

Dressing Your Mind

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What are the great parts of my life?

What is a thought habit?

**Where do our
thought habits come from?**



How Life Appears



How Life Really Works

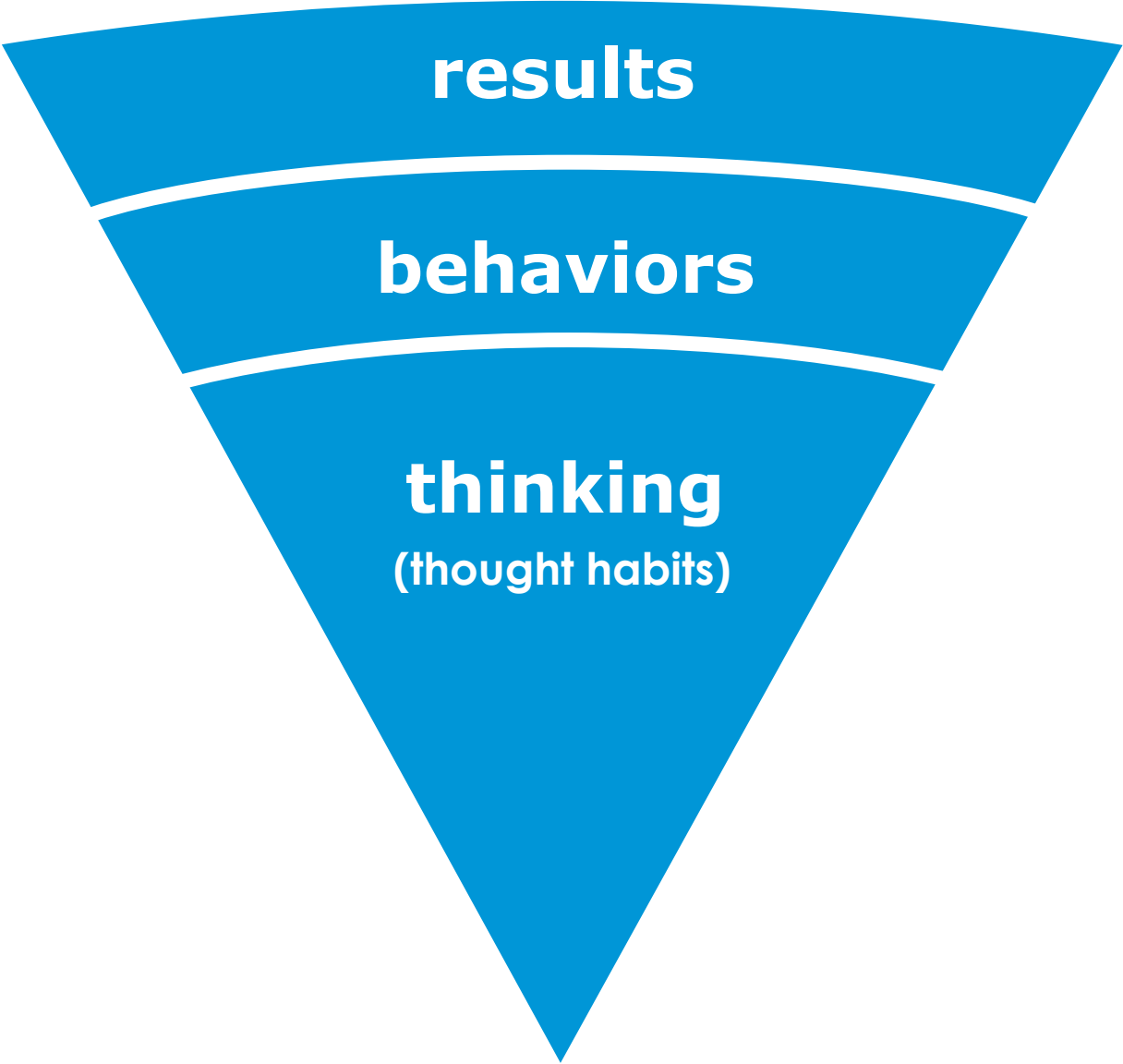


**THE MOST EFFECTIVE OF ALL
HUMAN FEARS, WHICH PREVENTS
THE DEVELOPMENT OF FULL
POTENTIAL, IS THE FEAR OF FAILURE
AND THE FEAR OF SUCCESS.**

