

"We are the summation of the ideas we adopted, synthesised and embodied."

*Daily Inspirational Quotes*



# MIND SHIFT

150 IDEAS THAT WILL IMPROVE THE  
QUALITY OF YOUR LIFE

**LUTHANDO DANIELS**

AUTHOR . EXECUTIVE COACH . CONSULTANT

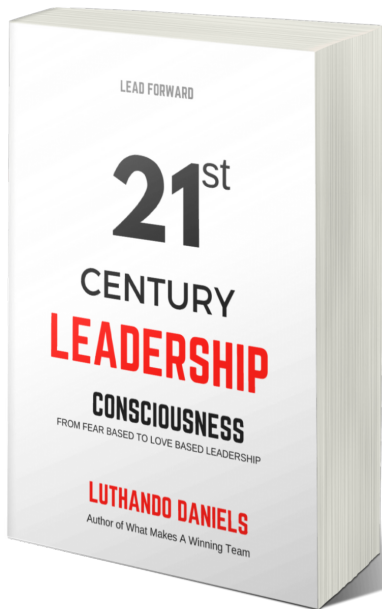
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**Author of the bestselling book**

## **21<sup>ST</sup> CENTURY LEADERSHIP CONSCIOUSNESS**

**From Fear-Based To Love-Based Leadership**

*"A toolkit for leaders who want to lead with presence. The book recalibrates the leader's consciousness so that the leader is alert to self, the led and the environment"*

**Dr. John Tibane, Chairman, Tibane Group**

This read is prepared for leaders and those who aspire to be leaders in a 21st century information age that is skewed towards performance, excellence, perfection. Organisations are increasingly mechanised in a rigid and inhumane way to the detriment of the leader and those that follow them.

In the book, Luthando makes a case for leaders to understand 'self first and move to a premise of love based leadership. This leadership is achieved through valuing people and exercising compassion, empathy and affection as a requisite to the uncapping of their potential.

It all begins with consciousness and the mind. The book is written from years of experience. Each main aspect has been critically evaluated for maximum value and impact to every leader's thinking. It brings into perspective novel, neglected and native ideas of leadership in organisations. As a leader, you should expect a renewal of mind into the consciousness of the 21st century.

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## DEDICATION

It was during my night shift of looking after our new born that I thought I could invest my time wisely by brainstorming on ideas that can help shift someone's life. The interesting part is that 70% of the ideas were brainstormed whilst I was sitting on my bed, holding the baby on one hand and typing on my computer with the other hand. The time was between 22h30pm and 02h30am.

The ideas were rushing in all at once and I couldn't keep up with the avalanche. I'm glad I obeyed. With that being said, I would like to dedicate this book to my wife and kids. We had such an awesome time during the (Covid-19) quarantine. It's been an intimate time with an added bonus of welcoming our last born, Luthando Ngentando Daniels II.

This book is also dedicated to the knowledge seekers out there who are constantly looking for practical answers that will revolutionise their lives. I had you in mind when I was pouring these ideas.





We are the summation of the ideas we adopted, synthesised and embodied. In this book, I share personal thoughts that I cogitate on consistently. I'm an avid reader and a seeker of knowledge. I constantly search for ideas that have a potential to alter the trajectory of my life.

These ideas always pop up in different places and spaces. I hope the ideas shared here will influence you in a positive light. Don't just rush through, take time to ruminate, for it is in meditation where our lives are shifted. Thank you for committing to your growth and development.

Enjoy the read!

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In life you don't get  
what you deserve, you  
get what you demand.






Giving is the secret to  
living. You were created to  
be a river not a reservoir.





The answers you are looking for are not outside of you, but are intricately interwoven deep in the recesses of your being.

3




Silence is the pathway of  
wisdom, take time to be  
present in your presence.

