

TRANSFORMING VICTIM MENTALITY INTO EMPOWERED MINDSET

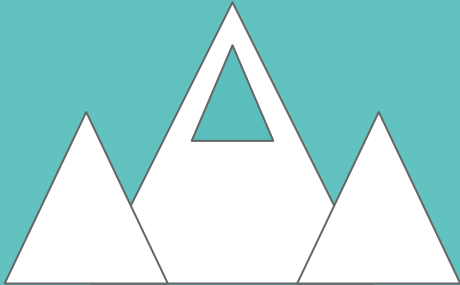


An Easy to Follow Guide

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Your language and mindset are extremely important in developing a strong sense of confidence & self-worth which directly impact the trajectory of your life. Review the chart below to help determine where in your life you fall into Victim Mentality & learn tools to help move you into an Empowered Mindset more consistently. The more often you do the transformational work in the moment, the quicker it will become second nature to you. Empowered Mindset will become your new way of navigating life.

[TIP Don't miss the helpful tips in the Transformation Column. Here's the first ONE -
The transformational steps in this handout remain consistent - **Awareness, Release, Embody]**

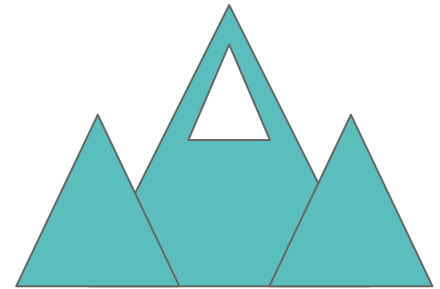


TRANSFORMING VICTIM MENTALITY INTO EMPOWERED

OVERVIEW

Victim Language	Transformation	Empowered Mindset
1.You Focus on Your Personal Weaknesses & You Constantly Put Yourself Down	-- >	You Focus on How To Improve & Build Yourself Up
2.You Make Excuses; You feel Attacked & Beat Yourself Up When You're Given Constructive Criticism	-- >	You Accept Responsibility & Seek Solutions
3.You Complain; Even When Things are Going Right, You Find Something To Complain About	-- >	You Turn Complaints Into Opportunities
4.You Compare Yourself Unfavourably to Others	-- >	You Seek Guidance From Those More Skilled
5.You Blame Others	1. Awareness 2. Release 3. Embody 4. Repeat	You Accept Responsibility
6.You See Problems as Permanent, Catastrophic, Blow Things Out of Proportion	-- >	You Treat Problems as Temporary
7.You Repeat Ineffective Behaviours	-- >	You Do Something New
8.You TRY	-- >	You DO
9.You Predict Defeat and Give Up	-- >	You Think Positively and Look for a Better Solution

Follow through and transformation is possible and by focusing on the way we treat ourselves, view ourselves and support ourselves - we develop a strong foundation for change to take place.



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<p>1.You Focus on Your Personal Weaknesses & You Constantly Put Yourself Down</p> <p>[While in Victim Mentality you often think in third person]</p> <p>“You’re terrible at this” “Nobody likes you” “You suck at everything” “You can never get this right” “You’re never good enough” “You suck at life”</p> <p>Even When You’ve Achieved Your Goal, You’re Quick to Point Out the Ways You Weren’t Successful.</p> <p>“You could have done that part so much better” “You only sold 50 tickets. You should have been able to sell three times as much. This show is a failure because of YOU” “You only got an 85% on your exam. You’re so stupid!”</p>	<p>1. Become AWARE, in the present moment, when negative self-talk is strong.</p> <p>[TIP Taking the time to discover who YOUR SUPPORT is can help with this first step. Have a safe, open conversation with them about what you’re trying to become aware and let go of. Then in the present moment they can help you identify when victim mentality is showing up for you. It often helps to have an outside source assist with this because we are so habitual with our thoughts and actions, that most of the time we don’t even know it’s happening. MAKE SURE you choose wisely who this person in your life is. Having someone point out that you’re expressing victim mentality will likely be triggering in the moment. However, if it is a safe space then it will give you the opportunity to understand, let go, and embody your preferred empowered mindset.]</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset and focus on ways you can improve.</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Focus on How To Improve & Build Yourself Up</p> <p>[While in an Empowered Mindset you often think in the FIRST person]</p> <p>When Empowered YOU is working on a goal, instead of continually focusing on the aspects you’re shitty at or having the preconceived thought that something will go wrong before you’ve started, you relax into the version of yourself that believes in your abilities and you focus on how to consistently improve. Using positive self-assurance and affirmations, you don’t allow yourself to spiral into the negative self-bullying you’re used to.</p> <p>“I am enough” “I am worthy” “The people around me care about me and love me” “It’s okay to not be perfect” “It’s okay to need improvement in areas of my life” “I am human” “I am not alone in what I am experiencing” “These feelings are UNIVERSAL” “I’ve got this!” “Take a deep breath, how can I improve?”</p>

