

# MINDSET *Transformation*



**RESOURCE CHEAT SHEET**

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Changing your mindset is the single best thing you can do to start getting what you want in life. Everything you accomplish starts with you and starts with the way you think and feel, if you can change your goals, your conviction and your response to tough situations, then you can set yourself on the right course and make sure you reach the destination.

We've looked at how you can start changing the way you think and taking control of your mind in the full ebook *Mindset Transformation*. But you mustn't rest on your laurels just yet: changing your mindset and taking control of your brain is always going to be an ongoing process. Read on then and we'll look at some of the resources you can use to keep your mind under your strict control.

## Further Reading

There are a ton of great websites and books that deal with mindfulness and CBT. Some of the best for your further reading include:

## **The Four Hour Blog**

**([www.fourhourworkweek.com/blog](http://www.fourhourworkweek.com/blog))**

This is the blog of author Tim Ferriss – who wrote *The 4 Hour Workweek* and *The 4 Hour Body*. Tim is all about changing the way you think in order to live a happier and more productive lifestyle. Tim recommends changing the way you think about taking risks, about going after what you want and more – and he uses all this advice to help you craft the perfect lifestyle you've always wanted.

## **The Rise of Superman: Decoding the Science of Superhuman Performance**

*The Rise of Superman: Decoding the Science of Superhuman Performance* is a book by Steven Kotler detailing lots of examples and information regarding the quasi-legendary 'flow state'. A flow state is a state of mind in which time and distractions seem to fall away and we are able to react faster and with pure focus. Steven talks about how we can tap into this state a little more often.

## **Brain Pickings**

**([www.brainpickings.org](http://www.brainpickings.org))**

Brain Pickings is a website from Maria Poppova that features a lot of fascinating posts on philosophy, politics and – yes – the brain. This isn't so

much a site that gives you tools as much as a site that encourages thoughtful reflection.

## **The Bioneer**

**([www.thebioneer.com](http://www.thebioneer.com))**

The Bioneer is a biohacking website that focusses on training both the body and mind. It includes in-depth posts on neuroscience and CBT, as well as posts on physical training, technology and lifestyle design.

## **The Bulletproof Exec**

**([www.bulletproofexec.com](http://www.bulletproofexec.com))**

The Bulletproof Executive is a website about using nootropics, healthy eating and biohacks to be more productive and efficient. It has some good ideas but you should also be aware of some of the snake oil products being pedalled here. Stay away from Bulletproof Coffee!

## **Steve Pavlina**

**([www.stevepavlina.com](http://www.stevepavlina.com))**

Another one of the big productivity gurus online is Steve Pavlina. Steve is equally interested in the role of the mind when it comes to maximizing productivity and happiness.

## Happify

(<http://www.happify.com/hd/cultivate-an-attitude-of-gratitude/>)

This post on Happify is all about cultivating a 'gratitude attitude' that will help to make you happier and more content in your life.

## Tools and Equipment

There are a number of different tools and pieces of equipment you can use to start taking greater control of your mind. Here are some of the most interesting and useful...

## Headspace

([www.headspace.com](http://www.headspace.com))

Headspace is an app that also has a companion website and that provides guided meditation sessions. The first ten sessions are ten minutes long each and provide you with a brief 'break' from the business of daily life. As you progress, you'll unlock new and more advanced meditations – though there is a fee once you get further in.

Mindfulness meditation is something we only briefly touched on in the book but it's a highly important tool that you can calm your mind and to reflect on the contents of your thoughts. Mindfulness has been shown in studies to help reduce stress and improve grey matter in the long term.

## Brainwave Entrainment

Brainwave entrainment is an interesting concept that involves listening to different pitches in each ear. The theory is that this can manipulate your brainwaves, helping you to sink into a calmer and more relaxed theta state at will. There's not a lot of evidence to support this theory however.

## Neurosky Mindwave

Something that does have a good body of evidence behind it is the concept of using commercial EEGs to calm your mind. EEGs are 'electro-encephalographs' and have the ability to record brainwave activity. This can be paired with meditation or mindfulness training in order to learn to better control the amount of activity between cells. The belief is that you can this way progress much more quickly than you would otherwise be able to.

## Foc.us

The Foc.us headset was originally aimed at gamers but has since been co-opted to be used in a range of other scenarios. The idea this time is not to record activity between neurons but rather to stimulate activity. This doesn't mean that the device forces electrical impulses to fire but rather that it makes them more likely to by priming them. This can improve performance in a range of tasks and is also useful for accelerated learning.

## The Pomodoro Technique

(<http://pomodorotechnique.com/>)

This is a great example of how you can change your mindset and approach in order to get more done. The Pomodoro Technique involves breaking your activity down into short periods of productivity, with intermittent breaks for recovery.

## Diary

One of the single most important things you can use to improve your mindfulness and your awareness of your own mind is a diary. By using a diary, you can record your thoughts and that way have a much better idea of how you are feeling and why at any given time.

## Bracelets

You can use a bracelet as a smart trick to 'remind yourself' to think a certain way or do a certain thing. Will Bowen ([www.willbowen.com](http://www.willbowen.com)) makes bracelets for this specific cause but of course you can use any bracelet or even just a piece of colored string to do the same job!