4

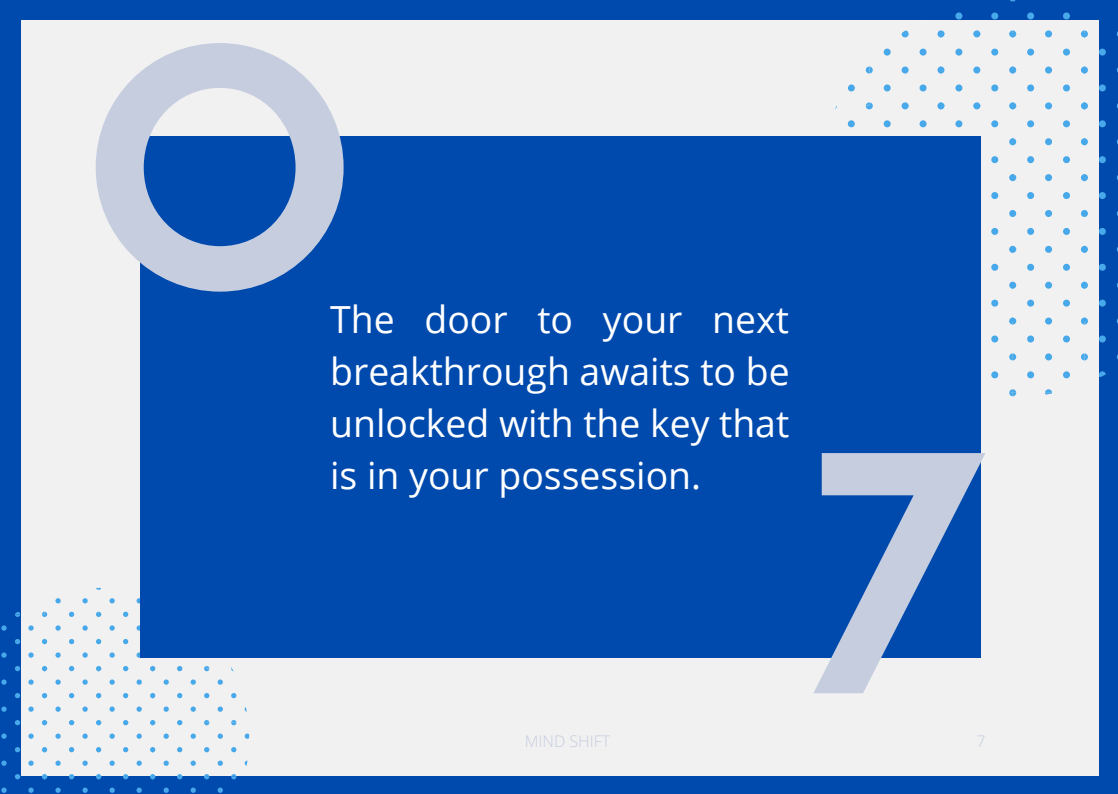


There are souls whose  
destinies are tied to yours,  
when are you showing up?








The sound of your voice  
has integral properties of  
healing, many are waiting  
to hear your voice.





The door to your next  
breakthrough awaits to be  
unlocked with the key that  
is in your possession.



Your spouse is your destiny connector. Honouring him/her will unleash wide open the doors of destiny.



8





You are more valuable than  
you think. The secret of your  
worth lies with your creator.

1

You have the power to redefine what defines you, rewrite your script and alter your destiny.





Sometimes seeking external validation is what hurts you the most. Stop giving away your power and start auto-suggesting your desires.



1

You are your greatest cheer leader. It's time to start esteeming yourself higher and begin witnessing divinity conspiring in your favour.

2

# 1

There are versions of your life you've never lived, abandon the paradigm that's not serving you and tap into your higher self.

# 3





1

Your intuition is your GPS, at what point are you going to yield to the guidance of that still small voice?

4



# 1

Fear is sometimes an indication that you're supposed to take that bold step...feel the fear, and take the step regardless.


