Twitter Thread by UpSkillYourLife

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7 Powerful Mantras To Live By.

- Psychology Thread -

1. It's not what you cannot do, but what you can do.

- When you think of a goal or a task, your brain immediately comes up with reasons why you cannot do that task.

- Try to reason out each negative thought with a positive thought.

- Itis too tough? It is a great learning experience

- It will be too time consuming? It does not give me time for worrying or time wasters.

- Slowly, you will find the positive side of why you should be doing the task and how easily how you can do that.

2. Forget the mistake. Remember the lesson.

- Mistakes are very common. Everyone makes mistakes.

- What you learn from that mistakes and avoid the same mistake again makes all the difference.

- Learning from your mistakes is smart, learning from athers mistakes makes you wise

3. I am enough. I do need to prove anything to anybody

- We spend most of our time to impress someone that you are worth it

- Realise what you want in life before you deviate very far from your goals, trying to prove yourself

- If you are changing, do it wll, for yourself

4. Challenges make me a better person.

- Treat the challenge as the opportunity.

- Believe that You will eventually find a way through every challenge you face.

- Each challenge makes your life interesting and teaches you new things.

- It expands your limits

5. There is no time like the present.

- Cultivate the habit of doing it NOW.

- Time is precious than money.

- Dont waste your time on anything that does not take you towards your goal.

- What you do right now has the potential to change your life..

6. Dream big and don't fear to fail

- Have impossibly huge dreams

- Device an action plan

- Take baby steps towards your goal

- Dont let the fear of failure creep anywhere near

- Forget the word "impossible" and put your best into it. Watch the wonder, as you reach your goal

7. Mindset is very important

- Always be learning. There is always lot to learn.

- Keep a positive attitude

- There are many things in this world that are beyond your control, but one thing that is always in your control is your mind.

Get “Live Intentionally” - a 90 Day Self-Improvement project that will help you stop living in auto pilot.

It will change your

- habits,
- daily routine,
- mindset, and

- make you strong and disciplined ■

https://t.co/r9m8p38xvd

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