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<p>2.You Make Excuses; You feel Attacked & Beat Yourself Up When You're Given Constructive Criticism</p> <p>Your boss sits you down to give you feedback on a recent project. You walk into the meeting expecting praise and gratitude and when they start listing areas that need improvement your stomach tightens, your chest is heavy and you become defensive...</p> <p>"If I would have been set up better, I wouldn't have over looked that area."</p> <p>"If I had more reliable team members this project would have been more successful."</p> <p>"If I wasn't going through so much in my personal life, I wouldn't have made those mistakes."</p> <p>[MEANWHILE IN YOUR HEAD]</p> <p>"How could you be so stupid"</p> <p>"You're such a fuck up!"</p> <p>"YOU ALWAYS MESS EVERYTHING UP!"</p> <p>"You knew this was going to happen"</p>	<p>1.Become AWARE, in the present moment, when excuses are strong.</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>[TIP BREATH FOCUS] is a highly affective tool we can utilize to naturally calm down the body.</p> <p>Inhale through your nose for a count of FIVE [focusing on your breath]</p> <p>Hold at the top of your breath for a count of FIVE [focusing on grounding yourself]</p> <p>Exhale slowly, relaxing your body for a count of SEVEN [focusing on releasing your tension, stress and thought pattern]</p> <p>3. EMBODY Your Empowered Mindset; Focus on accepting responsibility and seeking a solution to the mistake.</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Accept Responsibility & Seek Solutions</p> <p>Empowered YOU takes in the constructive criticism with ease. You know that this mistake doesn't define who you are as a human or employee. You take responsibility for your miscalculation and you use this as an opportunity to ask how this can be avoided in the future. You feel grounded and in control. You are proud of yourself for embodying strength, courage and empowerment. You're calm knowing you won't make the same mistake again because you reached out for clarity and a future solution.</p> <p>[Often times others would prefer you ask questions for clarification, rather than continue to make unnecessary errors - this can be true for all areas of life, not just in the workplace.]</p> <p>"This miscalculation does not define me"</p> <p>"This is an opportunity for growth"</p> <p>"How can this situation be avoided in the future?"</p>

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<p>3.You Complain; Even When Things are Going Right, You Find Something To Complain About</p> <p>Things are never good enough. & When things are going well in your life this makes you feel uncomfortable. You're constantly waiting for the other shoe to drop because you're more comfortable in your victim mindset than living with an empowered mentality. So finding something to complain about helps you remain in your safety bubble.</p> <p>"This elevator is the worst. Why does it ALWAYS have to take so long?"</p> <p>"This grocery store is ALWAYS out of what I need! Why can't things ever just be EASY?"</p> <p>"Why can't I ever wake up feeling refreshed? I feel like garbage. I'm exhausted."</p> <p>"This city is so expensive and I'm so busy, with no time to enjoy where I live!"</p>	<p>1.Become AWARE, in the present moment, when complaints are coming up.</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset; Focus on transforming your awareness surrounding your complaint. Use this fresh clarity as an opportunity to shift areas and aspects of your life to better suit who you want to be and what you would like to be experiencing.</p> <p>[TIP REMAIN CURIOUS This will help you stay away from judgement and the shame spiral]</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Turn Complaints Into Opportunities</p> <p>When you're experiencing life with an empowered mindset, remaining curious and aware - it allows space for you to turn the complaints surrounding you into an opportunity for GROWTH and forward movement.</p> <p>"Instead of anxiously waiting here for the elevator I'm going to take the stairs."</p> <p>"My usual grocery store hasn't been carrying everything I need lately, I'm going to look and see if there's a better option close by."</p> <p>"I've been waking up feeling more exhausted than when I went to sleep. I'm going to make an appointment with my doctor and have my iron levels checked."</p> <p>"This city has given me so much since moving here. It's time for me to progress onward and experience life a little slower. I realize now that the city hasn't changed, my needs have."</p>

