



## Superhero mindset

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*“Playing a game is a voluntary attempt to overcome unnecessary obstacles”*

***Bernard Suits - Philosopher***

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Superheroes love a challenge. It is what they were created for. Where you might sometimes see threat, they see challenge. Where you might see a barrier, they see a challenge to overcome. Where you might feel anxious, they feel excited. It's a bit like playing a game. We all love games, whether its football, basketball, or golf where we are trying to get a ball in a net or hole and there are obstacles such as other players and bunkers in our way. My personal favourites are board games such as Monopoly and Snakes and Ladders. We must try to avoid going to jail and sliding down the snakes. **The fun is in the challenge not the winning!**

When we allow our mere mortal self to drive our behaviour we tend to focus on potential for risk, danger, harm and loss. We tend towards preventing or avoiding a negative outcome rather than towards a positive one. This tendency increases when we feel a situation is outside of our control or influence. When we are playing a game or tackling a challenge, we don't tend to think like this. We look for opportunity to influence the outcome instead. We get excited to play. Even saying to yourself (at least 5 times) “I'm excited, I'm excited, I'm excited, I'm excited, I'm excited” send signals to your brain to translate anxiety or fear which is stopping you think clearly, into excitement so that you can be laser focused and effective.

When we embody a Superhero mindset we start with and focus on the opportunity for learning and growth and positive outcomes. We acknowledge the potential risks with confidence in our abilities to manage them effectively. We prepare ourselves effectively to do what is required in the moment to rise to the challenge and overcome the barriers.

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*“Creativity is intelligence having fun”*

***Albert Einstein***

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Adopting a Superhero mindset increases our mental and physical resilience. Practicing this mindset will increase your positive outcomes and encourage you to continue to foster this mindset. So, what are you waiting for?!

### Activity



## Superhero mindset

Think of your biggest frustration, problem, or source of stress, at the moment. Write it down here...

Now answer these questions with a Yes or No

1. I'm motivated to tackle this
2. Thinking about this makes me feel stressed
3. I'm worried trying to tackle this will reveal some of my weaknesses
4. I can become a better version of me by tackling this
5. I have people in my tribe who can support me to deal with this situation
6. Even thinking about tackling this situation is zapping my superpowers
7. No matter what I do, this situation is going to have a negative impact on me
8. I feel my Highest Potential Self when I think about tackling this
9. This situation, if unresolved will have a negative ripple effect on the people around me
10. I don't think I have the capability and capacity to deal with this
11. This situation offers me an opportunity to show of my superpowers
12. This situation is hopeless
13. The possible outcomes if I tackle this are exciting
14. The possible outcomes are worth the struggle of tackling
15. I either have the resources to tackle this or could get the necessary resources
16. Choosing to tackle this and succeeding will have a positive ripple effects to people around me
17. This situation requires superpowers I do not have the ability to access
18. Failing resolve this situation will make a huge negative difference in my life
19. No one else I know has enough superpower to help me with this
20. I will gain valuable insights into my Highest Potential Self by tackling this



## Superhero mindset

Now add up your Superhero Mindset score by adding up all the Yes responses to these questions:

1,4,5,8,11,13,14,15,16,20

Now add up your Threat Mindset score by adding up all the Yes responses to these questions:

2,3,6,7,9,10,12,17,18,19

If you're scoring lower on the challenge and higher on the Threat Mindset, try this...

Copy and paste this list and put it somewhere prominent in your office or home. Use this list as a mantra to train your brain to think differently.

- **I'm motivated to tackle this**
- **I can become a better version of me by tackling this**
- **I have people in my tribe who can support me to deal with this situation**
- **I feel my Highest Potential Self when I think about tackling this**
- **This situation offers me an opportunity to show of my superpowers**
- **The possible outcomes if I tackle this are exciting**
- **The possible outcomes are worth the struggle of tackling**
- **I either have the resources to tackle this or could get the necessary resources**
- **Choosing to tackle this and succeeding will have a positive ripple effects to people around me**
- **I will gain valuable insights into my Highest Potential Self by tackling this**

If you find yourself disagreeing with some of these statements as you say them, use your superpower of curiosity and ask yourself -

**"What small action can I take to make this feel more like me?"**

Do this every day and eventually you will change how you feel and change your mindset.

Ask yourself -

**"What's the best that could happen?"**

If you are still struggling to find your challenge mindset, ask yourself-

**"How could I have fun with this?"**

**"What could I learn from tackling this?"**

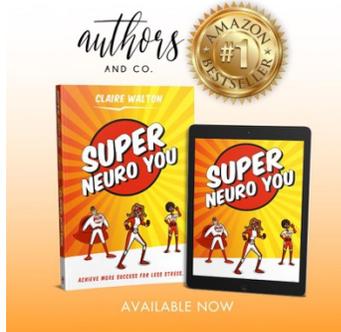
**"What part of this challenge can I achieve"** and start with this to build your confidence

Always write down your answers (use your Super Neuro Me Journal to record them). Writing down your thoughts helps you deal with them more objectively.



## Superhero mindset

When you achieve your challenge write it up as an achievement in your Success Tapes (look up this exercise in Book downloads- If you don't have the book, you won't have the code for this).



If you try this exercise frequently and you continue to score higher in response to the threat mindset questions you need to boost your superpowers. If you haven't read Super Neuro Me - you can buy a copy from Amazon or Waterstones online.