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Do you control your thoughts? Do you feel stuck in a rut of constant complaints and can't find anything positive to think about? Your thinking and the way you perceive things is your lens to see the world. Every thought we have trains our brains to see what we say is this. If you're a complainer ... your brain is trained to find something wrong with your life, your relationships and your world. Whether you realize it or not, you constantly tell your brain what chemicals to do, what to look for and how to feel. The way you see the environment is vital to changing your mindset. Do you know how to change your thinking and attitude? Ten years ago I couldn't see any opportunities for my life. My brain was trained to find frustration and roadblocks. I really thought other people were lucky and they were given opportunities. I didn't see that I had the same opportunities as other people. I told my brain, without realizing it, to make excuses for why I wouldn't do things. I felt like I wasn't good enough, I didn't have enough training and that I would fail if I tried to move forward. When I started to change my thinking and attitude was a painful process because my mind wanted to think the old way it used to think and I wanted to do some new ways, think in a new way. I had to constantly revisit, in my opinion, the way I wanted to think. It was like training a wild animal. He was stubborn and wanted to do what he always did. I put all this knowledge into a free video course if you are interested in being called the Thinking Makeover Challenge. If you are willing to change your mindset and attitude, thinking Makeover Challenge is the perfect start! Finally, I found a few ways that I could start changing my mindset and attitude and eventually see my life begin to change. If you tell your mind to think about something sad, you will make chemicals in response to it, if you dream of something exciting, you will make brain chemistry to match this dream. Our minds are strong, and you can tell your mind what to think. It's a concept that a lot of people struggle with. How to change your thinking and attitude. Knight me time to notice your thoughts. This may sound silly, but if you don't know what you're thinking about, you can't change it. Notice what you dream about, pay attention to what you say to yourself during the day. How do you react someone cuts you off in traffic. What are your default thoughts that fly through your head? you probably have some areas of your life go well and you think positively and then there are some areas where you could use some work. You can't change what you don't know there is. Try to take a step back and listen to what your mind is saying. See the thoughts in your head. Being aware of your thoughts is the first step in changing your thinking. Grab those bad thoughts. When you see bad thoughts such as I'm so ugly or I'm not last time, so I just don't again you have to grab those thoughts and push them out of your head. You don't have time in your life to entertain bad thoughts. You don't have the mental energy to pour into creating bad brain chemistry. Stop these bad thoughts before you go down the road of depression and anxiety. Right, when a bad thought appears in your head you have to take control of that thought and say NO! Don't let that get worse though and create a reality you never intended for yourself. Replace bad thought with the truth. To change your thinking and attitude, you must present a new thought full of truth. Usually the truth is the opposite of a lie. So whatever your bad thoughts... truth is usually the opposite. Let's look at a few examples... When the thought I'm ugly comes to mind, you should immediately replace it with I'm beautiful. It may not feel true, but it's true. You are beautiful. You have to force yourself to think and tell the truth. It can be painful at first if you are used to believing lies. When I'm a loser comes to mind you have to say... No, just because I'm not in the past doesn't mean I'm going to fail again. It is sometimes a minute-by-minute process to make yourself think differently. To change your thinking and attitude you have to be deliberate and make your brain find the truth. It's good to take the time to write down the lies you believe and then find the opposite, find the truth and write that down too. You will be able to see on paper what you consider a lie and you can see that it is true. You can even hang documents in your home that have the truth about them with the areas you're struggling with. I have 20 days of assignments and statements to make your mind move in a positive direction. It even includes a printed hang around your home. It's time to reprogram your mind so you can start living the life of your heart desires. If you don't like your life, it's time to think in a new way. It's really that simple. Grab Love Yourself Healthy and Happy Devotional and start with a happy life today. No one should suffer from the results of bad thinking. Life is too short to live with shitty thoughts. You control your life, you control and attitude, you are responsible for changing your mindset. It's time to change your thinking and attitude, your future depends on it. Published January 1, 2020 Image px1uel. CCO It's 2020! Can you believe it? As the decade comes to an end and the new one begins, we hope that the coming days will be happier and brighter. And so it will be! To ensure that 2020 will be a memorable year for you, consider cultivating these positive mental relationships to pull you through any stage you are in your adaptation in Canada: 5 mental attitudes to maintaining in 2020: Sustainability is our ability to recover from adversity hits us. This is how you cope or adapt to negative events in your life. Why is it important to increase resilience? As newcomers, facing changes and challenges are two main things that we will experience in the first few years of adaptation to