

ACTION GUIDE: How to Create a Reinvention Mindset

Step 1. Make a list of the problems you face in moving forward with your reinvention: the reasons you're stuck or unhappy and unable to make a change or progress. Most fall into three categories: lack of resources (e.g. money, contacts or energy, as in health), lack of time, and lack of opportunity. Next to your problem, list its category: *I'm too busy raising kids. (time)*

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



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Step 2. Survey your friends who are successful in their fields and ask them to tell you the excuses they hear you making all the time. Make a list of your most-used excuses, as reported by your friends:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3. Pick your top four problems/excuses and brainstorm solutions for them:

Solutions for Problem 1:

1. _____
2. _____
3. _____



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Solutions for Problem 2:

1. _____
2. _____
3. _____

Solutions for Problem 3:

1. _____
2. _____
3. _____

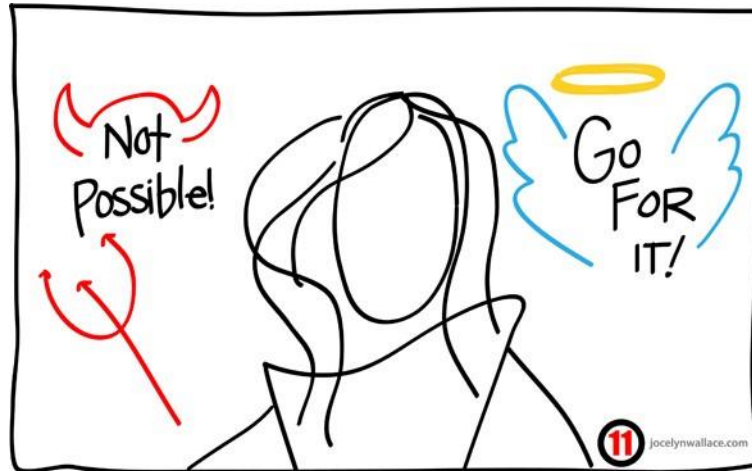
Solutions for Problem 4:

1. _____
2. _____
3. _____



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Step 4. Understand that you have a choice to take action despite feeling fear. Decide that you will move towards what you want:



Step 5. Use Byron Katie's Four Questions to question and analyze your thoughts and explode the myths you're holding in mind. Identify a thought you have that is preventing you from moving forward (e.g. "Nobody over 50 gets jobs"):

Thought: _____

Now, ask yourself the following:

1) *Is this thought true?*

2) *Can I absolutely know that it's true?*



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3) *How do I react? What happens when I believe that thought?*

4) *Who would I be without that thought?*

and...

Turn the thought around (e.g. “People over 50 do get jobs”) and find three genuine, specific examples of how the turnaround thought is true.

Turnaround Thought:



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Example 1:

Example 2:

Example 3:

Step 6. Match your actions to your words. Ask yourself: *What does my mouth say I want? And when I shut my mouth, what do my actions say I want?* You may be surprised by the disconnect between what you say and what you do.

What I say I want	The actions I take (or don't take)	What my actions (or non-actions) say
<i>Start a cupcake bakery</i>	<i>Want to draft a business plan but haven't gotten around to it</i>	<i>I am not serious about starting a bakery</i>



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Step 7. Put an “X” on the calendar for each day where you give up an excuse. You’ll know it’s an “X” day when your actions match what you say you want.

Step 8. Start doing your Daily Success List. Every day, at the end of each day, make a list of your successes. They can be big or small, work-related or not. The goal is to create a habit of noticing that good things are happening and you’re making progress:



Daily Success List

Here are the good things that I've accomplished or that have happened to me today:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

