

# MINDSET TRAINING

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## Resource Guide

### The ACT Now! Success Formula

- **Attitude + Consistency = Transformation:** Your daily mindset impacts leadership, teamwork, and resilience.
- **Small actions build resilience** – Regular mindset shifts strengthen adaptability over time.
- **Key Takeaway:** Those who choose adaptability over frustration consistently rise to success.

### Further Reading:

- Mindset: The New Psychology of Success by Carol S. Dweck
- Harvard Business Review: [How to Develop a Growth Mindset](#)

### Practical Strategies to Flex Your Attitude

#### 1. Reframe Setbacks (Mental Gym Reps)

- See challenges as opportunities to grow.
- Approach problems with a leadership mindset rather than frustration.
- Build resilience by tackling difficulties head-on.

#### Tools to Help:

- [Calm App](#) – Meditation & stress management
- [Headspace](#) – Mindfulness exercises
- [Daily Stoic](#) – Stoic philosophy for resilience

#### 2. The Daily “Attitude Workout”

- 10-Second Gratitude Pause – Reflect on three things you’re grateful for each morning.
- The “Power Pose” Trick – Stand confidently for 30 seconds before important meetings.
- Morning Mindset Reset – Set an intention before checking emails.

#### Apps for Daily Motivation:

- Five-Minute Journal – Guided gratitude journaling
- [Fabulous App](#) – Habit tracking & motivation
- [Insight Timer](#) – Free guided meditation & mindfulness

#### 3. Adaptability in Action: Thriving in Multifamily Housing

- Accept that change is constant in the industry—embrace new technology and shifting expectations.
- Teams that pivot and grow will outperform those who resist change.
- Challenges as opportunities to improve communication, operations, and resident experiences.

#### Helpful Resources:

- Harvard Business Review: [Leading Through Change](#)
- Adaptability Assessment Tool – Evaluate how adaptable you are

**The “Flex Your Attitude” Challenge:** Take one action TODAY to shift your mindset.

1. **Reframe a setback** – When something frustrating happens, ask, “How can I grow from this?”
2. **Flex your attitude with a power move** – Use gratitude, a power pose, or a mindset reset.
3. **Choose adaptability** – View challenges as opportunities instead of roadblocks.

Community & Ongoing Learning: Podcast: [The Happiness Lab \(Listen here\)](#)

Final Thought: “You can’t control everything, but you can always flex your attitude.” – Doug Rice