

5 Simple steps to building a provider mindset



Identify your strengths and values

What are the qualities that make you unique and valuable? What are the principles that guide your actions and decisions? Write them down and review them regularly.



Identify areas for improvement

What are the skills that you want to learn or improve? What are the habits that you want to change or adapt? Try to set realistic goals for yourself.



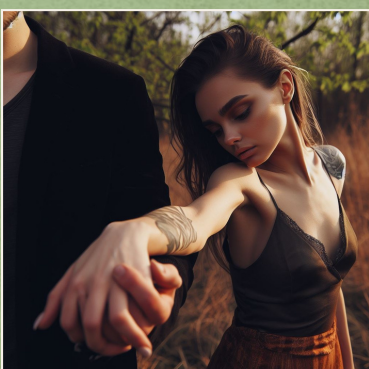
Identify your source of inspiration

Who are the men that you admire or look up to what books podcast or videos motivate him a better man? Save them and consume them regularly.



Identify your opportunities for contribution

How can you use your strengths and values to make a positive impact on the world? How can you use your areas of improvement to grow as a man? Learn how to act on each of these and act on them daily.



Identify areas for growth as a man

What are the fears or insecurities that prevent you from being your best self what are the obstacles or setbacks that test your resilience and perseverance learn to see challenges and setbacks as opportunities for growth and face them head on.