**THE MOST EFFECTIVE OF ALL
HUMAN FEARS, WHICH CAN
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results

behaviors

thinking
(thought habits)

The Power of Thought

Assume

Positive

Intent

**Our thinking drives our behaviors,
which impact actions and results.**



FIXED



GROWTH

MINDSETS

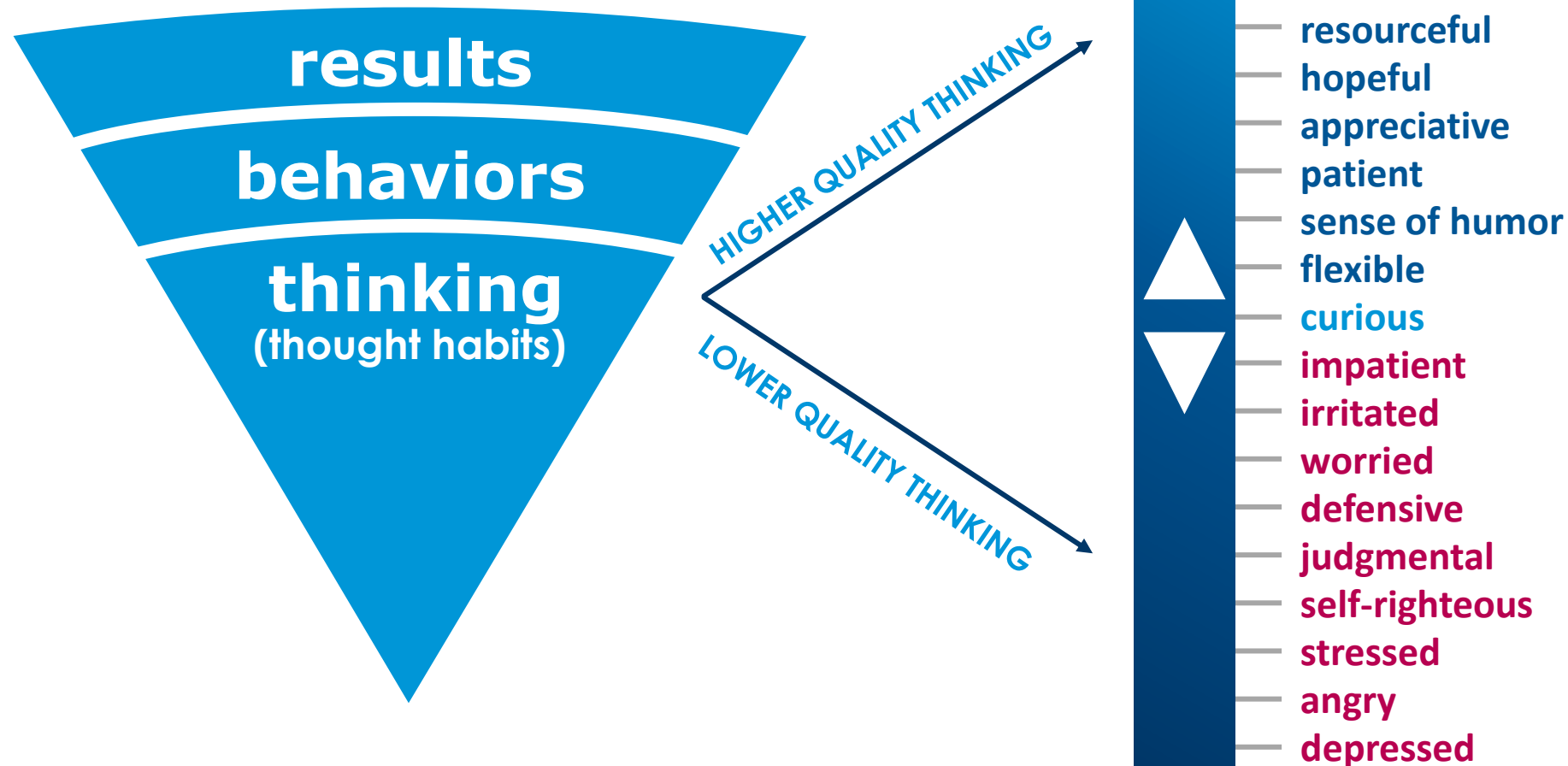
The Mood Elevator

how we feel
when we're at
our best self

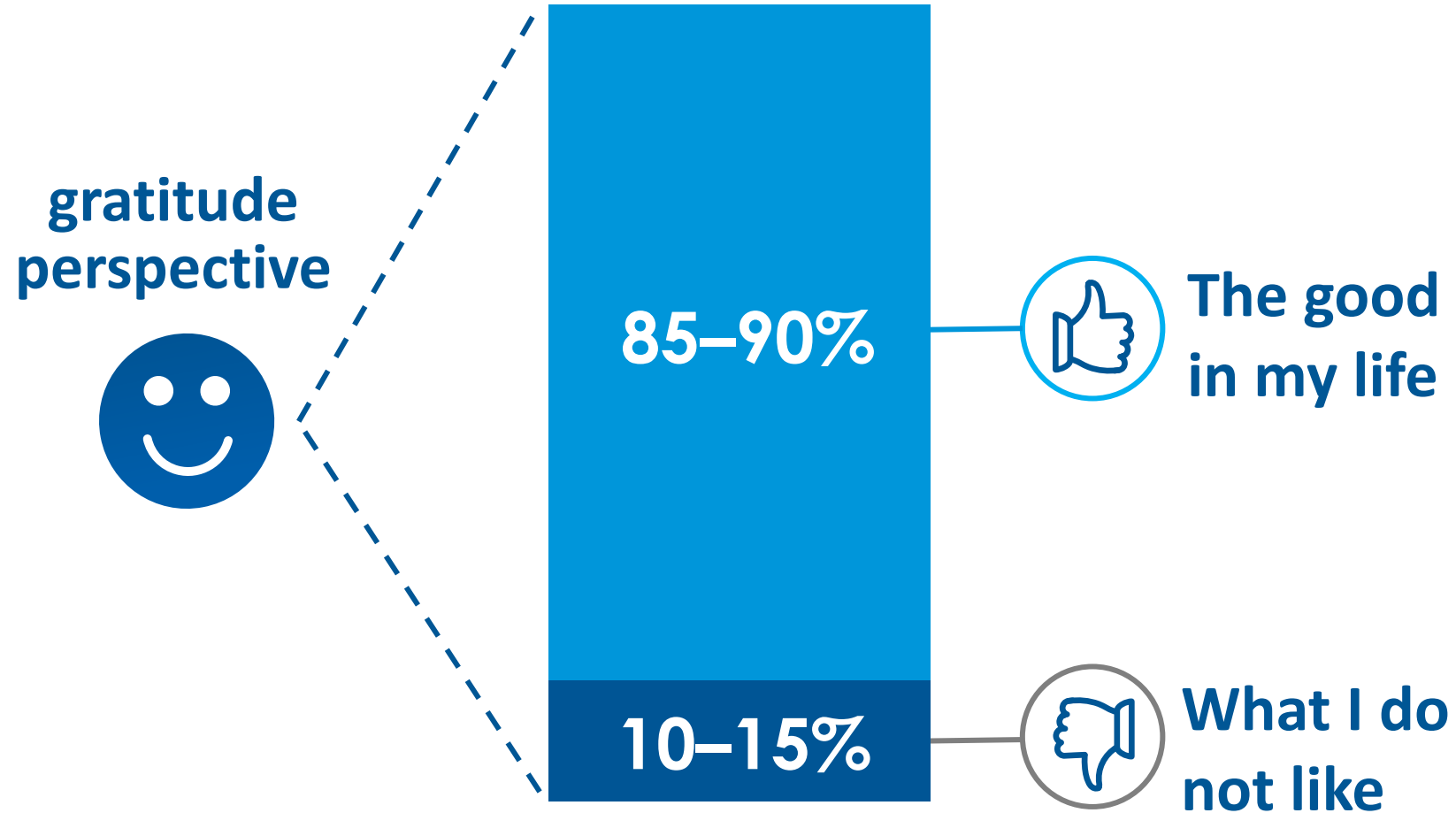
and when we are
off our game and
not our best self



