

The Worried to Winning Mindset Reset Guide

Thanks for downloading this guide.

While there is nothing magical about this guide, the *Worried to Winning* team believes there is something magical about you.

You have a next level to reach, value to give, and service to provide this world.

The *Worried to Winning Journey* is about developing your MAP—Mindset, Action, and Purpose—so you can move from where you are today to where you want to be tomorrow.

When I began my *Worried to Winning Journey*, I quickly realized that if I was ever going to make the changes I wanted to make, my mindset needed to be reset.



I'm About to Drop Some Names!

The *Mindset Reset Guide* is a list of people whose ideas and practices have helped me reset my mindset. This is my way of saying thank you to the many people who helped me along my *Worried to Winning Journey*.

At the time of this writing, I have never met these people, nor do I have any compensation agreements with them.

I have done business with some, but not all. I've emailed twice with Seth Godin.

These people have added great value to me, and I think they will benefit you too.

But remember, your *Worried to Winning Journey* is just that—yours. Take what makes sense for you and leave the rest.



Using fear to get **stronger**, failure to get **smarter**, and doubt as **your reason to work even harder**.

Some Warnings

Life provides a lot of ways to hide. Let's talk about two:

1. Just keep watching and listening.

I had allowed my mind to be full of whining, complaining, and lying to myself. I used these audios and videos to flush that crap out of mind.

However, that only works when you take action. Don't hide from your fears to act by using "I'm still learning" as an excuse.

2. Throw out the message because of the messenger.

Tony Robbins is too tall.
 Steve Willoughby is too short.
 Eric Thomas is too intense.
 Steve Harvey is too funny.
 John Maxwell is too old.
 Gary Vaynerchuk curses too much.
 Seth Godin is too smart.
 Mel Robbins is too direct.

If you focus on what you don't like about all these people {and every other person in the universe}, you will miss something that could really help you.

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The *Worried to Winning Journey* is about you becoming the strongest, most engaged you possible. To do that, we need to learn; we need to be able to disagree, or even dislike, without losing focus.

Don't hide when you hear something you don't like or you disagree with. Lean in! It may not change your mind—you might always dislike it or always disagree—but it can add clarity on why you believe what you believe.

I'm not telling you that I agree with everything these people say, do, or believe.

I am telling you that, collectively, they helped my journey, and I hope they will help you too.

Some Encouragement

Clearly, I don't know you. But I believe some things about you:

1. You can do this! When fear comes, and it will, use it to get stronger.

Like anyone else who has spent any time on this planet, you have a history. You've won!



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You have made some mistakes—maybe some big mistakes—but you also have strengths, abilities, and desires.

You can do this. It has never been simpler to learn, gain information, and create change within ourselves.

Simple ain't easy, but you can do it. Just get started and keep going.

2. You can do this! When you fail, and you will, use that failure to get stronger.

For someone to get stronger in the gym, they push their body to failure.

Every butterfly's journey has been a struggle.

Yeah, these are corny examples, but they are true.

Don't be surprised when failures and bad days happen. Just think of them as pop quizzes and keep getting stronger!

3. You can do this! When you doubt, and you will, use that doubt to fuel even harder work.

Of course, people will doubt you; they have to.

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I was told that I was making too much money to quit. Why couldn't I just be happy?

I was told that I was too old. Why couldn't I just grow up?

Even when people didn't say anything, most couldn't hide the look in their eyes.

Don't blame them. We've probably done the same thing to other people. Just double down on you becoming the best you possible.

4. *Worried to Winning* may not be for you.

If it isn't, find what is. Keep looking. Don't give up on you. Find someone on this list or do your own research.

Worried to Winning is about you being the best you possible. To do that, I believe you need a guide.

There are some great ones out there — go find them and develop the courage you need to design the life you want to live!



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The People I Would Like You to Meet

- Jesus Christ: It's not about religion; it's about relationship. Yes, I'm a hypocrite; I fail every day. I'm also a better person when I focus on my faith.

[1 Corinthians' Chapter 13 verses 4-8](#). Learn about Jesus' definition of love.

- Tony Robbins: Tony helped me because of his simple explanations of what we need to do. His focus on "Raising your Standards" continues to help me.

Tony has amazing ability to cut through the BS to helps us focus on what we must do.

TonyRobbins.com
[Raise your Standards](#)

- Seth Godin: Seth doesn't think like everyone else. Seth is a marketing expert who doesn't think like most marketing experts.

His work history is amazing.

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If we want a different life. we have to think differently. Seth provides us a path to achieve that goal.

