

7 POINT KICK-START HABIT 1: RESOURCE LIST

Use this as a resource of areas you can focus on to improve your Growth Mindset and personal development. Of course this is not all inclusive and is meant to help steer you in a positive direction.

A few fun facts included for you!

READING

- 6 minutes a day reduces stress by 68%
- Can help prevent Alzheimer's
- Fastest way to build vocabulary
- Those who read are more likely to vote, exercise, and be more cultural
- Boosts analytical thinking
- Readers are more likely to get ahead in life, career and relationships

www.unbelievable-facts.com,

LAW OF ATTRACTION

- You have 60,000-80,000 thoughts a day. Now, try to tell me that they don't shape your world. How many of yours are positive?
- On average, every adult makes around 35,000 choices a day, imagine if these were ALL attracting what you want
- You will receive the essence of what you think: so think "I am strong and healthy" instead of "i don't want to be weak & sick"
- Practicing Gratitude puts you in a positive mind-frame
- Anything we focus on constantly will manifest in your lives
 - Try making a Vision Board to practice this
- Write down & say outloud what you want, repeat consistently

GUT HEALTH

- 95% of serotonin (the happy chemical) is primarily made in the gut*
- Immune system is supported by gut health
- There are more than 100 million brain cells in your gut*
- There's an information highway from your gut to your brain*
- Food can really impact your mood*
- The Vegas Nerve goes carries information from your gut to your brain. The brain interprets gut signals as emotions. So you really should trust your gut.*

*www.mentalfloss.com

ENVIRONMENT

- Surround yourself with things that move you toward where you want to be
- Friends - have 5 good close friends that support and push you
- Home - set your home up to support your goals
- Remove the negative
- Take action and change what is not serving you

MEDITATION

- Heart health can be improved through meditation
- Meditation can help reduce blood pressure
- Meditation can slow down, or even prevent, some neurodegenerative diseases
- Meditation can sometimes be more effective than sleep
- Meditation can be a more effective painkiller than morphine
- Routine meditation can make making decisions easier
- You can overcome addictions using mindful meditation

www.onlinepsychologydegree.info

BREATH WORK

- Practicing breath work, can help ease your anxiety and lower cortisol levels
- Can improve sleep, focus, mood, etc
- Quick breathing triggers anxiety/fear..focusing on slow and deep breathing helps release these negative emotions.
- Boosts your attention span and mental clarity
- Can improve your performance in many areas
- Some types: Wim Hof Method, Holotropic, 4-7-8 technique, Box Breathing,

EXERCISE

- Exercising improves brain performance and sharpens your memory
- Regular exercise prevents signs of aging and keeps you looking younger
- Boosts your immune system and helps your body fight off disease and infection
- Increases your overall energy, mood and focus levels
- People who don't regularly exercise may lose up to 80% of their muscle strength by age 65-einsteinperspectives.com

COACH / MENTOR / THERAPIST

- Mentorship requires intentional investments of time and energy; one will put in more effort when they have to pay for certain services
- We tend to be more accountable to others, than ourselves
- Can Improve your goal setting and alignment
- Can help Improve your life balance
- Can improve your quality of life
- Could improve your income potential