Results Cone and Mood Elevator



A Gratitude Perspective



Food for Thought



KootenaiHealth

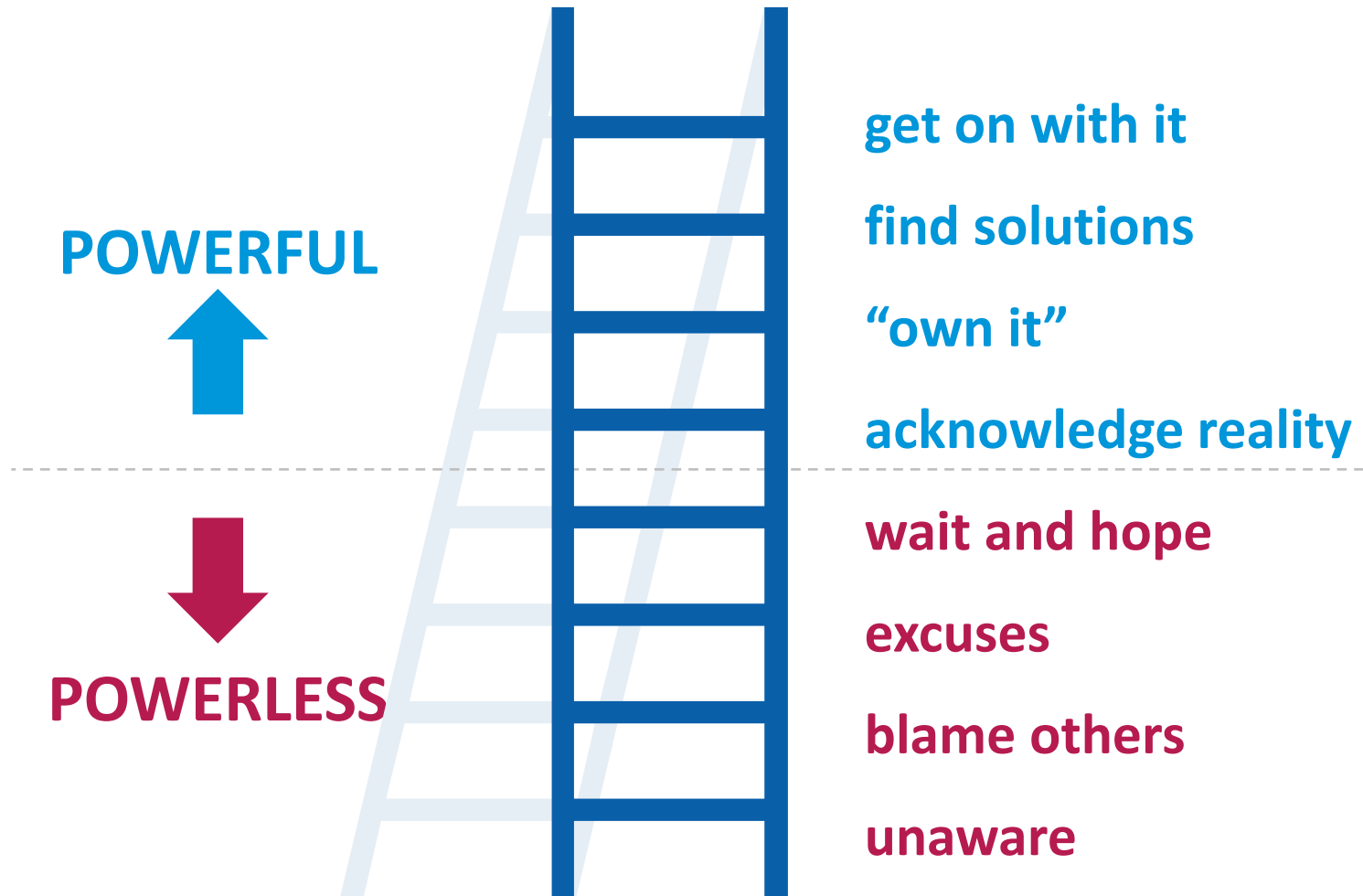
The Mood Elevator

Higher Quality of Thinking
How we feel when we're at
our best self.

