

## 7 Ways to Shift Your Mindset Checklist

Here are seven ways to unlock your potential and shift your mindset:

- Be grateful.** Live each day appreciating what you do have and leave a positive imprint no matter where you go.
- Focus on the now.** Refrain from future scenario planning. Stop getting yourself worked up about things outside of your control. Focus on what's in your control.
- Increase your confidence.** You must believe in yourself, trust yourself, and honor who you are. Take back your control. Don't give your power to someone else.
- Overcome resistance.** The more we understand how we react to adverse situations, the more we notice triggers and face our obstacles head-on. Don't give up.
- Be open.** Take a different approach if things aren't turning out the way you want them. Be open to learning and adapting.
- Develop new skills.** Invest in yourself. Look for a YouTube video, online class, or ask a friend or colleague who is skilled at what you're trying to learn to help you.
- Think small, accomplish big.** Take small steps in the direction you want to go. Dedicate the energy and time, be open and positive. It may take time but stay committed. Patience is key.