

10 Ways to Change Your Mindset Right Now

Ten tangible things you can start to implement in your routine to begin creating your own new brain pathways, improving your brain health, and creating a better mindset. (by Mel Robbins)

1. **Get Your Gratitude On** – Practicing gratitude is one of the most effective ways to boost your happiness and overall well-being, because gratitude rewires your brain to focus on the positive.
2. **Say “Om” to a Meditation Practice** – Meditation is one of the best ways to “control your brain” and science backs this up. It also makes you happier, less depressed and anxious, a better decision maker, and more compassionate.
3. **Sweat Every Day** – Don’t underestimate what will happen when you start exercising. If you work out, you will be happier, healthier, look better, and feel more alive and energetic every day. Science continues to prove that exercise is one of the best forms of treatment for anxiety, depression, and negative thinking.
4. **Plan Your Day** – Each morning, before you even look at your phone, spend just ten minutes planning out your day. The first 2-3 hours of the day are the best hours for your brain – the peak productivity window where you can focus on your big-picture goals before you get derailed. By planning your day, you increase your perception of control over your life, which in turn decreases your stress and makes you 66% more likely to feel happy and satisfied.
5. **Get Off the Sofa and Outside** – Studies have found that getting into nature reduces stress and blood pressure and improves the immune system, overall wellness, mood, and happiness levels. When we are less stressed, we’re less likely to live our lives on autopilot and more likely to notice the triggers and thoughts that lead to bad habits. Americans spend 93% of their lives indoors, and if you’re like many people, you may spend closer to 99% indoors. Without actively scheduling outdoor time into your routine, your default is to stay inside.
6. **Fuel Yourself with the Best Food** – As best you can, eat foods found from nature and not from a package. A diet filled with a variety of foods, and lots of high-fiber plants, lead to better balanced gut health. The health of your gut actually impacts the health of your brain. In fact, a better gut health means better emotional health.
7. **Keep a “Did It” List** – The most important thing that leads to a positive work life is celebrating the “little wins.” When you keep track of your progress and celebrate the progress you make every single day, you are happier, more productive, and more engaged in your life. You can apply this principle to your own life by keeping track of everything that you accomplish each day. Seeing your own progress boosts your confidence, helps you to realize what you have accomplished, and increases happiness.
8. **Hack Your Brain to be Positive** – Our brains are hardwired to perform at their best when we are positive. By making simple changes that put us into a positive mood, we become happier, more creative, smarter, and more productive. Researchers have found that the happiest people don’t actually have more good things happen to them. Instead, they’re more tuned into the small things that happen throughout the day.
9. **Make Someone’s Day** – 70% of your personal happiness can be explained by your relationships with others. If you don’t invest your time and energy in your relationships, they will become weaker. A powerful way to deepen your connections is by doing kind things for others. People in a recent study who did 5 small acts of kindness in one day were happier for an entire week. So, every week commit to making someone smile, whether through words or deeds. It is a win-win, because it boosts both you and the person that you are helping.
10. **Use the 5-Second Rule** – This is a metacognition tool that helps you bridge the gap between thought and action. In a nutshell: If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill the idea. Counting backward from 5 engages your prefrontal cortex, which means it takes you out of autopilot. The next time you find yourself being triggered by a situation or thinking familiar negative thoughts, catch them and count back.