Lower Quality of Thinking
When we are off our game
and not our best self.



Accountability Ladder



Retrain Your Mind to be Curious



KootenaiHealth

**“I think there is a world market
for about five computers.”**

*– Thomas J. Watson
Chairman of IBM, 1943*

**“There is no reason for any individual to
have a computer in their home.”**

*– Ken Olson
President, Digital Equipment Corporation, 1977*

**“We don’t like their sound.
Groups of guitars are on the way out.”**

– Decca Recording Company executive

Turning down the Beatles in 1962

**“There’s no chance that the iPhone® is going
to get any significant market share. No
chance.”**

– Steve Ballmer

Former Microsoft CEO



WHAT CAN
YOU DO?

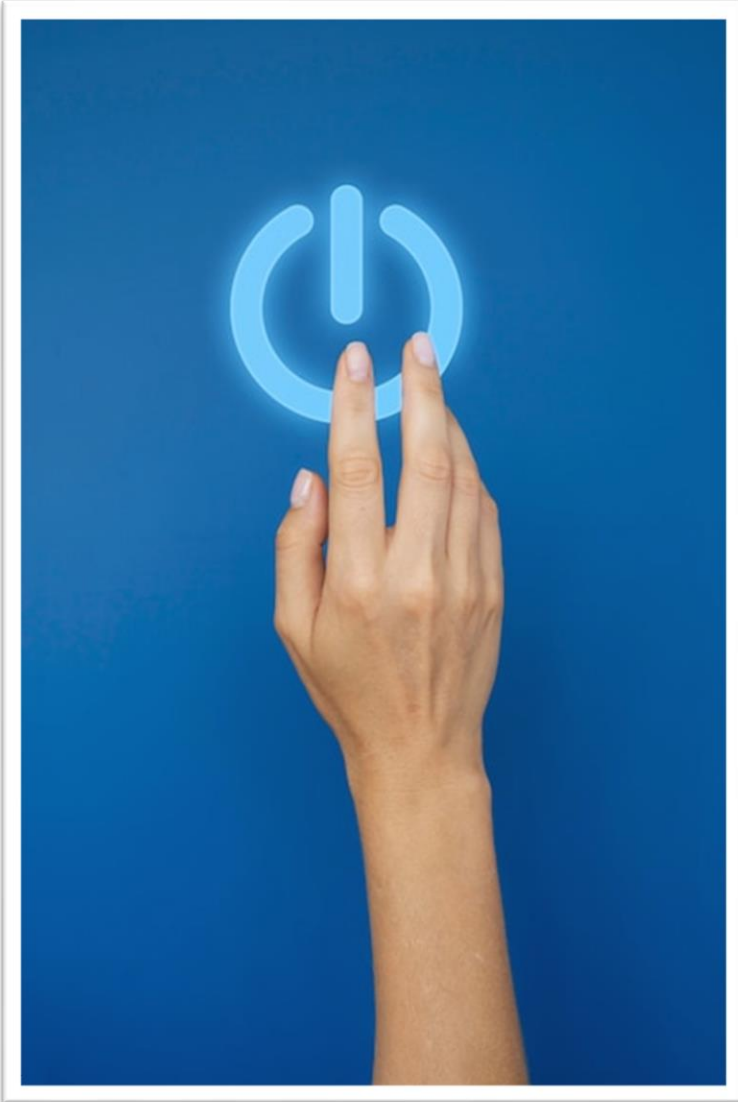
CURIOUS
NOT
CRITICAL

Behaviors from a Curious Mindset



- **Focuses on solutions or desired results.**
- **Finds ways to make it work.**
- **Chooses “kernel” of good idea and expands on that.**
- **Listens to understand/discuss.**
- **Wants to find the best solution.**
- **Explores ideas.**
- **Sees obstacles as challenges to meet and overcome.**

Ways to activate a positive mindset!



