

Why Creating the Right Mindset for YOU is Critical

Hi there!

Hope you gained some insight from my first guide What is

Mindset

As promised, I am sharing with you the next step to take in your
journey.

Below are my top reasons WHY getting in the right mindset for
you is critical.

Content summary:

Reason 1: Get mental clarity

<https://saimaahmed.substack.com/>

<https://www.riseandshinewithsa.com>

Reason 2: Gain Back Control of your life

Reason 3: Evolve as a person

Reason 4: Self confidence- the ultimate goal

1. Get mental clarity

Mental clarity can be explained as having a clear and focused mindset or a clear and focused state of mind.

A mindset where you are not in analysis paralysis mode or in too much of thinking mode.

Your thoughts are not all over the place.

You are mindful, you are present in your day. You set the tone for
your day.

YOu are clear on what you want to do today or not do today.

You feel a sense of balance, certainty and direction when you
wake up with a clear mind.

However, life is not the same every day

You are reading this because you want to know how to manage
your mind amidst the thousand tasks you have.

Note number 1: the tasks won't reduce, the responsibilities won't
go away

Note number 2: you have to become stronger, you have to know
that this is the only chance you will get.

So like it or not you have to manage the time you get every single
day and find/make time for what matters most- You.

Like they say it's easier said than done, that's true

Implementation can be very hard. But even if it's not 100% every
day on track, your mental clarity will be your guiding voice.

So reason 1 to why you need to be in the right mindset for You is:
so that you have the mental clarity every single day.

Regardless of how much/how little you do for yourself on any given day, if you are mentally clear on how you want your life to be/not be- you will feel peace, you will feel centered. You will make time for what you want.

Being in the right mindset helps you become mentally clear and closer to your goals.

I certainly got mentally clearer ever since I got in the right mindset for me!

2. Gain Control of your life

This is the second and a very important reason to create the right
mindset for you

All our lives we are 'told' to keep continuing with the competition
at work, in life, with people our age, our relatives etc.

We are trying to achieve something because that's how it's
'supposed' to be.

We have to climb the same ladder as everyone in our known
circle. This is the only way of life.

Have you thought this way too?

I feel this is completely wrong.

Everyone is a unique soul with thoughts and ideas. By forcing us to be in the same box as others in our life, we take away the possibilities possible IF we are different.

Different in our own way of thinking, doing, being. Without the pressure of something we 'should' be

That's when we gain control of our life.

When we are 'free' to be who we want to be.

Example: you have studied science in school, college and now you HAVE to find a relevant job.

But you don't 'feel' right. You want to try something else. It doesn't seem like a lot of money making to begin with, but you are curious to find out.

You should.

Don't listen to what has been imposed on you.

Instead, find your own way.

Take up the work/ project you feel curious about. This is your first step to gaining control of your life!

If we are always in the mindset of standard life as per the norms, we are giving power to the 'standards' and 'norms' rather than our own 'ability' to create the life we 'think' about.

Being in the right mindset helps you gain control of your life because you are guided by YOU and your gut feeling, rather than the peer pressure.

3. Evolve as a person

“Our greatest human adventure is the evolution of consciousness.
We are in this life to enlarge the soul, liberate the spirit, and light
up the brain”

-Tom Robbins

I resonate with this quote about evolution. It says what I want to
say to you. Evolution of the consciousness and ultimately the
evolution of You.

Your mental horizons expand.

You start thinking and seeing beyond your limited knowledge

You become knowledge hungry

<https://www.riseandshinewithsa.com>

You read

You think

You find more

You know the possibilities are endless

You get some perspective-

Things take time,

Change takes time,

Every day is the fastest way to change

The voice in your head gets louder and clearer

You have been ignoring it,

But the willpower in You is making you think

It Is making you visit your priorities more vividly

It is making you question your routine and what you spend time

on

You are thinking more than often- is this serving me? Is this bringing me closer to my goal/ my mission in life?

You have started eliminating from your day- what doesn't serve you

You are evolving as a person

This is the power of the right mindset for you.

Evolution has begun !

4. Self Confidence- The Ultimate Goal

When you gain mental clarity

When you start taking control of your life

When you start evolving as a person

The natural result is confidence; self confidence

Self confidence makes you *accept* and *trust* yourself with your life.

You are aware of your strengths, weaknesses, goals and
ambitions.

You are able to handle any criticism/ negative feedback you
receive.

You did not have this strong sense of belief in YOU earlier

But ever since you started thinking deeply, repeatedly about your life and mission and goals and what you are doing currently; how much of it is wishing and how much is the actual doing- you gain
acertain level of self confidence

You start seeing things in a way like you did not before

Your mind is filled with possibilities and the feeling of safety with
those possibilities

Because you have You.

The path ahead may be unknown, but you are not worried or thinking 'it is not possible' anymore.

You KNOW it is POSSIBLE. Because you have YOU and that is ALL you need to succeed.

This self confidence is the ultimate goal, gateway to living a FULFILLED life, every single day.

Up next- find out HOW to create the right mindset for YOU!

I write weekly newsletter on Substack about everything mindset, in case you are interested:

<https://saimaahmed.substack.com/>