



Elevate

YOUR THINKING

To Live Your  
BEST Life!



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# Introduction

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Do you ever wonder what the difference is between a highly successful person and someone who is aimlessly going through life? In all honesty, what makes them different begins with just an idea. That's right, one single thought. And when this thought is nurtured, it is allowed to grow into something much bigger. It becomes so big that it influences that person's behavior and outlook on everything—pushing them forward. That single thought, when allowed to grow bigger, branches out into all areas of that person's life and propels them to live their life at its highest. And it's no different for you!

Learning to live the best life you can possibly have requires bold thoughts and big ideas that push you to your highest achievements. No person who has ever achieved great things was content with uninspiring goals or unoriginal dreams. They dreamed big and therefore were able to achieve great things.

This ebook to elevating your thinking is designed to help you live and be your best self possible. I'll share with you the

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importance of thinking big as well as the ways this type of mindset can help you in your daily life. I'll also give you pointers on how to avoid the things you and others can often do to sabotage your own attempts at thinking on a larger scale. Finally, I'll show you how to develop the mindset needed to accomplish this, using some helpful strategies and tips.

**Disclaimer: The information contained in this eBook is strictly for informational purposes. Every possible effort has been made in preparing and researching this material. I make no warranties with respect to the accuracy or applicability of its contents or any omissions.**

# Reasons You Should Elevate Your Thinking



Accomplishing any big dream is only possible when you stay dedicated to the hard work it takes to see it through to its end. But, aside from this essential part, the other important thing that motivates you to carry out big goals is to set your sights high. Setting the bar high for yourself and aiming for the big dreams, is the only way you'll ever live on a higher plain and be better.

The path to your ultimate future and happiness begins with that single thought, so don't shy away when it comes to your life. Learning to envision your future and imagining it at its fullest will put you on the path toward creating it. I've listed (on the next page) some of the ways thinking big can influence your life and allow you to live and be your best self.

"Your thought power directs you to become"... David J. Schwartz

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## **You Learn to Invest in Your Own Success**

When you dream big, you open up innovative ways of achieving your dreams as well as new possibilities that you likely never considered before. You also learn to invest in yourself the necessary resources for achieving these big dreams. When you're optimistic about your future and your ability to succeed, you realize, if you want to achieve bigger things, you have to prepare yourself for the challenging work it's going to take to get you there. Invest in your knowledge and skills, invest in your health and well-being, and invest in your life in ways that make it possible to not only dream big but to achieve much more.

## **Dreaming Big Motivates You**

With big dreams come a positive way to think about your future, which can lead to feeling more motivated about what lies ahead. Thinking big about possibilities for yourself makes you hopeful in ways that setting your sights lower *cannot*. When you have something, you are looking forward to, it motivates you to work that much harder, think a little more creatively, and have the want and willpower to get up and try each day.

## **You Gain Confidence**

Having big dreams and seeing meaning and purpose in your life can help bring you more confidence. When you set your sights on ambitious goals, you feel powerful knowing that, when you achieve them—you'll not only feel awesome about your achievement, but yourself as well. And as you start to make progress toward your big dreams, you'll know that your hard work is paying off, which will only boost your confidence even more.

# Habits of Big Thinkers

Thinking on a large scale isn't just about setting big goals. One big idea isn't enough. You have to manifest that one big idea into many different ways, allowing it to gather momentum. But this can only be done when you incorporate other practices to help them come to fruition.

**To have epic dreams and goals, you have to also become serious about:**



Your daily actions, tasks, and routines.



Your ability to solve problems and analyze information.



Your ability to think outside the box.



Your ability to imagine possibilities.



Your ability to be valuable to others.



Your contribution to others and the world in which you live.



Your ability to overcome challenges and obstacles.



Your life's purpose.

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When you're learning how to elevate your thinking, it's not just about one idea or thought. It's a combination of everything you think, all your goals, and actions. You must think bigger about your perspective, possibilities, and desires. Thinking big requires throwing off the restraints that limit you.

And doing this can allow you to learn, stretch, and grow more in essential ways that push past your current limitations. Here are some mindset shifts that can help you develop these new ways of thinking.

### **Consider Solutions, Not Problems**

When you think big and set high-reaching goals, you have to think in terms of solutions, not problems. Solution-oriented thinking will provide you with ideas and answers to the many obstacles and challenges you'll face along your journey. And the bigger your thinking, the better you will become at thinking outside the box to find ways to reach your goals. A solution-oriented mindset requires you to ask the right questions, which can expand your possibilities and open your mind up to different perspectives.

