

# MINDSET

by Brian P Pasquale and Michael Aloia



It's early Saturday morning, December 24th, 2011. You're getting ready to head out to work when you glance up at the television screen where you see a news report of protestors at the local mall. The mall is packed with last-minute shoppers trying to get the best deals before the end of the day.

On your way to the station to begin your shift, you hear on the radio that a

few arrests have been made at the mall. Protestors have elevated their activities and some minor vandalism has occurred. A while later you arrive at your station. Within minutes you're dispatched to the mall, where an apparent explosion has rocked a vacant store. There are numerous people injured, and police are on scene attempting to control the vast numbers of people reacting to the incident.

To add to your anxiety level, you can't reach your parents who have taken your child to the mall for last minute shopping as well. As you near the scene, you see the plumes of dark smoke rising from the area of the mall. You listen to the radio as numerous fire companies are dispatched as well as requests for additional police support. Through the chaotic radio chatter, you think you've heard mention of



a bomb, but you're not sure. Your family is still not answering their phones, you're going to be the first arriving medical unit and you have no idea what the nature of the incident is yet... What do you do – what is your mindset?

To understand a need for a mindset, one must understand the steps needed to achieve such a mindset. To simply indoctrinate a set of beliefs, practices and skills to your being is not an

overnight affair. Mindset is often an accumulation of collective interactions and experiences- good, bad or otherwise. In some cases mindset is not even a matter of choice but a matter of existence given the criteria some individuals are confronted and deal with throughout their lives. Mindset can be a code for living or a code for dying - it is all a matter of perspective and choice. Mindset can be regarded as a daily internal operational manual where a series of checks and balances are continually working providing the individual with information and assurance that what they are doing at that moment is in their highest benefit. Mindset calls to mind countless stories of people who have weathered horrific situations and survived the unthinkable. Many claim to have been able to pull through simply by believing they could. The belief is then often fueled by the hope they carry with them of seeing a loved one again, visiting their favorite place or even the promise of fulfilling a long time dream. Though these stories depict the human condition in its most trialed times, it also represents a mindset that is unstoppable - making what seems impossible, such as survival in the most dire of circumstances, simply possible. Thankfully, a vast majority of us are not confronted with a 'turn for the worse' sort of life. In actuality, the percentage of individuals faced with extreme trial and tribulation is relatively small considering the world's population and the amount of chaos that exists. However, what it does say is that when faced with challenge, we are up to the task and through the mindset that we keep, miracles, life altering change, is possible. What it also teaches us is that if the mind can continue to find solutions amidst the worst of times then it is more than capable of servicing us well during our everyday affairs. This means with a mindset that is open, believing and focused, we can accomplish - we can find a way. Nothing is too great that cannot be overcome by the mindset we keep. Training the mind not only for informative purposes related to job, profession or career, but training in critical thinking, problem solving,



stress management, physical overload, and overall wellness along with discernment, compassion and character development is key to a well-rounded individual not to mention makes for better production and result. Mindset, then, is a belief that hope always exists and that our time in this world does make a difference to all those whom we cross paths. Mindset is a key to survival but mindset is also the key to existence - one filled with abundance and return. **EMS**

#### About the Authors

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