Family Introduction and Summit Overview

– Welcome back everyone to another day at The Medicine of Mindset Summit. I've had some pretty spectacular guests that you have had a chance to get to know this week, but for me, I'm completely biased because my guests today are my most favorite people on this planet and I get to introduce you to them. So I'm really excited about that.

So joining me today are my husband, Jason and our oldest son, Tyler Ty giveaway and our middle son Will and our youngest son, Tommy, there's Tom. And what I wanted to do was invite you into get a little glimpse of not only our family, but I wanted to bring the boys on because Ty is 22, Will is 19 and Tommy is 17 and I know many of you who are here in the audience have Children in your lives of different ages. But I wanted to give us a glimpse into mindset as a concept to kids this these ages because I think it's pretty it's, it's spectacular the way their minds are wired. They've grown up in a very different world than what we did. And so that's why they're here today.

We're gonna have a little chat with them really about mindset from their perspective and then they're gonna share, and Jason included is gonna share a bit of are or what their mindset tools and tricks are and maybe something that they have to say will resonate with you or will open up a conversation with your kids.

Jason on Emotions and Mindset

And so that is the whole um idea for this, our second last day of the summit mini session before we get going. All right. So maybe I'll just start with Jason since he's here in the, in the screen with me. Why don't you introduce yourself Jason and maybe just talk a little bit about what mindset means to you for sure.

– Introduction. Yes, Jana's husband small business owner, medium sized business owner and hopefully soon large business owner with a number of different projects we're working on.

Yeah. Agriculture background. So I feel very at home in nature. Feet connected to soil mindset for me is probably just my ability to understand where I'm at in terms of emotions and also where the people I love are at and see if there's some way that through the techniques china has taught me the techniques I read up and the techniques I employ can understand that emotions do happen and emotions are great and there aren't really negative emotions. There are times where you don't feel likely as engaged or as blissful as other times. But I think that needs to be looked at as not a bad thing, but as a very positive thing because it would be just like if a rollercoaster never had the lower parts, you would just be on a train.

So without being able to go up and down, you wouldn't feel the joys of a roller coaster and I think that's how kind of our mindsets in life should be as if you don't have those parts that aren't always as high or joyous then you wouldn't realize just how special those moments are. – Amazing honey, thank you. Alright.

Ty why don't you come off mute and share a quickly, a little bit about who you are and what what mindset means to you – For sure. So I'm the oldest of three and right now I'm helping with the family business and yeah, just taking a break from school right now, we recently moved down to Mexico. So that's been kind of a blessing in disguise for me I think school has been great. But yeah, the break off this year has been nice and yeah, just working with so many projects here, I'm about to start a new job down here in Mexico.

So excited for that. Open up some new opportunities for myself and yeah, just keep the adventure going for me.

Tyler on Competition, Gratitude, and Growth

Would you have to say something for me, mindset is well, at this, at this stage of my life being 22 it's initially, it was like the competitive side for me, I grew up playing hockey amongst other sports and whenever someone mentioned mindset it always be like okay game time, you know, focus in do what you can for your team to win and now as I'm maturing it's certain to shift away from the competitiveness and more to just life in general and yeah, just keeping

that like positive mindset and really being grateful for the position that I'm in and the people that are in my life and stuff like that and I think it's become a very relevant topic over the past couple of years.

Getting lots of popularity and lots of people are beginning to talk about the power of mindset and just the awareness that's that's come over the topic.

So yeah, for me it's shifting away from that competitive aspect to more of that personal and holistic um subject if you want to call it. So yeah, that's what mindset is. – Great. Thanks Ty All right, well why don't you come off of mute, introduce yourself and just talk a little bit about what mindset means to you. – Okay, my name is Will I'm a second year business student at Millsaps College in Jackson, Mississippi, I played college golf there and mindset to me is more of a, I don't know, I can see it from the competitive side but like me and Tommy both grew up playing golf and that's not a team sport really.

So you hear Tyler saying like how it was you have to do what you can for the team on the course, it's more like you have to do what you can do for yourself and that's all you can really do and then more on the personal side, like I don't know, it's always I've always been a talker, so it's kinda easier for me to go out and just ask instead of just holding it in?

Yeah. – Okay. And Tommy, why don't you come off me and introduce yourself and tell everyone what mindset means to. – I love, my name is Thomas, I'm in grade 12, just finishing up online mindset to me has been tough because it's always been something that, you know, I kind of overreact sometimes and I get angry.