# 5



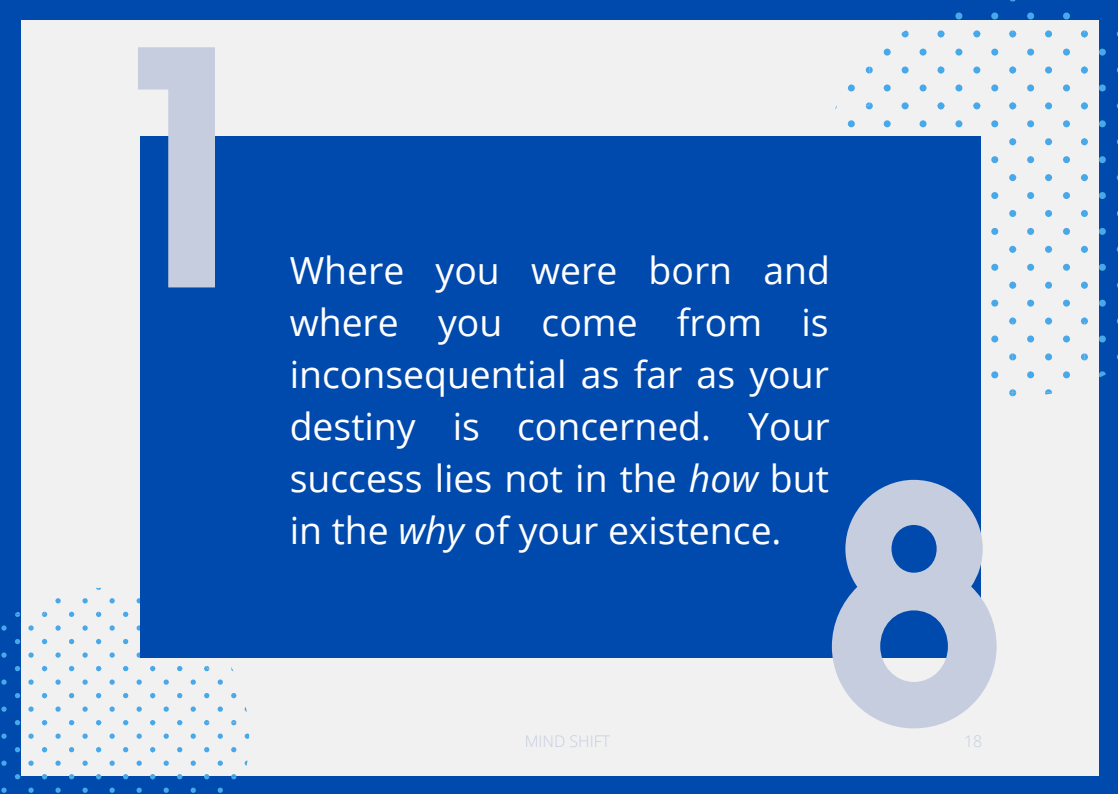
1

Sometimes when things don't go your way, it is for your own good. You might not have the view of the bigger picture.

6



Your timing is perfect,  
there's a reason you were  
born. Find that reason and  
create a meaningful life.



1

Where you were born and where you come from is inconsequential as far as your destiny is concerned. Your success lies not in the *how* but in the *why* of your existence.

8



1

Stop consulting your past,  
your answers are before you  
not behind you.

9



When you are confronted with a moral decision, at that point you are given purpose. What you do with that responsibility depends on your conscience....





2

Find your flow, and tap into your rhythm.

1





Your purpose is embedded in  
your gift. Nurture your gift  
and discover your PURPOSE.





# 2

The answer to your problem depends on the quality of your questions.

# 3

A large, light blue number '2' is positioned in the top-left corner of the slide. The background features a dark blue central rectangle with white text, and light blue dotted patterns in the top-right and bottom-left corners.

Taking 100% responsibility of your life is appreciating the fact that you have unconsciously created the reality you are now subjected to.

A large, light blue number '4' is positioned in the bottom-right corner of the slide.



2

Get out of your own way and get in the right way. Embody the espoused habits that will transform you.

5



2

Bliss is what you create by  
the quality of your choices.

6

9

Good Morning. My greeting this morning is not how you are *doing* but how you are *being*?

