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Develop a Positive Mindset With This 21-Day Plan

It's easy to let disappointments change your overall mindset. When things seem to go in every other direction except the one you want, you probably feel like giving up. However, keep in mind that challenges and obstacles are only temporary. With a positive mindset, giving up won't be an option for you!

If you want to be a high-achiever, your only option is eliminating negative thinking. You're only as successful as your effort to make positive changes.

You can achieve a changed mindset in as little as 21 days. As you read, you'll see that all the tools you need are in the palm of your hand.

Commit to making these changes for 21 days:

- ❖ Confront your disappointments. Avoid sweeping disappointments under the rug, even if you'd rather not face them. When you ignore them, the feelings that come along with being disappointed continue to linger.

You owe it to yourself to free your mind. Unfortunately, latching on to disappointments holds you back from pursuing other opportunities.

Look at each challenge as a stepping stone to becoming more successful later.

- ❖ Reflect on your achievements. Spend a moment each day making a note of your accomplishments. Even include the smallest ones you can think of. Remember that

the most remarkable architectural structures are built with the smallest morsels of stone.

When you stop to think about it, you realize how many little things cause you to smile each day. Those small actions mean a lot, even if the impact doesn't seem far-reaching at the time.

Avoid allowing disappointments to diminish the joy of your achievements. You deserve every good thing in life. Remind yourself of that every day.

- ❖ Centre yourself spiritually. Spiritual balance is essential to ensuring inner peace. This leads to positive living. When you're at ease with what's happening in your life, it's difficult for disappointments to take control of you.

Spiritual peace is the glue that holds this unpredictable world together. It allows you to be more accepting of situations at the end of each day.

Take time each day to connect with your inner self. Pay attention to the emotions. Allow yourself to achieve emotional healing.

- ❖ Surround yourself with positivity. Positive influences help to build your new mindset. Make a special effort each day to see and converse with people who bring only the best to your encounter.

Having your family and friends around can remind you of how beautiful life can be. Their support can make a world of difference in your life.

The basic idea is to make these adjustments every day for 21 days. This is because it takes 21 days for habits to form, whether good or bad. So your aim is to develop positive habits and use them to build a happy life.

On day 22, you'll realize how much you yearn to do everything you practised for the last 21 days. You'll find yourself wanting to implement your new standards of positive living. That's when you know that you've created a positive thinker with all the promise in the world!

Pave your own way, Single Mama. You are enough!

The logo for 'Single Mama Elle' is written in a cursive, handwritten-style font. The words 'Single Mama' are connected together, and 'Elle' is written separately to the right.

Book your free get-to-know-each-other call, and see how I can help you move forward.

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