### **Always be Curious**

Curiosity is a skill that is essential for learning how to elevate your thinking. Taking your thinking to the next level is very difficult when you limit your perspective to what you already know. But, staying curious, asking questions, and always wondering "why" is an excellent way to continue to grow and set your sights higher.

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Curiosity enables you to wonder what things would be like if extraordinary things were possible. It allows you to see possibilities where others see challenges. And, it keeps you wondering if there is something bigger and better on the horizon.

## **Be Committed to Your Beliefs**

If you want to live your life on a higher plain, then you need to believe, without doubt, that you can achieve what you want in this world. When you can conceive it in your thought, and believe what you're thinking... it's inevitable that you'll start envisioning it coming true.

When you can visualize it happening, you can do things to make it happen. When you start to take action, your big ideas become possible realities. And through it all, it's your belief in this reality that will keep you moving forward.

## **Be Proactive**

If you want to think bigger, you must become a forward thinker, always considering what's ahead. Having this mindset allows you to be better prepared for obstacles, to meet challenges head-on, and to know that your end goal is possible.

Thinking several steps ahead gives you the time to prepare for what you need to be able to do, and it gives you an understanding of what it will take to accomplish your goal.



## **Embrace Your Fears**

Elevating your thinking means that you let go of limitations that could be preventing you from aiming high. Fear is a strong limiting factor that can keep you from dreaming big. But you can learn to use fear to your advantage. How you ask? By embracing it and recognizing that sometimes on the other side of fear lies your breakthrough and it could be a sign that you are about to do something incredible. Allow your fear to push you past that limitation and move forward with confidence.

# Obstacles to an Elevated Mindset



Learning to change your mindset to think on a larger scale isn't necessarily easy. This way of thinking needs cultivation every day and then, over time, you'll be able to see how your thoughts and dreams are expanding.

But, when you've been thinking small your whole life, learning a new way of thinking and dreaming can come with obstacles. There are many ingrained and familiar habits that can try to get in the way and hinder your progress toward elevated thinking. On the following page are some of the most common limiting habits and beliefs that may interfere with your progress toward teaching yourself how to think bigger in life.

## LIMITED MINDSET

Thinking in the short-term or engaging in negative thinking are two unhealthy mindset limitations that can act as a roadblock to your aspirations. Short-term thinking keeps you thinking only about today, which doesn't allow you to think several steps ahead to find solutions or see possibilities. A negative mindset will keep you from even imagining possibilities, which will surely limit your thinking.



## OTHER PEOPLE



Many people will likely judge or criticize you when you start to think and dream ambitiously. Not everyone will see that your big ideas can help make your world, maybe even the world as a whole, a better place. But what you have to remember is people judge what they don't understand or what scares them most. If other people are criticizing you, trying to hold you back, or otherwise interfering in your dreams, it's time to take control. Don't allow others to become a barrier between you and your dreams!

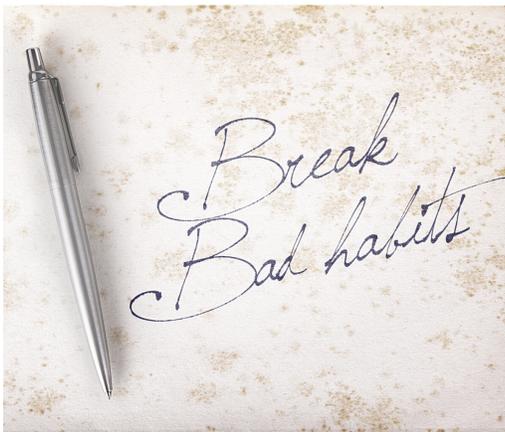
Making excuses for yourself, your thinking, or your mistakes will serve as a hindrance to your pursuits. Excuses show that you are ashamed of your efforts or somehow think you are not worthy or capable of succeeding. Excuses will hold you back from setting aspiring goals or working hard to achieve them.

Instead of making excuses, you have to concentrate on your strengths as well as evolve your areas of weakness. Failure is an opportunity to learn, not something you should have to explain to yourself or anyone else. Drop the excuses and start focusing on doing the work that needs to be done.

## MAKING EXCUSES



## OTHER BAD HABITS



Procrastination, perfectionism, over-analyzing things, and focusing on the insignificant are all limiting habits that can keep you thinking small and prevent you from bigger dreams.

These are all forms of self-sabotage that limit your possibilities and create reasons why the big ideas aren't possible. Recognize when those are happening so that you can stop them in their tracks before they limit your thinking any further.

There are many types of fear that can interfere with your ability to think big. You may fear change, failure, or even success. And fear leads to apprehension, stress, and other negative emotions that keep you focusing on what could go wrong instead of planning for what will go *right*.

