



Replace Habits

Netflix marathons	→	Sleep
Fast food	→	Homemade food
Toxic friends	→	Mentors
TV	→	Exercise
Complaining	→	Gratitude
Overthinking	→	Action
Blame	→	Responsibility



Tired



Turn the phone off &
go to sleep

Uninspired



Take a shower,
engage all your senses

Self-doubt



Journal, allow a stream
of consciousness to flow

Depressed



Walk in nature, and
spend time with pets or
friends



Angry → Exercise, full
cardio workout

Jealous → Focus on yourself, your
qualities and uniqueness

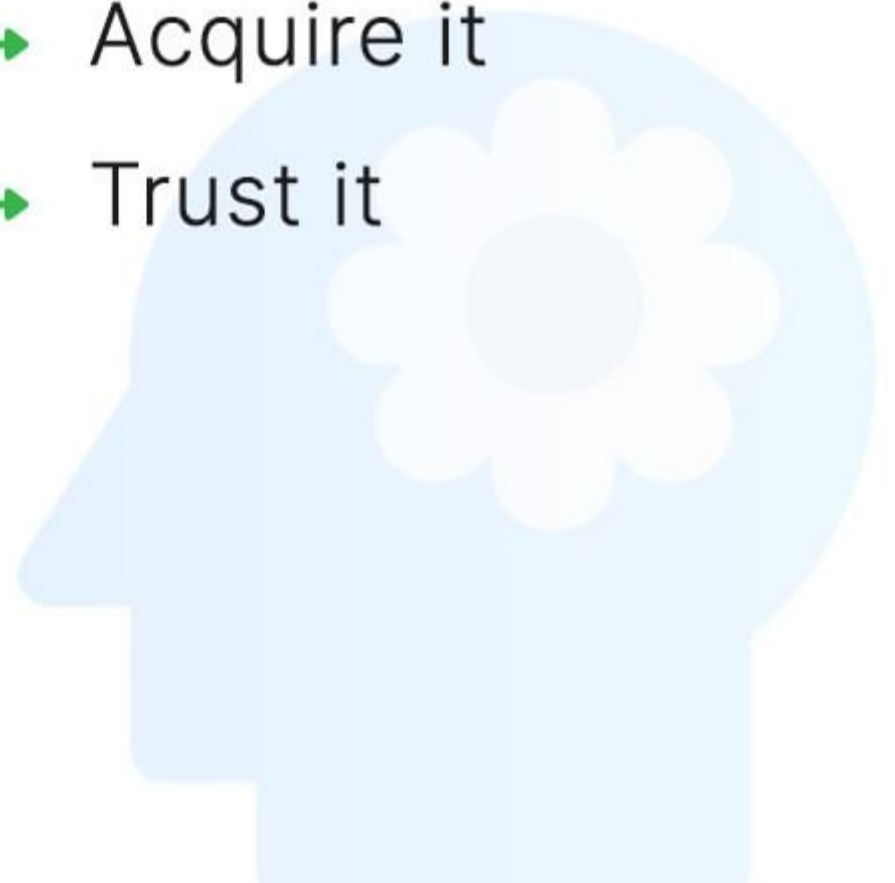
Anxiety → Be more mindful

Irritated → Widen your perspective



New Mindset

Ego	→	Kill it
Love	→	Value it
Smile	→	Keep it
Gossip	→	Ignore it
Success	→	Achieve it
Jealousy	→	Distance it
Knowledge	→	Acquire it
Confidence	→	Trust it

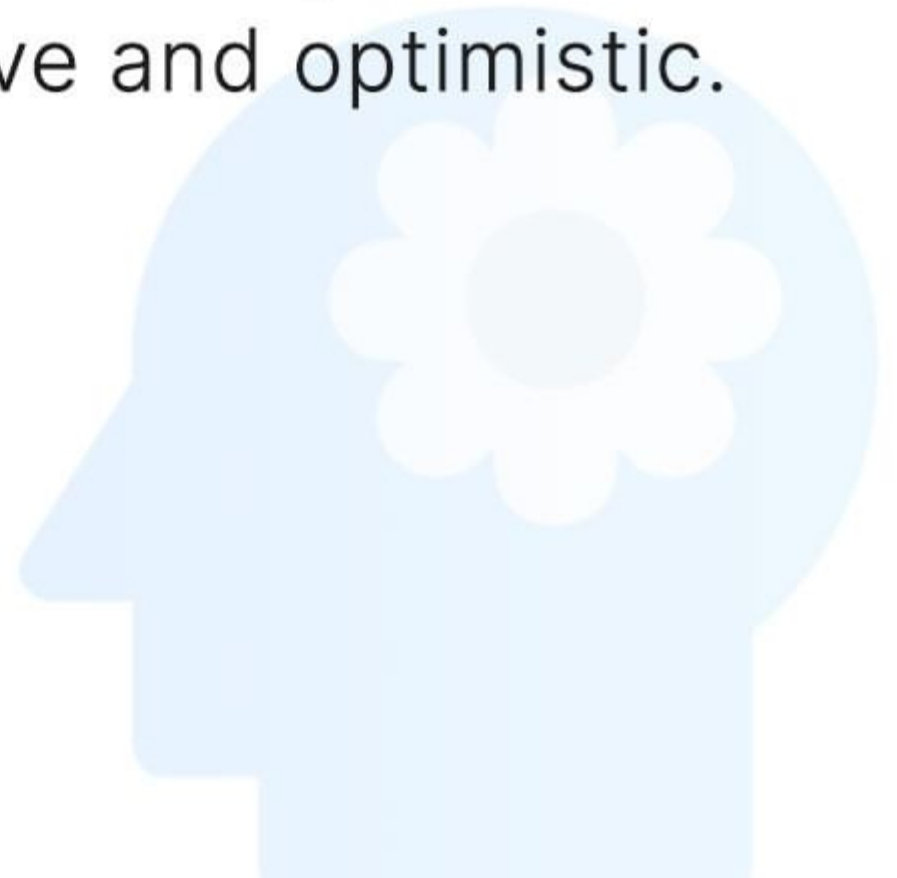


Your Mindset is a Magnet

If you think of blessings, you attract blessings.

If you think of problems, you attract problems.

Always cultivate good thoughts and always remain positive and optimistic.



You need 5 hobbies

- One to make you money
- One to keep you in shape
- One to keep you creative
- One to build knowledge
- One to evolve your mindset



Happy people

- Don't show off
- Talk less
- Learn daily
- Help others
- Laugh more
- Ignore other people's judgements

