

The Simple Steps To Creating The Mindset To Achieve ANYTHING

What are the simple steps required for achieving your positive goals? Creating the mindset to achieve anything is easier than you think!

There may be many personal growth changes that you want to make and you are finding that these changes are proving elusive. Perhaps it is losing weight, maybe learning a new language, achieving financial independence or finding that elusive intangible, Happiness.

Even when you know you need to make changes and you want to change, it can often be very hard to do. You can start off with the best of intentions and then lose momentum easily. You can recognize that change is clearly important to you, but you put so little time and effort into finding the right approach.

The first key is in your mindset.

You need to make a conscious decision to achieve the personal change you are seeking. Stop rationalizing to yourself and making excuses about what you can not do. Bring to the front of your mind and your thinking, at all times, just what it is that you want to achieve and visualize it exactly as you want to have it. Really feel that you already have achieved the desired result. Close your eyes and clearly see it all in your minds eye.

Do this exercise as often as you can, as this is a powerful tool you can use whenever you have a few minutes to yourself. In order to achieve at levels where you really get things done, you need to create a supporting and empowering mindset. That is a positive mindset to totally support and assist your desire to achieve in all areas of your life.

The word ACHIEVE does not need to mean only material possessions. It means to find the level of success that is important to you in the areas that are important to you.

One of the essential areas is relationships, and that means the relationship you have with yourself as well as with others.

In order to have a supporting mindset, you will need to identify and limiting mindsets that you may have already acquired, as they will begin to sneak in and over the top of any new supporting mindset that you are trying to create. A limiting mindset could be something like, this works for everyone else, but not for me, or, how can I lose weight if I have to cook ordinary meals for the rest of the family. Put these limiting mindsets to one side and return to you new empowering mindsets, such as, 'Developing healthy eating habits becomes easier each day', or 'I do not need peace and quiet to concentrate completely', etc.

Think about supporting quotes and affirmations that you can use to sustain your new mindset. There are many resources for this type of material. You may be able to think of ones that suit your situation, or you could check out your local library for books on the subject and of course, there is always the Internet to investigate for great ideas.

Try reciting the affirmations to yourself every morning first thing and every night before going off to sleep. Both first thing in the morning and last thing at night are the times that our minds are most receptive. You can type out the affirmations that best suit you and pin them up in places where you will see them throughout your day. Try places such as your bathroom mirror, on your computer screen in your office or on the sun visor of your car. Be creative and have fun with this process.

No change will occur unless you have a supporting and empowering mindset and part of this empowerment is really knowing and believing that you can do it. So, go to it and have fun with the process of creating the mindset to achieve anything. Know and believe in yourself that you can and will make the required changes to have the life that you truly desire.

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