

# MINDSET *Transformation*



**CHECKLIST**

Now you've read the Mindset Transformation ebook, you should have a much better idea of how your brain works and how you can change your mindset in order to start getting more of what you want out of life.

But that was an awful lot of information to take in in one go and so it may be hard to know precisely where to start. This checklist will serve as your simple guide then to walk you through each stage and help you to put those changes into action.

## **Understand Your Brain Better**

The first step is to cultivate a better understanding of your own mind. Your brain is a complex and wonderful place and you need to understand how its whims affect your life. Some points to consider:

- Your brain is made up of a web of interconnected neurons called your 'connectome'
- Your experiences are coded by these neurons and when one fires, you experience it
- When neurons repeatedly fire at the same time, a connection between them forms
- Neurons release neurotransmitters when they fire which act like hormones to affect our mood and our mental state

- ☐ Dopamine increases motivation, focus and memory
- ☐ Acetylcholine affects awareness and memory
- ☐ Serotonin puts us in a good mood
- ☐ Melatonin makes us sleepy
- ☐ Adrenaline makes us alert, driven and aroused
- ☐ Oxytocin is the love chemical
- ☐ Adenosine creates the sense of bliss and encourages creativity
- ☐ Cortisol is the 'stress hormone'

You also need to recognize how your mood differs depending on various physiological changes. The way you breathe, the time of day and whether you have just eaten will all impact on your mood and your focus.

Try to remember that sometimes your bad mood is not a reflection of your actual thoughts.

Likewise, try to time your productivity to fit with the points where you are naturally most productive!

Also, look after your mental and physical health:

- ☐ Eat cognitive metabolic enhancers
- ☐ Fuel your neurotransmitters with amino acids and vitamins/minerals
- ☐ Get plenty of sleep
- ☐ Exercise to fuel your brain with energy

## **Set Your Goals**

Before you can start changing your mindset to accomplish what you want, you need to know what that is!

- ☐ Don't set goals, set visions
- ☐ Work out a plan – break that vision down into concrete steps you can take to get there
- ☐ Look at the beliefs and fears that are limiting you and preventing you from getting what you want

## **Cognitive Restructuring**

You can remove those negative beliefs and go after you want by using cognitive restructuring. This means:

- Addressing your thoughts and reflecting on your beliefs
- Using 'thought challenging' to assess whether you really believe those thoughts
- Look at how likely your fears are to become reality
- Think about if it really matters
- Come up with contingency plans
- You can also use 'hypothesis testing'
- Simply test yourself by putting yourself in the situation you are
- afraid of
- And 'reassociation'

Likewise, you can also use something similar to mindfulness in order to help motivate yourself toward goals and tasks that you're finding it hard to work on.

For example, this might mean really visualizing that 'vision' and focussing on the emotion behind it. Why is it you want to go after that thing? How would success feel? Why does this matter so much to you?

## **The Law of Attraction**

Invest in yourself! Dress the part, look the part and exercise. This will help you to feel more confident and that in turn will come across in the way you walk and talk.

This leads to the 'law of attraction' whereby people start seeing you differently and treating you differently, thereby helping you to accomplish the very things you've been acting like you already accomplished.

## **Gratitude Attitude**

Finally, practice cultivating a gratitude attitude. This means focusing on the things you're happy with and what you already like about your life.

This is very important because it will ultimately be what helps you to appreciate the things you already have. Without this, you can work as hard as you like and accomplish everything you set out to but still not really be happy. In that way, the gratitude attitude is the most important mindset shift of all!