
Mind Power **MASTERY**



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!