

# All you need is *love*

Such a great song from the Beatles. In actual fact, we really need love now! As I have been chatting with audiences all around the world sharing my concept of choosing your mindset—or what I call an amplified attitude—I have been sharing six key mindsets each of us needs to have in this environment of uncertainty.

Now, it's not about having all six, it's about picking one and focusing on it with such intensity that every cell in your body believes it. This mindset coupled with a high level of intensity changes how you turn up every day. It influences how you walk, talk, think, what you say to others and most importantly what you say to yourself.

Here are the six I have been sharing ...

**“And when the brokenhearted people living in the world agree there will be an answer, let it be.”**

Beatles

1. **Courageous:** You need courage if you are going to change anything in your life.
2. **Tenacious:** You need the determination to face the challenge and conquer it.
3. **Limitless:** If you look and believe there are so many opportunities in the future.
4. **Grateful:** You must have gratitude if you are going to learn the lesson of what lockdown really means to you in this time of your life.
5. **Empowered:** You need to give yourself permission to step into your light, your potential and your possibilities.

Which brings me to number six and the one that has been outnumbering all of the above five by a 2:1 ratio over the last month.

6. **Self-Love:** The ability to stop being your harshest critic and become your best friend, your strongest cheerleader and your greatest coach!

So if that is not you, that's ok, select one of the first five to focus on for the next 30 days.

However, if **Self-Love** resonates with you, then focus on these four elements to put yourself at peace with who you are right now; what you need to be doing in your life right now; and how you have arrived at this time and place in your life. My belief is that in order to strengthen your level of **Self-Love** you need to enhance ...

1. **Your Self-Esteem**
2. **Your Self-Awareness**
3. **Your Self-Belief**
4. **Your Self-Confidence**

*How do you do this?*

1. To enhance your **Self-Esteem** ensure you are developing, maintaining and strengthening your positive **Self-Talk**.
2. To enhance your **Self-Awareness** look inside from time to time and **Self-Assess** what you like about yourself and what you really love to do that gives you joy.
3. To enhance your **Self-Belief** invest in your **Self-Development** on a regular basis ... reading, journaling, listening, watching and connecting with mentors.
4. To enhance your **Self-Confidence** take the time to set your **Self-Direction** by defining your goals and make progress towards them every day.

Which **amplified attitude** do you need to be the boss of this month?

## Key points

Six key mindsets each of us need in times of uncertainty

- Courageous
- Tenacious
- Limitless
- Grateful
- Empowered
- Self-Love

Self-love means stopping being your harshest critic and becoming your best friend

Focus on the following four elements of self-love

Self-esteem  
Self-awareness  
Self-belief  
Self-confidence

To enhance your self-esteem strengthen your positive self-talk



**Keith Abraham**

[www.keithabraham.com](http://www.keithabraham.com)

For more than 24 years, Keith Abraham has worked with large corporate organisations, across 33 countries, presenting to more than 1.6 million people. Keith has authored five best-selling books, published in 12 languages and has been named Keynote Speaker of the Year, Educator of the Year and is a recipient of the highest speaking award in the country, the Nevin Award.