

Developing a Strong Mindset



Naturally humans think more negatively than positively not only is it instinctual but we have also become conditioned to this way of thinking. Most of us have been brought up in the world to fear, to worry, and to ruminate on thoughts that don't really benefit us or serve a purpose. This is caused by a combination of our past, our experiences, and how we were raised but also newscasts, world events, marketing, social media, and social constructs have a big part to play as well.

Because of the huge mental health crisis that our world is experiencing, studies are shifting now and more research and emphasis is being put into studying human neurology, psychology, sociology, and how to handle and cope with life. Personal development is being encouraged more and more through books, podcasts, therapy, and social groups and systems. Working on your mindset and developing a more "growth mindset" as opposed to a "fixed mindset" can greatly improve your life and help you to achieve essentially anything you strongly desire.

Tools for Success

- 1) *Visualization*
- 2) *Affirmations*
- 3) *Reflection and self awareness*

How do we Work on these Things?

Visualization

One of the best kept secrets around and is such an amazing and effective tool for getting the things that you want out of life.

- 1) Learn how to meditate - start by sitting quietly for 5 minutes everyday, with your eyes closed, breathing in and out. Continue this until it becomes a habit or routine. Once this becomes a habit, educate yourself on different ways to meditate and find what best fits you.
- 2) When you're facing a challenging situation, visualize yourself completing the challenge or seeing yourself taking on the challenge with great confidence.
- 3) Visualize your ideal future often, see it all happening, see yourself in your future as your best self. Envision this day in and day out until you truly start to believe it will happen, then watch it unfold before your eyes.

Self Affirmations

With emphasis on self confidence, faith, and hope, self affirmations can strongly influence your ability to achieve success.

- 1) Can you think of a line, phrase, paragraph, or saying, that if read aloud everyday, would lift your spirits, give you courage, or help you forward think?
- 2) Repeating good kind things to ourselves often is a great confidence booster and is a positive self fulfilling prophecy.
- 3) Reading our dreams and goals outloud can help our subconscious and ourselves to truly believe that they will happen.

Reflection

A very important tool to discover who you are inside and what you truly desire. And where there is a strong desire, there will be a highly favourable outcome if put into action.

- 1) Write in a journal to help you process good and hard things.
- 2) Do daily, weekly, and/or monthly reflections on how things are in your life and what you can improve on or learn more of.
- 3) Take experiences, especially difficult ones, reflect on them and learn from them.

The best way to do this sort of mental work is to create routines with it. Routines will eventually turn into habits. Keep yourself accountable with an integrity board checking off everyday whether you did your meditation, journaling, affirmations etc.

Homework:

Come up with a routine for incorporating these mental practices including a daily, weekly, and monthly schedule.