



5 practises for creating a mindset for success, confidence & positivity.

Mindset is the first thing to work on when looking to make any sort of change in your life. Mindsets can really block you from seeing the things you want and act as barrier to taking action.

There are TWO parts of your mind - think of them as the "I CAN" & "I CAN'T" voices. One is speaking louder than the other, and naturally, that one wins! More often than not, the louder voice is the self-sabotage 'can't do' voice (I call her Negative Nelly)!

The more aware we can become of Nelly and our inner dialogue the better, as we can catch her out and stop the unsupportive chatter - hence why being present throughout the day is key. It's a process that requires perseverance and commitment - which is why having someone for accountability can be super helpful.

"We cannot solve our problems with the same thinking we used when we created them."

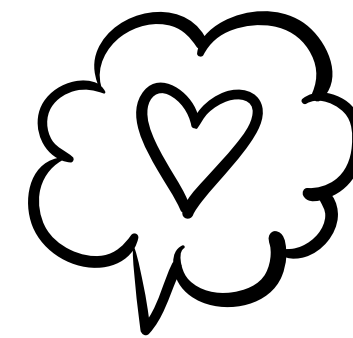
To get you started, follow these steps below to begin your mindset upgrade!

1. Create positive morning habits

This'll need to be bespoke to YOU - your morning routine should be designed to make you feel great. To help with ideas, habits of mine include meditation, journalling, visualisation, affirmations, cold water, fresh air, movement. Importantly, give yourself time so you're not rushing. Re-look at your current routine, what's one way you could improve it? Instagram, emails and the news may be subconsciously impacting your mood & confidence, so be wary of this too.

2. Reflect on your "wins"

At the end of your work day, it's important to finish on a good note. Get into the habit of writing down, and reflecting on three wins from the day. These prompts may help: what's something you achieved? A conversation that inspired you? A task you completed? Something that made you smile? How you felt?



3. Changing your outlook

Get into the habit of re-framing - i.e. changing your outlook on seemingly "bad" things. When something doesn't go to plan, someone cancels, you don't get the outcome you expected or you're faced with a challenge - task yourself with reframing your thoughts. Rather than let the negative emotions take over, take a deep breath (or something to help you shake it off) and then choose to change your outlook. What's the learning from the situation? What would you do differently next time? What can you do with the unexpected free time? This'll re-programme your mind to see success more and let go of negative setbacks.

4. Set a daily intention

Set a reminder for 9am each day (or whenever you start work) which says "what's my intention for the day?" This could be as simple as "to be present in each task I do" "to be kind and patient" "to be open-minded" "to smile and be grateful". By doing this, you're priming your mind to focus on this intention, it's like holding a bow and arrow, when you set the intention you let go of the arrow and it heads in the direction you're pointing it in! It forces you to be present & to communicate how you want to feel and the direction you want your day to go in.

5. Keep an open mind

If you believe you can only do so much, you're putting limitations in place. You're creating a mindset that you can't - we need to listen to the I CAN. By being open minded, you allow hope and opportunity in, you allow yourself to dream about what could be. This will create the motivation needed to take action and make changes to improve your life. Be open-minded in conversations, ask questions, release expectations where possible and listen to others. There's always an insight to have in the moment, so long as you're in the moment!

Eager to keep achieving, succeeding & feeling at your best? Here's how:

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B) Book in your complimentary 1:1 call by [clicking here](#). If you're feeling overwhelmed, unfulfilled, confused or stressed - let me support you. I want you to start feeling at your best DAILY, whilst also achieving incredible things.