

# MIGHTY MIND

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## Checklist



You've read the guides and now you know just how important it is to take control of your mind. You hopefully recognize that change *starts* with your mindset and that an unstoppable mindset makes *you* unstoppable. Let's recap now over everything that we covered.

## It Starts With the Mind

- In order to get what you want, you need to take responsibility for your current situation
- You need to recognize that you have the ability to change and you need to stop blaming outside factors
  - Until you take responsibility, you can only ever let life 'happen' to you
- Your mindset controls the way you perceive events.
  - Your gratitude can be the difference between loving the life you have and feeling tired and destitute
- Many of our problems can be boiled down to flaws in our thinking and our approach
  - Many of us are lazy
  - We are tired
  - We are stressed
  - We are overworked
  - We don't take responsibility

## Mind and Emotions

- One of the most important aspects of being able to control your mindset, is being able to take control over your emotions
- State of mind and emotion are largely inseparable
  - And can help you tap into wells of power...
    - The berserkers gained incredible strength from rage
    - Hysterical strength gives you strength from fear
    - A 'flow state' is often considered to be the peak of human performance
    - Creativity comes from relaxation
- Our emotions are largely dictated by our physiology
  - Hunger makes you stressed and angry
  - Tiredness makes you low

- Illness causes brain fog
- Even hot/cold can impact on your performance
- You can change your emotion by changing your physiology
- And by focussing on the right things – by choosing your reactions to events

## Mindset and Focus

- Your focus can change everything – to see any change you need to make consistent effort
- Your focus is determined by two streams:
  - Dorsal
  - Ventral
- ➔ These control our conscious and unconscious attention and are driven by emotion
- You can regain control of these by blocking out the dorsal stream
- Remember your 'why' focus on the vision that motivates you emotionally and connect what you are doing *now* to that motivation

## Mindset and Wealth

- Recognize that your wealth and your income are separate
- Know what it is that *you* consider wealth. What do you want from life? Where is the most important place to spend your money?
  - Consider that in order to live your 'dream life' you don't need to buy a big house necessarily and you may not need to get a higher salary
- Aim to earn the money *slowly*. You need consistent effort and patience to get what you want – find small ways to save.

## Mindset and Goals

- Recognize the difference between a goal, a vision and a plan.
- Don't tell people your goals: this actually removes some of the impetus to chase after them!
- Use your vision for motivation
- But break your plan down into tiny granular steps

- Take small, positive steps every single day. Make these steps your 'true goals'
  - Work out every day
  - Or write a page of a book every day

## Mindset and Body

- Learn the HUGE connection between your mind and body
- We've seen already the link between physiology and emotion and mental state
- But there is also a link between the very way you think and your body.
  - Embodied cognition states that we think *using* our bodies.
  - Better health therefore means better, mindset by far.

## Getting Healthy...

- 1) Don't be on a diet, being on a diet suggests that you will one day be 'off' a diet
  - a. This is a permanent lifestyle change
  - b. The most important part of any diet is that it is sustainable and it fits in your lifestyle
- 2) Don't train too hard, too fast
  - a. If you start running for instance, the objective should be simply to learn to *enjoy* your fitness
  - b. The single most important part of a new fitness regime is that you stick with it. Even the *worst* regime will do something if you are consistent
- 3) The goal is not to get abs overnight – it is to improve your health in a sustainable manner. Start with better health. Better sleep. Better nutrition.

## Change Your Mind

- Real happiness comes from loving what you have now
- And loving what is to come
- Live for the now
- Believe that: you're never too old to be what you always wanted to be
- Meditate

- Practice stoicism
- Adopt a gratitude mindset
- Learn you can weather the storm

And this way... lead a happy and fulfilled life!