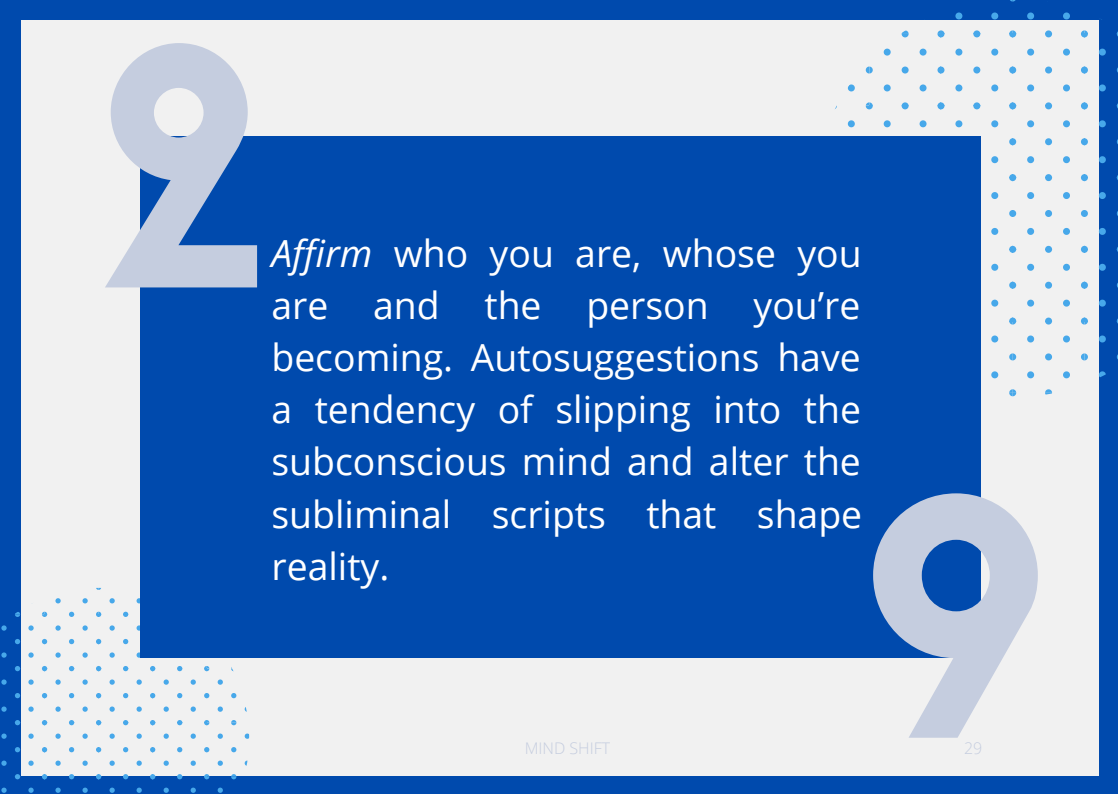
7



2

Reading exposes ignorance,  
read more and be counted  
among the wise.

8



*Affirm* who you are, whose you are and the person you're becoming. Autosuggestions have a tendency of slipping into the subconscious mind and alter the subliminal scripts that shape reality.



# 3

*Confirm* and verify with your inner guide whether you're on the right track. You have an innate intelligent system which functions without limitations.

# 3

Be *Firm* to stick with who you believe you are. Your truth reinforces your identity, which in turn creates internal harmony and resonance.

# 1



# 3

Make time to dream, by that exercise you are literally creating new neural pathways of possibility in your brain. Success is not happenstance but what you deliberately create in your imagery, failure comes through meditation too.

# 2



# 3

Great challenges do not always yield great victories. Faith and audacity are keys to great victory. Greatness is a decision based on deep purpose.

# 3

# 3

Friends who always remind you about the good old days are redflags for your future.

# 4

# 3

How you talk with yourself results in how you feel about yourself, circumstances are mere offsprings of that union.

# 5

# 3

Integrity is when there's alignment with your thoughts, words and actions.

# 6



# 3

Invest in yourself and appreciate in value. You excrete what you consume.