Fear constricts your thoughts, narrowing them back down into your comfort zone. Fear is the result of pushing outside your comfort zone. But nothing good ever comes from staying inside that safe place and playing it small.

Fear can keep you from taking the chances you need in order to achieve massive things. But you have to push past that fear to embrace opportunities that allow you to live bigger and be happier. When you are old, you will regret the chances you never took. Don't live with regrets. Don't let fear control your ability to think on a higher plain.

## FEAR





# Developing Epic Ideas

You'll need to invest a little effort and work into developing the mindset that allows you to think big on a daily basis. Over time, when you practice these strategies, you'll start to see that it's easier to imagine the significant outcomes and see the broader possibilities. The following big-thinking activities and strategies, when practiced consistently, can have you dreaming big in no time.

## **Embrace Empowering Self-Talk**

The words you use every day reflect your thoughts, so if you want to change your life and your thoughts, start changing your language. Avoid self-talk that reflect criticism, worry, and complaints, and instead use words that reflect hopefulness, power, and solutions. Ask more questions. Change your speech, and you can change your mindset and behavior.

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## **Practice a Growth Mindset**

When you have a growth mindset, you see all things as opportunities to learn. You recognize that, as humans, we are all learning and have opportunities to evolve throughout life. When you have a growth mindset, you don't see things as weaknesses. Instead, you see them as chances to improve. Your flaws do not limit you; you have an opportunity to improve yourself by addressing them.

When you learn to embrace the growth mindset, thinking big becomes second nature. Unexpected challenges no longer send you running. Instead, you see them as a chance to learn something new. When you learn to challenge the notion of weakness, and instead embrace growth, you'll find that thinking big isn't so scary after all.

## **Act Like a Kid Again**

Remember when you were young, and everything was new and weird? Children ask big questions about the nature of things, how things work, and why things happen (or don't). These are the types of questions that can lead to elevated thinking. How can I help others? What's the best version of this I could possibly imagine, and why doesn't that exist?

Asking big questions leads to big ideas and answers. It's only by being more curious, and opening your mind to possibilities, that you can learn to regularly see your life on a larger scale.



## Don't Settle

When setting new goals for yourself, stop settling for what you normally do or what has been your comfort zone in the past. Expand your concept of safe, and stop settling for “good enough.” Nothing amazing or huge ever came from “good enough.” Stretch your imagination to set your goals higher and to free your mind to the possibilities of elevated thinking.

When setting goals, it's vital that they be outside your comfort zone. When you think of something, is your first instinct to say, *no way!*? If it is, then it's something outside your comfort zone. If you say, *maybe*, it's probably a little bigger than you normally wish, but still not your biggest idea, yet. Really push the limits of your zone to find where the epic ideas lie, the ones that really make you excited and feel alive.

## Be Comfortable with Discomfort

Elevating your thinking means taking chances, doing things you've never done before. And with those chances comes discomfort. Learning to be okay with the uncomfortableness of these situations can help you think and dream bigger all the time.

Try to do something each day that feels uncomfortable to you. Maybe it's speaking in front of a crowd, or making a YouTube video and posting it on your social media. Perhaps it's talking to a complete stranger about what you do. Or, maybe it makes you uncomfortable to open up about your dreams.

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Whatever it is that makes you uncomfortable, do something every day that reaches that emotion. Over time, these things will feel less scary, and your discomfort will fade. That's when you know it's time to go bigger. It's about overcoming fear, which is really where discomfort originates. And daily practice helps you see that, in spite of, there really isn't anything to fear.

## **Take Time to Think**

Elevating your thinking requires time. You need to consider options. You need peace to explore possibilities. Taking the time needed to really formulate and think carefully through your big ideas is the only way you'll ever really get there.

Make some *thinking* time in your schedule on a regular basis. Protect this time selfishly, so others don't pull you from it. Use this time to explore your ideas, to brainstorm and really let your imagination go. The more you practice this, the easier it will become.

## **Look for Big Problems to Solve**

Big thinking comes in response to big problems. Problems are nothing more than puzzles, and the bigger the problem, the more pieces to the puzzle.

Embrace chances to solve big problems in all aspects of your life. This will help you cultivate the mindset needed to pick apart those problems to determine all the pieces, which will get you thinking about all those great ideas that can solve them.

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## **Big Goals Should Also be Smart**

Another type of self-sabotage that is common when people start learning how to expand their vision, is they set their goals so unrealistically high, they can't ever achieve them. This leads to nothing but disappointment, which can cause you to stop altogether. Setting goals that are smart means they are high but not so high you can't actually reach them. Especially when starting out, setting realistic yet large-scale goals is a tightrope walk, so be sure you're not setting yourself up to fail.