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<p>4.You Compare Yourself Unfavourably to Others</p> <p>“You’re not as funny as him” “You’re not as successful as her” “You’re not as powerful as them” “They have life figured out more than you do” “You don’t fit in easily as they do”</p> <p>Any of these sound familiar? The comparison monster, in all its various forms, can easily creep in - especially in today’s world with daily exposure to social media. You never think you’re good enough or doing life as well as the next person.</p>	<p>1.Become AWARE, in the present moment, when you start negatively comparing yourself to others.</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset; Focus on transforming your comparison to others into an opportunity for growth within yourself.</p> <p>[TIP To have the greatest impact find the affirmations that are MEANINGFUL TO YOU. If the first few attempts don’t work, hang in there, this discovery phase will likely take some time. This is also something new and for most of us the opposite of what we have been telling ourselves for years, it will take time to get comfortable with this fresh empowered mindset and believe what you’re saying. You’ve Got This!]</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Seek Guidance From Those More Skilled</p> <p>Empowered YOU knows someone else's achievements say nothing about what you’re able to achieve in life. You’ve worked hard to adopt an abundance mindset and believe there is enough in this world for everyone. You understand that you won’t be perfect at everything in life on the first try. Consistent practice in required. Even embodying qualities such as - courage, strength, empowerment and discipline - require daily practice. These are not human attributes you’re born with. You take a personal inventory moment, to become clear about who you are, where you are in life and what you have achieved [THROUGH CURIOUS EYES] Giving you the opportunity to grow within yourself and embody the qualities and achievements you feel are missing.</p> <p>You seek others guidance and support to help you become an expert in the area[s] in life you desire.</p>

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<p>5.You Blame Others</p> <p>You feel like everyone, including the Universe, is against you.</p> <p>You don't feel responsible for where you are in life.</p> <p>You believe others are better than you.</p> <p>You blame others for how you're feeling.</p> <p>You want sympathy from others and when you don't get it you feel upset.</p> <p>Blame others for your failures.</p> <p>"Nothing ever goes my way. Why is the Universe against me?"</p> <p>"You make me so ANGRY! Our break-up is all your fault"</p> <p>"I wasn't given all the information. They should have informed me. I wasn't set up for success - This is on them."</p>	<p>1.Become AWARE, in the present moment, when you're putting blame on others.</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset; Focus on taking responsibility for your life. The moment you take responsibility for your life, you will truly witness your power. Realizing YOU are in control and the creator.</p> <p>[TIP Your daily affirmations and EMPOWERED-MINDSET language will likely EVOLVE AND TRANSFORM as you do. As well as the words you use will likely impact you differently depending on what you're experiencing and in need of in the moment. Don't be alarmed when an affirmation loses its impact and needs to be released, this is all part of the transformational process.]</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Accept Responsibility</p> <p>Taking responsibility for your life, when you're not satisfied with where you are, is challenging. However, by shifting your perspective and no longer blaming others for where you are, it opens the space for realizations. You have created where you are today, meaning you will create where you will go in the future. You have the POWER. You are in CONTROL. You are the CREATOR of your reality. You have the CHOICE of what your future will look like.</p> <p>"I am in control"</p> <p>"I am the creator of my life"</p> <p>"I have the choice, in every moment, of who I show up as and what I'm able to achieve"</p> <p>"Others are not in control of the direction of my life"</p>

