




**Mindset you
should know
sooner in life**



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MINDSETS YOU SHOULD KNOW SOONER IN LIFE

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The moment you realize no one will save you is when you will thrive your courage.

Your struggles, pains, and difficult situations will turn into blessings and strength.

You can't expect honesty from people who lie to themselves.

If there's one moment that matters, it's the present



Only explain things to those who are willing to understand you.



1st strategies

Expectations :

is a false sense of approval. Expectations can and will make you angry, frustration and not feeling like you are enough. The secret to your happiness is to expect nothing from no one !

That expectation you have on others put back on you and you make it happen ? What are you going to expect to change today right now, and put back on you?



2nd strategy

Don't look backwards only look Forwards:

You cannot change yesterday. Accept that , what happened in the past you can only forgive yourself and let it go .

See your situation as it is now, not what you want it to be. Do everything with a good heart and expect nothing to change until you change it ! Excepting things where they are , owning your role in the expectation, And changing how you feel the outcome should be , will move you forward.

What are you accepting today ?

What are you forgiving yourself for?

What are you changing today ?

Whats your role ?

what do you want your outcome to be ?

By when will you achieve this Goal?



Quote



No matter what happens.... I'm OK
things always work out for the best for
me ,God made no mistake by creating
me ! I am responsible for my own
happiness and well-being ,not
everything is a priority right now .I am
choosing to be calm ,have clarity
,compassion ,and courage to live my
best life changing my mindset first.

3RD strategy

Creating positive moments :

Change how you look at the situation. Change how you're responding ,and choose to focus only on the positive. Speak only life , encouraging words ,
NO NEGATIVITY!

Instead of :

"I think" say "I feel"

"Sorry for being late" say "Thank you for waiting "

"Sorry to interrupt" say "I have an idea"

"Don't !" say "I like it when"

"We are eating that again" say "I like when you make that"

"Why are you so sensitive "say "You are in tune to your emotions"

"He's hyper"say "He's active"

"Your stubborn "say "You are persistent"

"You disgust me" say "You surprise me"

"Your Picky" say " I love quality "

I hate" say " I prefer"

" You failed today " Say " What did you learn from today "?



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