

SYNOPSIS
SUCCEEDING DESPITE THE CRASH, BURN & MICROINEQUITIES ©2015

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Success starts and ends with your mindset...whether positive or negative. To be successful, you must have a positive mental state. Ultimately, a negative mindset will prevent, if not minimize and/or eliminate your success.

So, that means you cannot let microinequities and microaggressions infect your positive mentality. You cannot let either become a negative creep into your mentality.

Just what are microaggressions? Simply put,

[m]icroaggressions are the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.

(<https://www.psychologytoday.com/blog/microaggressions-in-everyday-life/201011/microaggressions-more-just-race>). Microaggressions can be based upon racism, sexism, ageism, and just about any other “-ism” that exists.

Microinequities are the byproduct of microaggressions. As such, microinequities can be potential barriers to your success. They are barriers if you adopt them and alter your conduct to support them. If you neither adopt them nor alter your conduct to support them, then microinequities are simply hurdles that you must leap. They are surmountable hurdles because they have nothing to do with your true talents, skills, and abilities.

Consequently, do not accept and internalize microaggressions and microinequities. Rather, recognize them for what they are (speed bumps, absent your adoption and internalization). Believe that you can overcome them.

To do so, “Alter Your Mind” because whatever you think will happen. (*See “As A Man Thinketh,”* by James Allen; *As a Woman Thinketh* originally by James Allen, revised by Justin Yule). Remember, ultimately, you control your fate and success. (Read “Invictus,” particularly the last stanza.).

You can succeed rather than crash and burn through microaggressions and microinequities. In other words, stay “Success Positive and Success Focused!”