

POSITIVE MINDSET STRATEGY FOR BUSINESS OWNERS

3 BIBLE-BASED STEPS TO
MASTER EMOTIONS
THAT WORK AGAINST YOU

FREE EXCERPT

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21 DAYS TO VICTORY OVER YOUR PROBLEMS

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3 Bible-Based Steps to Conquering Negative Emotions

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INTRODUCTION

“80% of success is determined by your mindset, 20% by skill set.”
- Tony Robbins

Mindset is defined as a set of beliefs that shape how one makes sense of themselves, others and the world.

Why does one’s mindset have such a powerful impact on business success?

Your mindset:

1. Influences how you **think** about yourself.

What he thinks is what he really is. (Proverbs 23:7)

2. Influences how you **feel** about the circumstances of your life.

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you. (Isaiah 26:3)

3. Influences how you **perform** in any given circumstance.

Be careful how you think; your life is shaped by your thoughts. (Proverbs 4:23)

I have Great News.

You can master your mindset.

Mastering your mindset requires:

1) Identifying your negative emotions.

Emotions are critical because, as Tony Robbins said, “Take control of your consistent emotions and begin to consciously and deliberately reshape your daily experience of life.”

2) Identifying your thoughts that cause those negative emotions.

3) Changing your thoughts and, thus, your emotions.

Studies show that each person has an average of 60,000 thoughts per day.

Of the 60,000 thoughts, 80 percent (48,000) are negative.

Dr. Aaron Beck, one of the founders of Cognitive Behavioral Therapy, developed an acronym for negative thoughts - ANTS - for Automatic Negative Thoughts. The concept was furthered by Dr. Daniel Amen.

They determined that ANTS:

1. Show up uninvited.
2. Can be about yourself, others or life in general.
3. Are repetitive. (95% are the same as yesterday.)
4. Are believable.
5. Are irrational.
6. Make you feel bad about yourself, others and life in general.
7. Lead to harmful behavior.
8. Wreck your health. A cheerful heart makes you healthy. But a broken spirit dries you up. (Proverbs 17:22)
9. Disempower you.
10. Block you from achieving your goals.

I will identify 19 common emotions and how you can conquer the ANTS that produce them.

CHAPTER 1

FEAR

Owning a small business can trigger fears. Those fears can fall into several categories: not being able to provide for your family, making a major mistake, missing out on an opportunity and letting investors and employees down, to name a few.

In order to run your business effectively you must conquer your fears. But how?

You must recognize that fear comes from your thoughts.

The fear process works as follows: Circumstance⇒ANT⇒Fear

Circumstance: Tyler is considering expanding his software development business and in order to do so he needs to borrow money.

Tyler's ANT: "If the expansion fails, I will be on the hook for a lot of money."

Tyler's emotion: Fear

Tyler could have avoided the fear if he had used a **C-A-R** to run over his ANT.

Here is how the **C-A-R** process works, along with the Bible verses upon which the process is based:

C

Capture your ANT. Take each thought captive. (2 Corinthians 10:5a)
Example: "If the expansion fails, I will be on the hook for a lot of money."

A

Ask a question to challenge your ANT. Why are you so downcast? (Psalm 42:11a)
Example: "What is another way I can think about this circumstance?"

R

Replace your ANT with an encouraging thought. Put your hope in God. (Psalm 42:11b)
Example of an encouraging thought: "I am fearless. I control my thoughts, and I only think thoughts that give me courage."

Example of a supportive Bible verse: I sought the Lord, and he answered me, and delivered me from all my fears. (Psalm 34:4)

Justin had been in a situation similar to Tyler's - wanting to grow his business, but being afraid due to the financial risks. Listen to Justin tell of his experience:

"It was a huge fear to rent our first office or hire our first employee. We were worried about how our cash flow would cover everything. This required a leap of faith and the belief that we could do it. Over time, the risks got larger and larger as we moved forward to grow and expand. But without overcoming little roadblocks, it is hard to do the larger roadblocks—and that's how things progress. To grow a business from \$100,000 to \$1 million, you have to stretch and take new risks. To go from \$1 million to \$10 million, there is another level of risk and new challenges to overcome. I take this mindset into account when I'm feeling worried about how I will overcome the next roadblock. I look back at how everything worked out in the past, and it gives me faith to overcome the next challenges and adversities in growing. My new motto is, Risk plus faith equals growth."

I will share three quotes related to fear - two by Michael Jordan, considered the greatest basketball player of all time, and one by Wayne Gretzky, considered the greatest hockey player ever:

"Fear is not real. The only place fear can exist is in our thoughts of the future. It is the product of our imagination. Causing us to fear things that do not at present and may not ever exist." - Michael Jordan

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan

"You miss 100% of the shots you don't take." - Wayne Gretzky

Supportive Bible Verses for Conquering Fear:

1. Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. (Isaiah 41:10)
2. For God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7)
3. I sought the Lord, and he answered me and delivered me from all my fears. (Psalm 34:4)
4. The fear of man lays a snare, but whoever trusts in the Lord is safe. (Proverbs 29:25)
5. Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. (Joshua 1:9)
6. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4)
7. When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me? (Psalm 56:3-4)
8. The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? (Psalm 27:1)
9. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)
10. My God will meet all your needs according to the riches of his glory in Christ Jesus. (Philippians 4:19)

C-A-R Worksheet

If you are afraid, run over your ANTS with a C-A-R:

a. Capture your ANT that is causing your fear.

b. Ask a question to challenge your ANT.

“What is another way I can think about this circumstance?”

c. Replace your ANT with an encouraging thought.

d. Support your encouraging thought with a Bible verse.

I hope you have benefitted from this free excerpt of
*Positive Mindset Strategy for Business Owners: 3 Bible-Based
Steps to Mastering Emotions That Work Against You.*

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