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<p>6. You See Problems as Permanent, Catastrophic, Blow Things Out of Proportion</p> <p>You find it difficult to hear and consider others perspectives when speaking about your challenges.</p> <p>You feel powerless to change your personal circumstances.</p> <p>Your view of the world is that it's a negative, scary place.</p> <p>You have many fears.</p>	<ol style="list-style-type: none"> 1. Become AWARE, in the present moment, when you're blowing things out of proportion. 2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body. 3. EMBODY Your Empowered Mindset; Focus on grounding yourself. Bring yourself back to the present moment and put things into perspective, without attaching emotion; Embody [This too shall pass]. Refocus your attention on something positive and reach for a solution to your problem[s]. <p>[TIP find something in your physical world to help ANCHOR in the work that you're doing. Example: A song you connect deeply with that you can listen to when you're feeling unmotivated. A ring you can spin on your finger to ground yourself, bring yourself back to the present moment, interrupt the negative thought pattern and remind you to move into an empowered mindset. A note on your bathroom mirror reminding you that - You're a badass and worthy of love and connection. These physical anchors act as a motivator, reminder and personal accountability partner. NOTE: Find the anchor[s] that impact you deeply enough to motivate you to think differently. It might take time to find THE ONE and don't be alarmed when the value fades and a new anchor is needed, it is part of the transformational process.]</p> <ol style="list-style-type: none"> 4. REPEAT steps 2 & 3 until feelings have shifted. 	<p>You Treat Problems as Temporary</p> <p>Empowered YOU puts the present moment into perspective without attaching emotion, shifts into an empowered mind-set & embodies [This too shall pass]. You're open to trying a new approach when the plan in place is no longer working. You're open to shifting your perspective[s] when they're no longer serving you. You view personal transformation, growth and change as a sign of strength, instead of failure.</p> <p>"This is temporary"</p> <p>"This too shall pass"</p> <p>"I'm powerful and will move beyond this."</p> <p>"This set back doesn't mean I've failed. This won't stop me from achieving my goal."</p> <p>"I will grow from this"</p> <p>"I am flexible with my approach to life"</p>

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<p>7.You Repeat Ineffective Behaviours</p> <p>In real time, you keep reliving past painful patterns that made you feel victimized.</p> <p>“I can’t believe that happened to me again!” “Why does this keep happening to me?” “I can never get anywhere in life”</p> <p>When you live with a victim mentality you’re often blind to the negative patterns occurring. You blame outside sources and remain in the victimized loop.</p>	<p>1.Become AWARE, in the present moment, when you’re repeating past behaviours.</p> <p>2.Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset; Focus on a FRESH new approach. Stay away from judgement and close to curiosity.</p> <p>[TIP Before hyper focusing on what you would like to change and add into your life, take time to become aware of and understand what you need to RELEASE, in order to make room for the renewed habit[s] to take hold.]</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Do Something New</p> <p>Empowered YOU is aware when an unhealthy pattern presents itself in your life. You take the time to understand where it is coming from and work on a new approach. You’re flexible in your approach to life, knowing that it will forever be transforming and changing - just like YOU!</p> <p>“Well that didn’t work! How can I do this differently?” “That didn’t give me the result I was looking for. What was missing?” “What can I shift?” “It feels amazing approaching life with flexibility, not rigidity.”</p>

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<p>8.You TRY</p> <p>You want to improve and change your life & you're actively TRYING - However, rarely succeeding.</p> <p>You often remain in the AWARENESS phase</p> <p>“I need to go to the gym” “I really need to start eating better” “I want to let go and move on” “I need a career change.” “I know this relationship is unhealthy for me.”</p> <p>Rarely moving forward into the Empowered Action phase, where change occurs - leaving you always TRYING.</p>	<p>1.Become AWARE, in the present moment, when you speak about the things you know you need to be doing, without taking immediate action.</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset; Focus on your impactful, motivational, inspirational affirmations that will help move you from the AWARENESS phase into EMPOWERED ACTION.</p> <p>[TIP Awareness is only the first step. You must take EMPOWERED ACTION to experience transformation and growth.]</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You DO</p> <p>You experience life embodying [Awareness & Empowered Action]</p> <p>When an approach isn't working it doesn't stop you from moving forward and taking action in a new way.</p> <p>You know awareness is only the first phase and empowered action is required to experience transformation, growth and change.</p> <p>I'm an action taker and dream achiever!</p> <p>“I've got this!” “This is my time!” “I'm ready to take action!” “Let's do this!”</p>