So I've always had to work on mindset a little bit, just like with always believing in myself and knowing I'm good enough, whether it's on the golf course in the classroom or just in life. So yeah, mindset has been a big thing for me that I've had to work on throughout my life and I'm just gonna keep on working on it.

– Okay, I want to ask you guys a few questions. Do you think that mindset is something that you have, you just have, like, there's just some people that see life as the glass half full and there's just some people that see life as the glass half empty, or do you think it's something that can be challenged and learned and nurtured?

What do you guys think?

Will on Personal Mindset and Speaking Up

Just come off, let's have a little conversation, – Like, there's people see it half full and half empty and then the people who are half empty have to learn that it can be half full?

– How do you think they do that? If someone sees the world as the glass is always half empty, what do you think has to happen in their life for them to be like, hey, what if I thought about it a different way? Do you guys have any thoughts on that?

– For me, I actually I just I see other people's lives and like I think I have life pretty good and I just see how they don't, they haven't had the opportunities that I've had. So I get like really grateful and yeah, I'm really grateful of that. And I feel like that's helped my mindset.

– Ty I feel like it's definitely a bit of both where some people are born with a higher set, like a higher mindset and some people maybe start at a lower level depending on how you want to gauge it. But I think through your environment and the people that are in your life, those external forces can definitely either raise or lower your mindset, it's not just a progressive progressive process.

It can go both ways. So yeah, I definitely think some people whether it's, I don't know if you want to call it genetics or just the family that they're born into, they have a higher or lower mindset and then that can be improved or or it can decrease throughout the years.

So yeah, I think it's definitely a bit of both. – Do you have any comments on that? – Yeah, I agree. I think, you

know, some people have different foundational levels of where they are in in terms of stability or culpability with mindset, but I believe everybody needs to identify tools whether they be movement or meditation or combinations of those or communication, but loved ones with professionals in order to kind of level up or understand better where they can be and and where they should be – Boys.

Tommy on Confidence and Managing Anger

What do you think kids your age if you could if you could give to the kids your age advice on on mindset because we know a lot of not, you know, there's suicide has gone up over the last couple of years, like there's been there's lots going on in your age range right now and you know, what are, what are you seeing in your friend groups?

How are you, how are you managing that? Are people asking for help? Like give us a sense of of what that's like with the kids that you are interacting with?

– I can go for sure, it's definitely, I mean everyone has a different friend group even between me and my siblings, like you know, they got tight net friend groups and it's just like a different relationship whereas mine are a little more distant and yeah, just a different connection. So I think it definitely varies between people and friend groups and as far as like suicide and depression and those those things, it's obviously becoming a lot more a lot more vocalized and people are doing things. Organ organizations are raising awareness, which is great. But yeah, I think it all comes down to just the sole individuals and like reaching out to your best friend is really honestly the best thing you can do, like even when I get a text from one of my buddies back in Saskatoon and it just gives me such a nice smile and such a nice feeling that they're, you know, thinking about me and reaching out. So that's always a good feeling.

Mindset as Learned and Shaped by Environment

So yeah, I mean texting is great if you can talk that's even better and doesn't have to be like, hey man, like how you doing that kind of like just normal conversations throughout the day, like anything like that too. And I would honestly say one thing that's really helped me is just changing, it's kind of hard to do, but changing your perspective, whether that's just like changing your external environment, but just trying to look at things from a different way.

You know, living in Canada for 21 years, it's, it's a great place to live and many many benefits from it, but at the same time you kinda, you get into a bit of a rhythm and you know, you almost the same thing every day and it just kind of one day repeats itself and I know moving to Mexico with a drastic change, but if you can tweak something whether that's changing up your workout routine or maybe carpooling with a friend to school instead of taking the bus, something that can change your routine. I feel like that's really beneficial to and yeah, – Okay. Thanks. Ty Tommy or Will, do you have anything to add to that? – I've been very lucky to have the friend group that I do, the three guys that I have with me and it's, if one of us aren't doing well and we know that we're not gonna like, we're not gonna be like, hey, I'm coming over to talk, we're gonna go over there and make sure they're doing okay.

Like just really like, it's a deep connection that I haven't really had in the past with anybody or a group of guys. So it's like knowing that they'll go above and beyond to not even like, like if they'll ask me if I'm doing okay and I said no, I know they're on the way to my house. Like when we were back in Saskatoon, I know that they'd be there and they'd be there for me whenever for however long I needed.

