

Mindset – Development

Want a better life? Then start with getting a better mindset. Everything in your life is affected and impacted by your mindset – good bad or otherwise. If you want the best from life then you must build and maintain the best mindset you can and even then always be working toward continuous improvement at all times.

Here are a few things you can do to start to develop a better mindset now – put a check mark next to each one you decide to implement as you start doing it;

Get up an hour early - and use it as quiet personal time to review your goals and plans

Establish a morning routine - Have a wakeup routine that includes waking up calmly and then some easy but functionally important exercises such as crunches, push-ups and a stretching routine followed by some breathing exercises and meditation for just a few minutes

Use a Task Management System – Write it down and follow it each day to gain more control, be more productive and have less stress as a result

Develop self-confidence – Get stronger mentally and physically by following the above and as you do and as you become more productive and accomplish more your confidence will improve too.

NEVER EVER Tolerate Negative Comments – Especially not from YOURSELF or those closes to you and part of your life. Treat yourself with courtesy, dignity and respect at all times and demand those in your life do the same – or get rid of them if they won't.

Eat Intentionally – Plan your meals out the day before and make and take them or purchase them according to plan. Eat better food and the right quantity and start eliminating junk now.

Move – Go for a walk every day. Get up from your desk or work station at least once per hour and stretch – then walk. If you need an excuse, go to the restroom.

If you really want to make progress get a Life Coach. Work with me, or with one of my team member coaches and get the direct support and help you need. You can sign up for a FREE coaching session NOW by going to the Additional Resources page and selecting the Coaching Programs button on the bottom of that page.

I am ready when you are – so let's get started. Since the first session is free you have everything to gain and NOTHING to lose!

