

## *Cultivating a Positive Mindset & Setting Affirmations*

Your mindset is integral in how you view yourself and the world around you. Thousands of thoughts in your head every day; you talk to yourself more than anybody else!

Set 90 day and yearly goals to achieve and then be mindful of accomplishing them in the present moment. Believe and trust in your plans and truly enjoy the process or journey that will get you to reach them. Live life to the fullest as you accomplish your dreams; do not put off living—balance expectations, love, and work. Focus on your strengths and hire out where you need support. We can all use a mentor or coach to cheer us on or bounce ideas. Meditate, pray, and do not worry. Worry is useless and can negatively impact your health. Learn from the past and move on, optimize what is in your control for today and the future. You have the power to change your life positively merely by shifting your mindset and thoughts.

Let's start with this empowering exercise.

Think of three positive words that describe you, then fill in the following. If you want to feel a certain way in the future, then complete the sentence with the words you want to describe yourself. Next, set them as reminders on your phone during the day to continually repeat. This exercise will instill in your mind the empowering words.

I AM, two most powerful words for what you put after them shapes your reality.

I AM \_\_\_\_\_  
I AM \_\_\_\_\_  
I AM \_\_\_\_\_

**I** I am so convinced that I can reach my purpose in life through the achievement of my goals, that there is no doubt in my mind that I will do it. I believe in myself and my abilities.

**I A M**

A PERSON OF ACTION,  
**I M M O V A B L E**  
in my determination,  
**C O N F I D E N T**  
in my abilities,  
**U N S H A K A B L E**  
in my convictions,  
**I M P E R V I O U S**  
to doubt,  
**I N S E N S I T I V E**  
to the negative opinion of everyone who does not have an interest in my goals.

I am successful and I will not settle for anything less.  
We are what we repeatedly do. Excellence therefore is not an act,  
but a habit. -Aristotle