I am probably drawn to Seth because of his encouragement for all of us to go make a ruckus!

SethGodin.com

- Simon Sinek: Simon imagines a world in which the vast majority of us wake up inspired, feel safe at work, and return home fulfilled at the end of the day.

Simon helped me adjust my thinking and look at myself instead of others to improve.

SimonSinek.com

- Brendon Burchard: Brendon broke things down for me and made it real.

His common-sense approaches—like “door frame triggers,” where every time you walk through a door you think about who you want to be and how you want to deliver in the new room—benefited me greatly.

I use Brendon’s planner and focus daily on his

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“6 High Performance Habits.”

Confession: When I first heard Brendon, we didn’t connect, and I “walked” away. Today, I count him as an important part of my online mentorship.

So be careful of “walking away.” If you don’t connect at first, give it time, lean in, and truly listen.

brendon.com

- Steve Harvey: He is funny, real, authentic, and very successful.

SteveHarvey.com

[Steve Harvey wants to be on TV.](#) {A story that every teacher and student should hear}

- John Maxwell: Mr. Maxwell is a leadership expert. He has written numerous best-selling books and has helped developed millions of leaders worldwide.

His “Power of 5” and “The Law of the Lid” are my two favorite topics, but he offers so much more.

[Power of 5](#) Audio

[Power of 5](#) Article

[The Law of The Lid](#)

W O R R I E D T O

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- Gary Vaynerchuk: Dude is intense, brilliant, and loves to grind and hustle. I listen to Gary for marketing and social media advice, and when I need intensity.

His language is colorful, his opinions are strong, and his story is about helping businesses grow.

With all of that, he appreciates people and does a great job of calling us out when we are hiding and encouraging us when we are grinding.

GaryVaynerchuk.com

- Pastor TD Jakes: Pastor Jakes hits me as the real deal. When I need some intense, no BS, Jesus time, I listen to him.

TDJakes.org

- Eric Thomas: Our backgrounds couldn't be any more different. Eric grew up in Detroit, and his mom kicked him out of the house when he was a teen.

But I love his intensity, his desire to help, and his relationship with God. When you need intensity, you will get it from Eric Thomas.

ETinspires.com

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- Ed Mylett: I was nearly three years into my *Worried to Winning Journey* when I learned of Ed Mylett.

I enjoy Ed's openness, honesty, and his story.

Ed is successful, a strong family man, and not afraid to show his emotion.

EdMylett.com
[Watch This](#)

- Tom Bilyeu: Tom has an incredible story. His impact on me was with his program "Impact Theory" because it introduced me to a lot of the people on this list.

Impact Theory is a great way to learn from some amazing interviews.

ImpactTheory.com

- Mel Robbins: I use Mel's "5 Second Rule." Mel was successful, then in debt, and had to break the cycle she was in.

Her story will motivate you. Her 5 Second Rule will help you become someone's motivation.

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MelRobbins.com
[Mel on Impact Theory](#)

- Evan Carmichael: Evan serves us in a number of ways. I've learned a lot from his videos regarding successful people's "Top 10 Rules of Success."

EvanCarmichael.com

Two other suggestions:

1. [Colin Cowherd's first day on Fox.](#)

This combines my love of radio and going after your goals.

2. [Oprah's Master Class](#)

Successful people explaining their difficulties, their wins, and their motivations.



Bonus: **My Two Reasons for Sharing This Guide**

Before I give you my two reasons, I need to tell someone thank you!

Derinda Willoughby and I have walked the marriage road for 32 years at the time of this writing.

Like any journey that has that type of tenure, we have walked through some amazing highs and some really trying times.

She is the hot girl who somehow said yes to the second dance and the last 30+ years.

The fat, frustrated, and fearful Steve was not a fun partner to be around in private, but she stayed by my side.

When I walked away from a nearly \$100,000 job, she stayed by my side.

When my aggressive predication of how fast things in my new career would take off continued to fail, she stayed by my side.

Whatever happens in my career, she is the hot girl who gave me two kids and taught me what is most important.

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Thank you, baby!

Now, for the two reasons.

Reason #1: I believe we should say thank-you and tell people how much we appreciate their talents.

If that is not a habit for you, work on it.

It costs nothing, and it means a lot to people.

Reason #2: I wanted to serve you.

We are living in a time where we need to serve people. We can no longer just “talk the talk.” We have to meet people where they are and help them get where they want to go.

If we stay focused on the people we serve, we will always win! What can you do today to help people?

Thanks for downloading the guide. Remember, don't hide behind it.

Yes watch, listen and learn, but go do.

You can do this!

Willoughby



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