# 7





# 3

Giving teaches your  
subconscious mind  
that you have more  
than enough.

# 8



# 3

Love your children and give them the attention they deserve and always be mindful that this is their childhood.

# 9

# 4+

Set a morning routine system,  
it sets the tone of your day  
and eventually your life.





# 4

Your dominant thoughts trigger an emotional state, which influence your behavior. Circumstances are customised by this process.

# 1



# 4+

Your values make up your personal culture. What you call reality is the outward manifestation of your innate values.

# 2



# 4+

*"I am enough,"* mix these words with emotion and affirm them daily, your future leans on them.

# 3



It's time to reinvent yourself, the new world requires a new version of you. Abandon the old paradigm & adopt a new one.





# 4

Make it a habit to be grateful, you'll activate your reticular activating system (RAS) and life will reward you with more things to be grateful for.

# 5





4+

Speak what you want to see and polarise your aura with the energy of your desired outcome.

6



4+

Schedule time to think. It's only  
careless people who don't pay  
attention to what they think about.



7



# 4+

You are a multidimensional being,  
craft a vision for each dimension  
and create congruence.

# 8



# 4+

Momentum is the fuel for success, commit to daily activities that feed your ultimate plan.



# 9

# 5

Create a system of sounding boards around your life, you don't have a view of your idiosyncrasies.



# 5

What is your vision and mission?  
Do you know the belief system  
that drives you? What is it that  
you are trying to create in your  
business?

# 1

5

Do you have a quality of life? How would it look like for you?

2

# 5

We have people who waste, spend and invest their time. Where do you fall in?  
Time is your intangible currency...

# 3



# 5

It's futile to compare yourself with others, rather you compare yourself with your untapped potential.

# 4

# 5

Your economic value is the summation of what you make in an hour. Your role is to constantly increase it.

# 5

# 5

Your knowledge is valuable in the market place. There are people interested in what you do, who operate outside your field. You can start by packaging your knowledge in a book or audio format.

# 6



# 5

You are not here to worship the status quo, you are here to assault it.

# 7



# 5

You are the only artist in the  
canvas of your imagination.

# 8



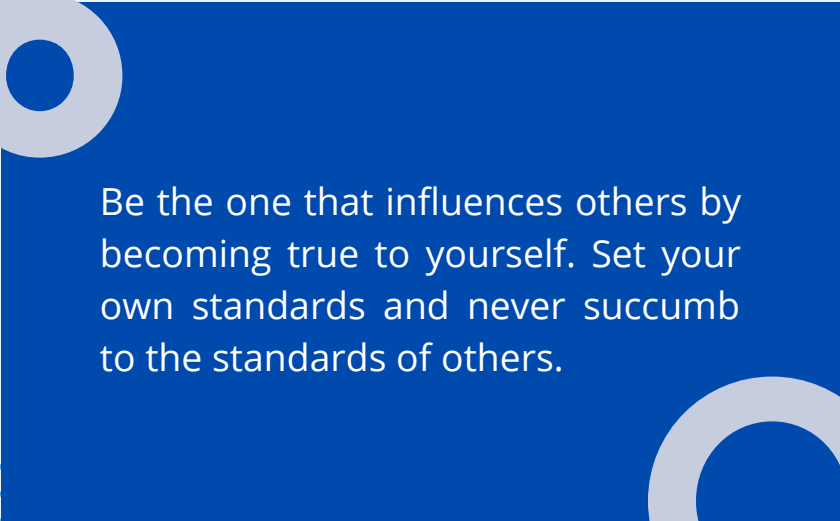
# 5

What one skill that if you can  
learn could change your life?  
nurture and develop it!

# 9

A large, light blue number '6' is positioned in the top-left corner of the slide. It is partially overlapping the white background and the blue rectangular area.

6

A large, solid blue rectangle occupies the central portion of the slide, serving as a background for the main text.

Be the one that influences others by becoming true to yourself. Set your own standards and never succumb to the standards of others.





