



How To Build A Positive Mindset?

Having a positive mindset is critical to living a productive and fulfilling life. In fact, the more you exercise your mindset, the less negative events, negative self-talk and other influences can throw you off track. Here are 5 steps to take to create a positive mindset every day.

1. Create Your Vision: **Write out a paragraph that describes your ideal life**, including family, relationships, health, wealth, leisure time, profession, hobbies, etc. Try not to let perceived or emotional limitations affect your Vision Statement...it's what you wish for yourself.

Example: *"My life is full of meaningful love with my spouse, my children, extended family and friends. I feel energized to bring passion to work yet stay balanced with travel, adventure and my monthly scuba-diving excursions. I am living in financial freedom and feel blessed that I can help others in need. My healthy lifestyle is an example to others and has helped me transform lives."*

2. Every morning when you wake up **read your vision statement** (keep it accessible and visible)
3. Next, based on your Vision, **speak aloud a positive affirmation** that will set you in motion toward that vision. Here are some examples:

"Today, I will focus on nourishing my body with healthy food"

"Today, I will focus on fitness"

"Today, I will show love to those who often try my patience"

"Today, I am blessed and will seek to bless others"

You get the picture.

4. On the backside of the paper you've typed/written your vision statement, **write down each affirmation.**
5. **Review your VISION and AFFIRMATIONS** consistently – They will form a positive mindset.

By setting your mind on the life you'd like to live, then making daily affirmations that support that vision, you will create momentum and form a productive and fulfilling mindset. Mindset leads to action. Action leads to actualization of your Vision.

Start building your new life, today!

JUST FOR YOU!

**Now that you're on your way to a healthy mindset,
why not instantly improve your nutrition?**



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