Did I leave out any important details or perspectives when I first explained what happened?

Were there signs or information I overlooked that could have helped me respond better?

Are there any personal habits or reactions I have that may have made the situation harder?

Who or what did I fail to address soon enough?

What tendency do I have that may have aggravated the situation?

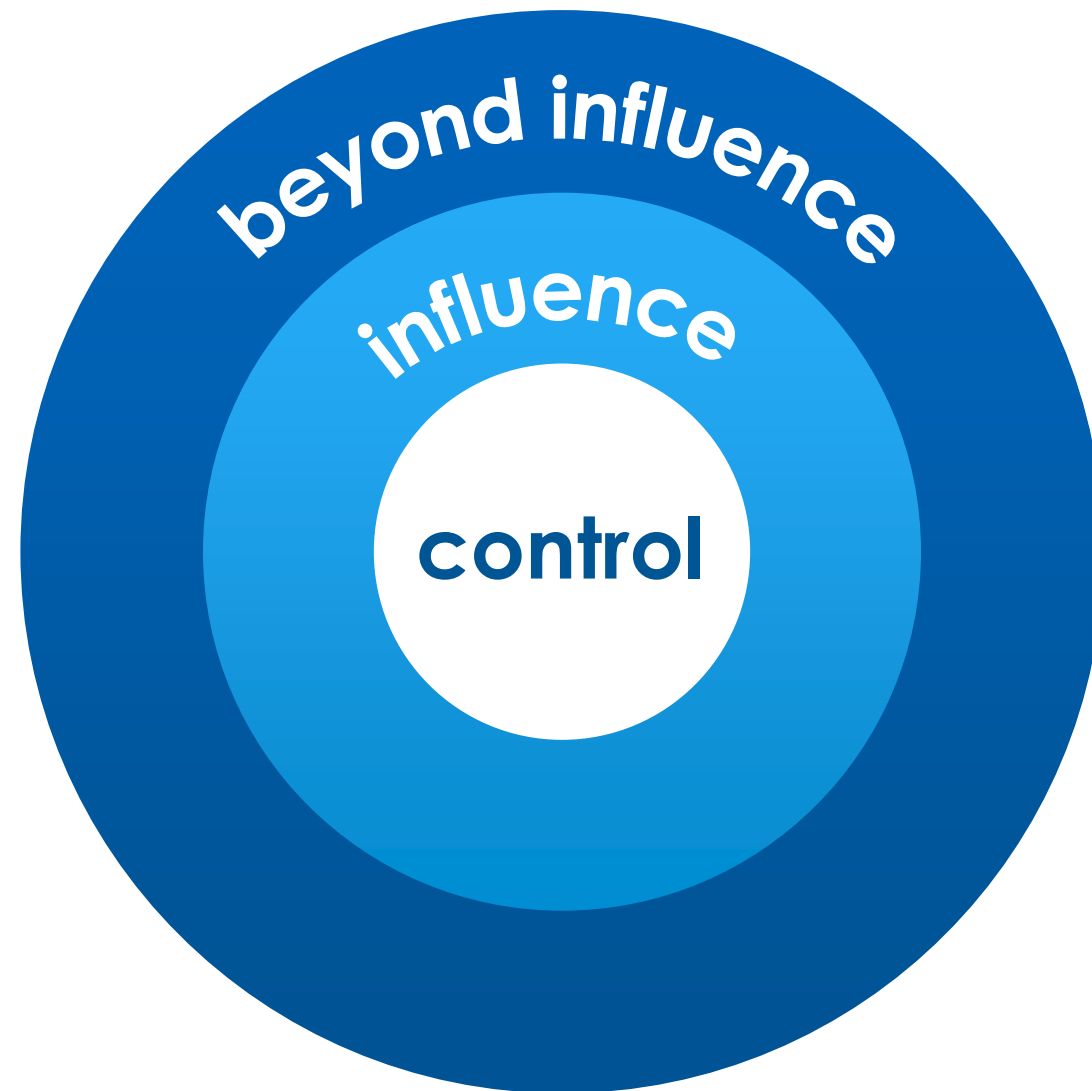
What assumptions did I make that may not have been accurate?