# 6

Before you pursue a goal, first evaluate whether that goal is worthy of you. If not, set a lofty one.

# 1





6

Purpose is service rendered within  
your predestined jurisdiction.

9



# 6

If you don't have something worth pursuing, life becomes meaningless and days become very long.

# 3



6

Everything rises and falls on  
the reasons of its existence.

4



6

The downfall for many is to initiate different projects simultaneously, only to end up with scattered energy and misfocus.

5



6

You should constantly review your vocabulary... it raises or lowers your energy. I don't know why most people don't pay attention to this critical component of their lives.



6

Stop feeling sorry for yourself, nobody is coming to rescue you, the world owes you nothing. You need to be clear about the outcomes you want, and take massive action.

7



6

Our life changes the moment we make tough calls, it stagnates when we entertain the status quo.

8



6

You don't deserve it if you want it for free, you do if you are willing to pay the price.

9



# 7

Your energy is your currency, when it's high, it reinforces your faith, when it's low, it depletes it. Raise your energy levels.





# 7

A person with a dream will  
always be attended to.

# 1



# 7

Every relationship calibrates you to a certain frequency, whether that takes you up or down, it's your choice.

# 2



# 7

There's nothing wrong with you, there's something wrong with your lenses.

# 3



# 7

Nothing moves until  
you make a move.

# 4

7

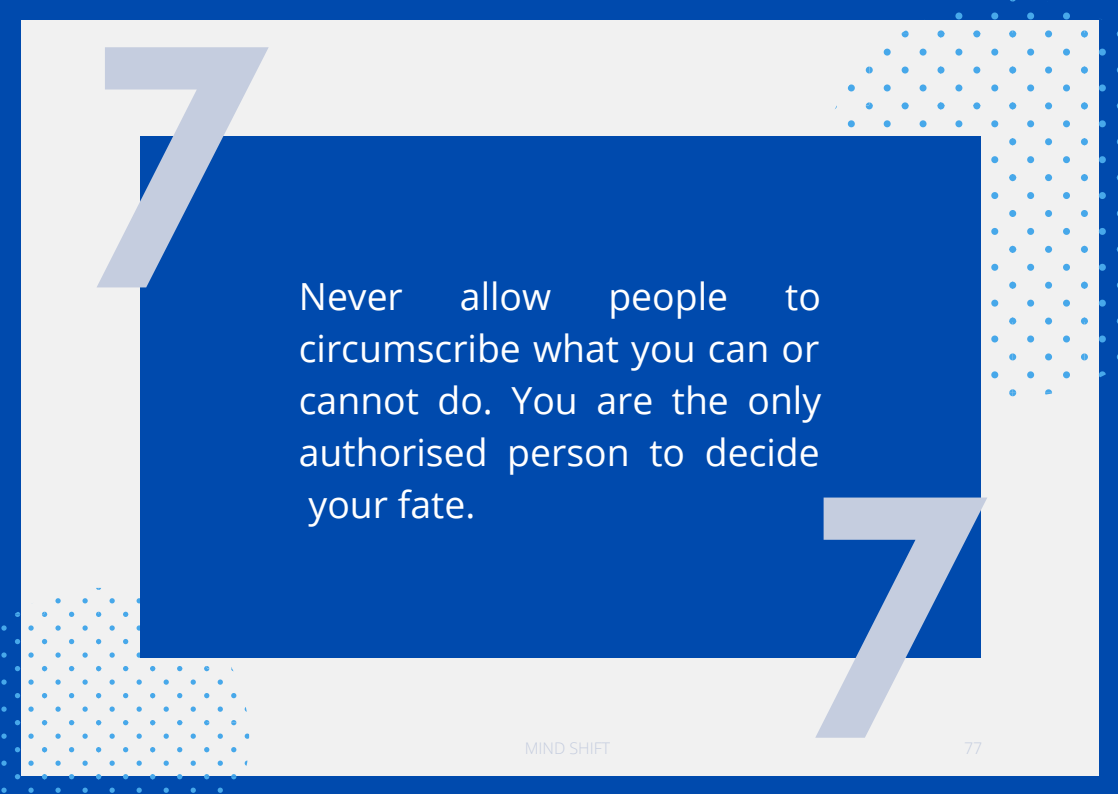
Where there's no vision  
people compete.

