And to follow along with the goals easier.

What questions did I ask?

- Where is my desire?
- What does it take for someone to progress within a month? What do I need to sacrifice for their progression?
- How will this change benefit the ward/branch?
- How can I be more focused on achieving the monthly goal when the month will be faster?

What did I understand or conclude would happen if I didn't change my mindset?

- I came to understand that if I didn't change my mind from transfer goals to monthly goals, I would simply not achieve my goals due mainly because of decrease in time.
- I recognised if I didn't change my mindset, then I wouldn't be able to help the people progress within the time frame to achieve the goal.

What did I need to stop and start doing to make the mindset switch?

- I stopped worrying so much about the goal/number and more about the person and who they were and what they needed.
- I kept reminding myself it was a monthly goal and not a transfer. I learned when I was swimming the power of vision and telling yourself what you can achieve. If you tell yourself you can't do something, you won't achieve it because your mind is made up. In swimming I learned to always imagine in my head the perfect race. I would do this every time before I went to race. I would imagine every turn, stroke, breath, kick, whatever it was I imagined it being perfect. This would convince my mind that I could achieve what I was seeing in my mind, then I would go and do it. It's the same for life goals. If we imagine in our mind failing then we will fail, if we imagine success, then we will succeed. If at the start of a month we don't imagine the perfect month, then we won't achieve it. If we imagine in our mind that we have a transfer to find, teach and baptise someone then we will work with that mindset and it will show. If you instead imagine the people you are working with and imagine working with them within that month that you have 4 weeks to help them progress you will work with that mindset. After all the artwork is first imagined

in the mind then portrayed on the canvas. Being able to imagine each step, each lesson, each obstacle along the month with a person will help you to achieve a monthly goal rather than a transfer goal.

- I accepted the change and didn't worry about the possible problems but accepted it and worked.
- I started giving up some of the things that were distracting me from being focused.
- I started having more meaningful prayers. I cleared a room and put my journal a pen and chair in the middle of the room. I go there before I go to bed and pray with the door closed. I pray vocally and I spend a lot more time listening. I ask God the most important things for me to pray for that night, and I focus on those things. I spend time asking God for what he needs me to do and then I listen for as long as it takes. Then when I have thoughts or feelings, I begin writing them down.
- I started trusting God more
- I started understanding who Jesus Christ truly is as I spent more time studying and pondering.
- I tried harder to listen more to the spirit throughout the day and to understand what I needed to do.
- I stopped worrying about things on social media and replaced the time on that with studying and learning.