

Change for Beginners

1. Keep a journal, write it out
2. Shift your focus. Always focus on you. No one else matters or exists.
3. Positive affirmations for who you want to be. Convince your brain of who you are and what you want.
4. Know what you want. If you don't know what you want, you'll learn and get all the things you don't want.
5. Write out what you want. Believe it. Focus on it.
6. Positive and negative are two sides of the same coin. Look for the positive.
7. Learn. If you want anything in life, always learn something from everything.
8. Self-Reflect
9. Own your life, all of it. Life really is exactly what you make it. Nothing more, nothing less. If you got yourself into a situation – you can get yourself out.
10. If you don't like something, let it go.