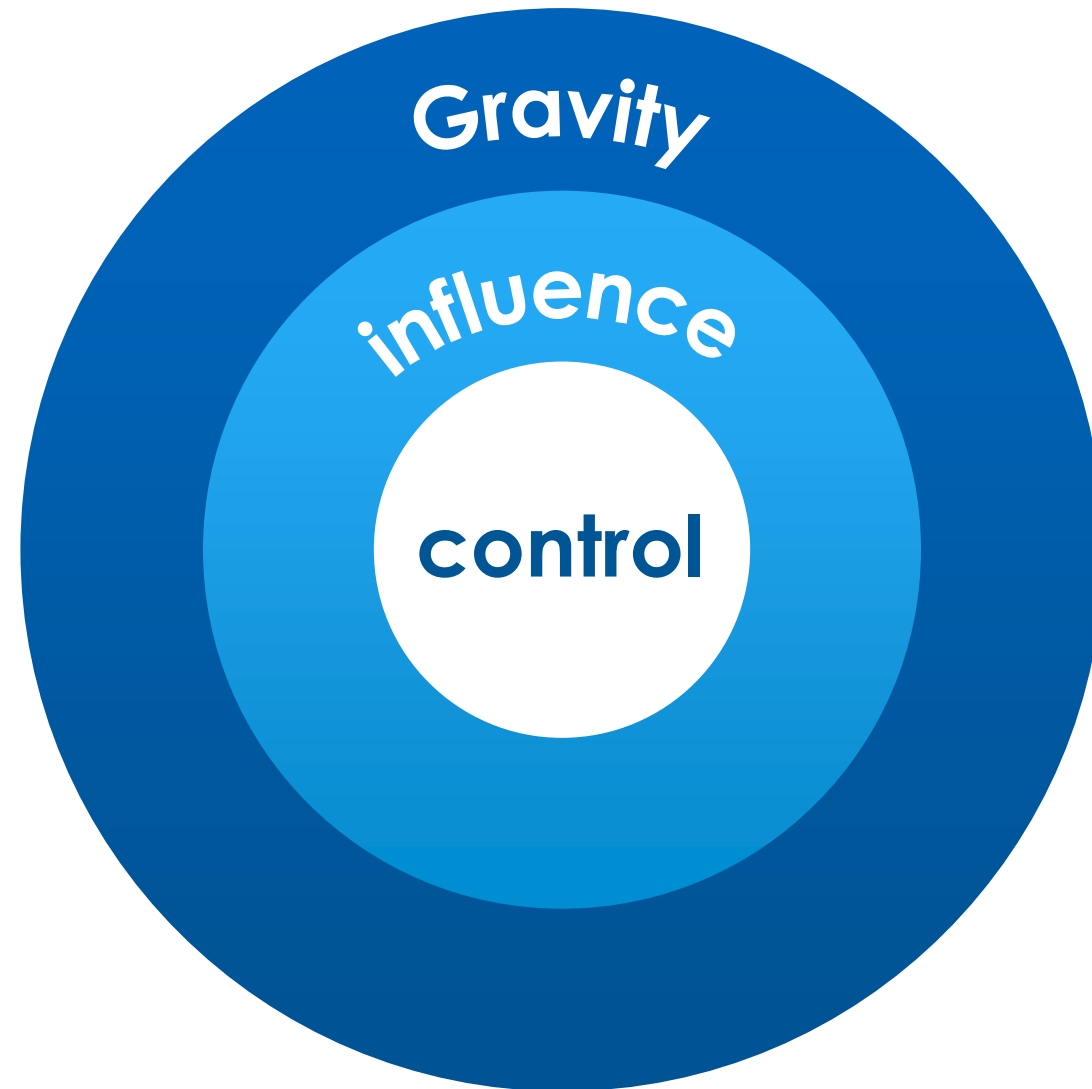
Was I focused more on being right than on being effective?



control









**What
Next?**

**What is one action you will take
following today's session?**

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