5

# 7

You should occasionally borrow lenses from someone who has a different world view than yourself, never become a prisoner of your paradigm.

# 6



Never allow people to circumscribe what you can or cannot do. You are the only authorised person to decide your fate.



# 7

The difference between people is information. Inculcate a culture of being studious, what you lack knowledge of may be the key to your next door.

# 8

# 7

Sometimes life will force you to do what you don't want, so that later you can do what you want. Adapt to those seasons, they are pathways toward the ultimate destination.

# 9

# 8

As you are running your own race, wear blinkers, this will enable you to regulate your own pace.

# 8

Focus, for this is the the only virtue that yields maximum success. Refer to others for inspiration but don't be distracted, your journey is unique.

# 1

8

Life caters for risk takers.

9

# 8

In building strategic relationships, it's not about how many people you know, it's about how people know you.

# 3



# 8

Keep trying new things, if you're an author, keep on writing. If you are a musician, keep on producing. If you're an entrepreneur, keep on knocking. The more productive you are, the higher the probability of success.

# 4



# 8

If you are hard on yourself, life will be easy on you, but if you are easy on yourself, life will be hard on you. Continue to stretch yourself and maximize your potential.

# 5





# 8

What you think about, you bring about.

# 6



# 8

When someone buys you a gift, the cost of it doesn't matter, it's their value in your life that matters most.

# 7

A large, light blue, hollow number 8 is positioned in the top-left corner of the slide. The background of the slide is white with a blue border and blue dotted patterns in the corners.

Gratitude is the state of  
Manifestation. I'm so Grateful  
to be Alive. What are you  
Grateful for?

A large, light blue, hollow number 8 is positioned in the bottom-right corner of the slide.



# 8

God works harmoniously with our attitude. If we believe He can, He will. If we believe He can't, He won't.

# 9

Organisations are victims of the consciousness of their leadership. They thrive or languish on that fact.





9

Wasting your time is clue that you have not yet discovered your purpose.

1



9

Dimensional quantum leaps require rigorous disciplines, adhere to them.

2



9

Never settle for ignorance,  
you are daily moving in the  
direction of what you know.

3





9

Favor will open doors for you, and  
excellence keeps them open.

4



9

Whoever is trying to bring  
you down is below you.

5



9

We are daily confronted with the task of confronting our fears. Your best life, is on the other side of fear.

6



9

You'll never know how strong you are until you are thrown in the deep end, and have to swim to the top.

7



9

Over delivering and undercharging will deplete you. Take yourself seriously.

8



Power that doesn't empower  
overpowers the leader, and  
disempowers the follower.



1

Never pursue any relationship whose season has come to an end. Learn to discern.





1

Never qualify anyone whom God has disqualified in your life. His ways are higher than your ways. Let go and let God.

01





# 1

Your belief system becomes your reality, be careful of what you believe because it will reflect circumstantially.

# 02



# 1

The art of going to the next level lies with focusing on what you want than what you don't want.

# 03

1

Life was meant to be enjoyed  
and not endured.

04

1

Those we take pride in wearing their brands, understand the power of their names and significance thereof.

05

1

Your life is shaped by the quality of decisions you make on a daily basis.

06

1

Never allow the future to  
meet you unprepared.

07

1

Circumstances don't determine your  
Altitude, your Attitude does.

08

1

Man was created to resonate in a state of Love than the state of Fear. Fear disempowers whilst Love empowers.

09



1

If you are not living on the edge  
you are taking too much space.

10



1

Never enter into partnership with someone who has nothing to lose, whilst you have everything at stake.

11

1

If you are not growing  
you are groaning.

12

1

What your client pays you for is  
your reward for getting them  
what they want.

13



1

The value of a thing is determined by its difference not its similarity from others.