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<p>9.You Predict Defeat and Give Up</p> <p>You feel powerless and unable to cope with life as usual</p> <p>You seem to enjoy feeling sorry for yourself</p> <p>“Why bother trying when it’s never worked before?”</p> <p>“I bet this won’t work”</p> <p>“I’ll probably mess this up. Oh well, here goes nothing”</p> <p>“I’m fine. overwhelmed and busy as usual. I’m ready to give up!”</p> <p>It’s easier to give-up than to try with the possibility of failure.</p>	<p>1.Become AWARE, in the present moment, when you’ve decided things won’t work, before you’ve started.</p> <p>2. Take three deep breaths to RELEASE, consciously thinking about relaxing your body.</p> <p>3. EMBODY Your Empowered Mindset; Focus on releasing your negative predictions. Utilize your anchors to build a strong, stable foundation - Deeply connecting to why you’re here, why you’re showing up, why you’re doing the work, why you’re making the effort. Guiding you continually into action.</p> <p>[TIP Negatively deciding how something will go, before you’ve started - will ensure failure every time! WE GET WHAT WE BELIEVE WE DESERVE]</p> <p>4. REPEAT steps 2 & 3 until feelings have shifted.</p>	<p>You Think Positively and Look for a Better Solution</p> <p>You remind yourself that past experience doesn’t determine future outcomes. You no longer negatively pre-decide how life will go. Allowing space for wonder, amazement and achievements you used to think were out of your reach.</p> <p>“I’ve worked hard and set myself up for success. Let’s see what happens this time.”</p> <p>You take a moment and think about what you’re grateful for, helping to maintain your positive attitude and forward motion.</p> <p>“I’m grateful to be surrounded by supportive people I can count on.”</p> <p>“I’m grateful for doing the work and feeling the results.”</p>

HELPFUL SELF EXPLORATION

- ➔ Where does Victim Mentality show up in my life?
- ➔ How would I rather feel and experience these areas?
- ➔ What do I need to let go of in order to move into an empowered mindset? [what is standing in your way of an empowered mindset]
- ➔ Who is my support I can trust to provide space for this transformation to take hold? [find someone you can trust, who supports and holds you in the ways you need]
- ➔ **My Affirmations** [Make a list of affirmations to help you in the moment make the choice to step into an empowered mindset]
- ➔ **My Physical Anchors** [Is there something physical that can serve to interrupt your unhelpful thought process and remind you of your choice to step in to an empowered mindset? Example - jewelry, a note to yourself hung on your wall, a song you can play to switch things up]
- ➔ **My Empowered Action Steps - My Focus -** [Make a list of some important things to remember as you step into your week, to help support yourself in making the empowered choice.]

CHANGE HAPPENS IN PHASES...

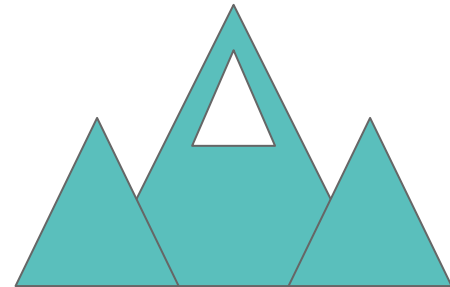
Phase ONE - You are not yet aware an adjustment in your life needs to be made

Phase TWO - You become aware that something isn't aligned, you begin to take responsibility for your mindset and you're experiencing feelings of frustration. You're able to see the changes you would like to make, however you have not stepped into making them. **This is a good time to make a solid plan and reach to your supports!**

Phase THREE - You begin noticing where in your daily life victim mentality is showing up and even though you still behave from a victim headspace you're able to recognize when it's happening and you begin making adjustments in the moment. You're starting to notice more often when you're in this mindset and in more subtle ways than before. You're in daily practice and creating change in the moment. **Experiencing feelings of frustration and slipping back into old mindsets is normal, reach to your trusted support and specialized techniques when you need to.**

CHANGE HAPPENS IN PHASES...

Phase FOUR - Change is in the making. You're starting to notice that you're able to step in differently without having to first navigate the victim mentality. You begin to notice areas in your life shifting because you are navigating things in a more aligned way. You slip into victim mindset occasionally however you're able to recognize what's happening and continue to make the choice to step into empowered living. **This is the phase when you are maintaining, practicing and celebrating the new changes you've made.**



RESISTANCE...

Explore the resistance surrounding the changes in life you're striving for. Instead of shaming yourself for not being where you would like to be in life, get curious. What is the reason behind not committing to follow-through? What is the missing puzzle piece? Is there something outside of motivation, accountability and commitment holding you back from making these changes? Is there something in addition to shifting victim mentality to empowered mindset that you need to explore?

Instead of fighting the resistance coming up, for a moment sit with it. What is coming up for you in your physical body? What does it feel like for you? Where is this resistance coming from?

Ultimately - use Curiosity and work to let go of shaming yourself for not being able to follow through.

If you need additional guidance - get in touch with us today



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