– I want to know as we wrap this morning and thanks for that. Thanks for that sharing boys. I appreciate it. Let's go through as we wrap this little mini session today and let's all share one mindset tool or trick that each of you use or that we use in our lives to, you know, to kind of pick us up on those days that maybe aren't as as positive as we would as we would like it to be, who would like to go first?

– I can go.

Supporting Friends and Mental Health

So when I'm at school I have my roommate Thomas who I don't know, he knows what I'm doing, not, not the best and he'll just, he'll come in, we'll goof around, he'll make me like anything he'll do, I'll start smiling if it's going golf and playing video games, just hanging out with each other, he knows how to put a smile on my face.

So it's just keeping like if you're feeling down, don't push away from everybody, keep your close friends close. And it just at the end of the day it feels good.

– So this isn't a surprise Will being your mom for you. It's connecting, right? That's when that's almost a mindset tool that you use, even though it means sometimes people reminding you that connecting is a better strategy than withdrawing, right? Yeah. Tommy.

Why don't you share one of your mindset tools? – One of my set tools, you know, let me think on it. You can go and – Think of something on the golf course, Tommy. I want you to mention something specifically on the golf course to go ahead. – For me, In some cases I'm kind of the opposite of Will I like to kind of shelter to myself. And just kind of keep quiet.

I really like to process things in my mind and then just kind of think about it, sometimes it's not the best for me, I just keep thinking and thinking, but that's my process and actually read a really good book that my mom showed me and one of the, one of those one of the chapters that the author goes over, she talks about this process of identifying the thought, like analyzing it, accepting it and then letting it go.

So that's one thing that I've been trying to implement into my life is like okay, I had this bad thoughts or whatever the case may be, I like identify that I had it, I accept it for what it is and then I let it go and think of something else, more positive thought and I feel like that process, it's taken a while to implement and like realize like oh that was a bad thought, okay, and I'm gonna go through that process, but once I'm, once I've activated that and it's become not second nature, but I've definitely become more comfortable with it and seen better results of accepting, you know, that's okay, everyone has bad thoughts and stuff like that, but it's what you do after that counts. So I think that process has really helped me – And that book, if anyone's interested, it's bi Gabby Bernstein, it's super attractor, so that's what Ty that's the book that I read and I was like you might want to read this one, so Tommy, what did you come up with specifically for the golf course when you're on, when you're on the course?

Mindset Tools: Connection, Reflection, and Movement

– Probably just trying to take like, little positives out of everything, like let's say like you hit a legend to the bunker, but you get it up and down, it's just like, yeah, you hit a bad shot, but you recovered, so just trying to, like, take a little positives out of almost negatives, but – Yeah, almost like, what was the lesson of that?

And how did you kind of turn it around right? – Yeah, – Amazing, Jason, – For me, it's probably a number of them, almost like a bit of a toolkit you know, physical touch I think is huge, so a hug or if that's not available, you know, maybe booking yourself a massage, things like that I think is there's a lot of energy when you are physically around people or with people, so that's a big one for me, movement, I love movement you just, you feel great whether you can kind of shut your brain down a little bit or whether it's just your body craving, you know, a different modality, um that's big and then recently, you know, forms of meditation, that's always a confusing concept because of there's so many different ways to do it, but that's been a big one lately, and trying to do that a couple of times a day, whether it's just taking time for yourself, incorporating breath into what you're doing or, or just trying to turn your ego brain off and then turn on your heart brain kind of his tools that I really enjoy implementing through the day. – I have a lot, but I'm only gonna share one right now music. I think if you find like an anthem or a theme song that you can get, you know, listen to every day that you can really ground into listen to the lyrics, it, you know, literally in three minutes it can completely completely shift you. So, I just want to thank my family for being a part of this project with me, the summit.

Closing Thoughts and Family Thanks

I hope many of you who have been with us for the past couple of days, absorbing all the amazing information. Have, you know, connected in different ways with that information with the different people and like I said, I wanted

to give you a glimpse into our family and and just, you know, the minds of these young teenagers and you know, young adults and what what goes on from a mindset perspective with them.

So boys and Jason, thank you so much for being here today and everyone else is here. I hope you enjoyed today's all the interviews that we have for you today at The Medicine of Mindset Summit