Canada. These changes and problems can be palpable, such as cold weather, or intangible as cultural norms. To be able to handle it well and stay on top, we have to be mentally and physically strong. What this entails is picking up habits that will nourish you and keep you grounded. It's such a thing as having realistic expectations on yourself, being patient and kind when things aren't going the way you are, and having a regular self-service regimen. Exercise for you: Make your mantra for 2020. What is a mantra? It's a sentence, a group of words or a chant that you repeat to yourself to provide motivation. It's a simple reminder when you find yourself in a situation where you need strength. It can be as simple as a Bible verse if you are religious, a favorite quote, or even one word that makes sense to you. Examples: Just do it! I've had enough. Don't give up. Great things from time to time. A negative mind will never give you a positive life. Breathe! Recommended reading: How to cope with the stages of adaptation and come out on top you noticed how children adapt faster than adults? In most immigrant families, the youngest learn the language, make friends and adjust to school within a few weeks of arrival. It is easier for children to adapt because they are open to learning. Compared to adults, they are not set in their way yet, allowing them to be more flexible and adaptable. Openness usually means being receptive to new ideas. It's not easy and you can feel lost when you're in an environment where ideas and beliefs are diverse. This will require you to suspend your judgments and train yourself to listen and evaluate things first. That's how you'll learn and grow! Exercise for you: Canada is home to more than 200 nationalities. More than 200! Learn about one ethnicity per week or in You can start on this page: Ethno-cultural groups. It shows the history of immigration to Canada by 26 immigrant groups. Offered to read: Excuse me! Understanding and adapting to the Canadian Canadian We will not survive without the advice and help of family, friends and mentors during our first few days. It is wise to listen, to listen to their advice and to ask them for help. However, they can only help you up to a certain point. Much of your success depends on your drive to learn and explore (or even create) opportunities on your own. Self-management assumes that there is a set of goals and an action plan. It also needs perseverance and can be made an attitude. Exercise for you: Have you ever tried an online course? Think about the skill (or hobby) that you would like to learn this year and look for a free online course. Check out this article for suggestions: Promoting your career in 2020 by taking free courses online. Recommended reading: 5 best methods to enhance self-learning Newcomer or not, everyone should take a lifetime of learning. We live in a society where change happens quickly. The only way to stay on top of these changes is to learn and develop new skills continuously. The good news is that learning opportunities are everywhere! Whether it's formal or informal, you'll never run out of places to learn for your personal or professional growth. What is crucial to becoming a lifelong student is your willingness to learn and develop inner motivation for improvement. Exercise for you: Ask about career development opportunities in the workplace. Find out about programs that you might be interested in (and have time) and talk to your supervisor about it. Being active about your learning needs is a good way to start the year. It will also let your boss know that you are serious about self-improvement. Recommended reading: Achieve your goals faster - 5 steps to a personal learning plan Scientific studies have proven that optimists live longer and healthier lives. The presence of an optimistic location is attributed to the low incidence of early death and the absence of coronary heart disease. It is important to note that optimism for those in the study means self-confidence and in their ability to solve problems, rather than a naive view where they expect everything to miraculously go their way. In our beginner journey, there will be many periods when we will feel less confident in our abilities and sometimes questionable decisions that we make. Maintaining positive thinking will help us get through these rough patches. When you are positive, you have the ability to see the good in any bad situation. This will motivate you to take steps to get out of a situation that brings you down. Exercise for you: Start the habit of thinking about one thing that you are grateful for before you fall asleep. It could be that from the biggest to the smallest thing! Doing this every day will train your mind to look positive in any situation. It will also make you a much calmer and happier person. Recommended reading: 7 7 Secrets to Canadian Immigrants Ka Great 2020! Sources: 5 Scientifically Supported Sustainability Strategies, by Keira M. Newman, Great Good Journal; Lifelong learning, the skills you need, and research have shown that optimists live longer and healthier. Super-rich - super-optimistic Rainer Sitelman, Forbes. Access to December 17, 2019. Back to top Please Login to tell us what you think. The English Online Summer Course is a 9-week course for immigrants in Manitoba. Its goal is to provide a flexible learning environment ... Learn more about #SummerwithEO In this set of idioms you'll find Canadian idioms related to elections, the environment and volunteering. Click on each lesson for ... Read more: Back to the top Of This page is licensed under CC BY-NC-SA unless otherwise noted. Please attribute English Online Inc. and a link to this page where possible. For images and videos, check the source for licensing information. Information. how to change mindset and attitude of employees. how to change mindset and attitude pdf. how to change your mindset and attitude

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