## **Focus on Resilience**

Those who think and achieve big goals have lots of strategies for overcoming obstacles and sticking with their plan, even when things get tough. Willpower and resilience are two habits of mind that can help you stick with your big dreams while you're making them come true.

Remember to focus on solutions, not problems. Remind yourself why you chose this big dream. Stay focused on your "why," not the reasons it's not currently working. This goes for everything in your life, including your daily routines and tasks. Practice resilience and willpower in all you do.

## **Become More Proactive**

Big thinkers also understand the power of being proactive. Big dreams come true when you have a plan that thinks through what needs to happen, how to solve problems along the way, and ways to be prepared for all possible

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outcomes. As I mentioned earlier, learning to be more proactive can help you sustain your big thoughts and goals over time.

## **Experiment with Mock Problems**

When you want to think big, you have to become a problem-solver. Practice this by creating faux problems you can practice on. Creating problems gives you the chance to practice your problem-solving skills. You learn to stretch your imagination as you think through the scenarios, and because you're not personally invested in the problem, it opens up your mind to consider options you may not have otherwise done if it were an actual problem that affected you.

## **Create a Support System**

Learning to think big and dream big happens when you have others in your life who model and support this type of thinking. Without the right support system, turning your big dreams into big reality would be much more difficult. Find people for your support network who are also dreamers and problem solvers. Find people who can give you honest feedback and aren't afraid to tell you that you're aiming too low (or too high).

Don't surround yourself with *yes (wo)men*. They'll only stroke your ego, but never challenge you to become better. Support doesn't have to mean people who always agree with you. Surround yourself with people who have different ideas and beliefs than you, people who aren't afraid to challenge yours. You will learn from and grow because of your connections to diverse thinkers.

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## **Take More Calculated Risks**

Big thinkers don't just take crazy risks. They are strategic and deliberate in their thinking. Big thinkers think all the way through their ideas before taking action, and they're always thinking about new possibilities. Taking calculated risks means you think through the outcomes and don't just leap without looking. Taking chances is good, as long as you are okay with living with all the possible outcomes.

## **Maximize Your Time**

When you start elevating your thinking, you need all your time to carry out your dreams. Start now by making better use of your available time. Give up things that don't add value to your life. Let go of commitments and obligations that don't serve your needs. Simplify your activities and streamline your life so you'll have more time to think big and less time to live small. It's all about prioritizing.

## **Build from Your Strengths**

When you want to think big, start by building from your areas of personal strength and your most powerful abilities. Accomplishing goals based on what you are good at is much easier than starting where you are weakest. And when you start with strengths, you bring motivation and focus along for the ride toward your endeavors.

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## **Become Someone Others Want to Help**

When you start thinking big, you realize you can't do it all on your own. You'll need help to realize your big dreams, so be sure you are someone others will want to help. Being a positive force in others' lives, being open to feedback and suggestions, and being a reliable presence for others will help ensure they will be willing to help you when the time comes to realize your vision.

## **Practice by Challenging Your Time**

One way to practice problem-solving and reaching more attainable goals is to decrease your timeframe. While a goal may seem easy and not much of a practice opportunity, when you cut the timetable for success in half, you are suddenly facing a whole new scenario for achieving your dreams. Practice solving problems in creative and exciting ways by changing the constraints in which you must find a solution.

## **Find Your One Idea**

Start small, with that one single idea we talked about in the beginning. What's the thought that you can take and grow over time to create your next big idea? What's something you've always wanted to do, a problem you've been itching to solve? Finding your single idea, and focusing on it for a time, can help you start small and grow your idea over time.

# Resources

Below I've listed a few scriptures to encourage you as you start your journey to elevating your thinking.

- 1 Mark 9:23
- 2 2 Timothy 1:7
- 3 Proverbs 23:7
- 4 Philippians 2:5
- 5 Romans 12:2
- 6 Ephesians 3:20

Thank You!



Opening your mind to meaningful and important ideas can help you lead a better life. Only by embracing awe-inspiring dreams can you ever hope to achieve something significant. But elevating your thinking isn't just about focusing on one thing. It's all about cultivating a growth-mindset that allows you to solve problems, see the big picture, think into the future, and find the right support for achieving your goals. It's a concerted effort to use all of your strengths and resources to propel you to next level living.

Learning to think big can help you achieve your dreams and help you change your life as well as the lives of others. Only with practice and commitment, though, will you nurture your mental habits to learn to think bigger, live better, and be the best you you can possibly be in order to live an extraordinary life!