14

1

Proffer performance instead  
of pronouncements.

15

1

Don't sleep too much, others are planning your tomorrow, take charge of you future, Today.

16



# 1

The world has changed for good, the new normal will require that you acquaint yourself more with technology. Automate your services immediately.

# 17



1

Today's ideas are tomorrow's empires.

18

1

Better be disqualified early and be qualified later than be qualified early and disqualified later.

19



# 1

The difference between people is their wisdom, what you know will promote you, what you don't know will keep you where you are.

# 20



# 1

Take care of your mind, it's one of the most valuable assets you have. It comes before all your relationships. if it doesn't function properly, it affects everyone around you.

# 21



# 1

You must qualify people of integrity to have access to your strategic relationships. Access is costly and that can be taken for granted.

# 22

1

A person with the dream will never be ignored.

23



# 1

Be kind to yourself and treat yourself well. Surround yourself with the good there is. This will release happy hormones because when you feel good about yourself, you'll have a positive outlook on life.

# 24

1

When wrong people leave your life,  
wrong things cease to happen.

25



1

Be watchful of your thoughts, they have a tendency of translating themselves to their physical equivalence.

26



1

The life of the great is characterised by many low points.

27

1

Mediocrity breeds contempt

28

1

What you possess is enough to get you what you want. If you don't believe me, read acres of diamond.

29

1

Every revolution began with a question...

30



1

Every financial blunder I made  
was due to never have come  
into agreement with my wife.

31



# 1

Grow together with your partner,  
it helps to synthesise your ideas.

# 32



# 1

Attraction is a consequence of your innate radiation. Things come to you as a result of your inner state of consciousness.

# 33





# 1

Most leaders are not conscious of their consciousness, because they are blinded by their blind spots.

# 34

1

A person who never questions anything will never pioneer anything.

35

1

Don't wish life was easier, make  
a commitment to be better.

36

1

Your conviction to succeed must  
be greater than your fear to fail.

37

1

When you decide to build wealth,  
wealth commits to come your way.

38

# 1

Successful people are not without problems. They are successful because they have taken the initiative to solve their problems.

# 39

1

when you do not seek or need external approval, you have found your authenticity.

40



1

Work on your craft so that you are not found wanting in the day of opportunity.

41





# 1

Every success and failure can be traced back to the quality of the decision that was made.

# 42

1

Legacy = Trans-generational  
Thinking + Strategic  
Planning & Implementation.

43



1

What enters you determines  
what exits you. When knowledge  
enters, ignorance exits.

44

1

Choose to change before  
circumstances compel you  
to change.

45

1

I have discovered that lack and abundance are mental conditioning based ways of thinking.

46

1

How you see life determines  
how you experience it...

47

# 1

This year will be the same as last year, except for two things;

1. The decisions you make and
2. The courage to take the necessary steps to convert those decisions into reality.

# 48



# 1

Time flies for a purpose driven person, but it drags for a person outside their life rhythm.

# 49





# 1

Everyone is born an original but many die as fakes. Remember, you were never created as a duplicate, even twins individuate.

# 50

# ABOUT THE AUTHOR

Luthando coaches executives, celebrities and professionals from diverse disciplines. He has developed an Emotional Climate Measuring Tool (ECMT), an assessment instrument that measures the emotional aspect of organisational consciousness. He is an author of three books, which includes his latest bestseller titled; 21st Century Leadership Consciousness. He has consulted for various organisations around South Africa, and has landed coverage in broadcast media featuring articles around Leadership and Executive Coaching.

He has studied, analyzed and utilised corporate and team case studies in the development of consulting tools and organisational assessments that diagnose troubled & diverse organisational challenges. He is a highly influential and an excellent communicator, who continues to challenge himself through knowledge acquisition, research and social experiments.

He is a Co-Founder of Destiny Coach, a coaching certification programme that serves to capacitate organisations and professionals with practical tools for coaching, mentoring and self leadership. He is the Co-Founder of Life Rhythm, a personal development program that helps individuals to structure their lives

Methodically

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