

How to create the RIGHT mindset for YOU

Content summary:

Step 1 : understand that a change is needed in your life

Step 2: take complete ownership of your life

Step 3 : start with what you have, where you are

Step 4 : understand that the only time is NOW

Bonus point : nothing is promised and anything is possible

Step 5 : trust

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<https://www.riseandshinewithsa.com>

STEP 1: Understand that a change is needed in your life

Are you happy with the job you are currently at?

Do you feel fulfilled at the end of the day?

Are you having thoughts in your mind about a certain place you want to be, at a certain time, in a certain way- but these are all the 'one day i will..' thoughts?

Are you constantly in the 'waiting' mode mentally?

Waiting for the right time, waiting to save enough money, waiting
to lose enough weight?

If the above is something you resonate with, let me tell you- these
are all signs that you WANT a change in your life, you NEED a
change in your life.

Because the more you continue in the 'waiting' mode, the more
frustrated you will get,

Not knowing the reason, just *hoping* you will *feel* better on your
own.

I felt this way for the longest time, until it did not make sense
anymore.

There had to be another way if things were not changing on its
own.

What is the other way? I started to think

And the voice in my head gave me my answer: Everything
happens when you move, when you think, when you do
something about what YOU want.

Maybe I knew this but never accepted or gave serious thought to
it, until I did.

Everything changed for me after this realization.

Think of it like some really delicious food you crave to eat. Can
you eat it just by wishing and imagining it in your head?

NO.

Same goes for your life. Whatever you want, you have to take
action for it, go for it. Find it.

So this is step 1, understanding first of all that you want and need
a change in your life

STEP 2: Take complete ownership of your life

I am responsible for my life, I have to take care of my mind, body
and soul.

Repeat this to yourself everyday, Speaking to yourself is a
powerful tool to remain mindful of your thoughts.

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Let go of the idea that someone is going to save you,

and tell you exactly how to feel better. They can't.

The truth is no one really knows your feelings, your journey, Your
reasons.

Your life has been about you

So how can someone tell you how to make your life better?

When the only person who can truly know your struggle is YOU?

I would often think about the circumstances, the money problems,
the lack of experience which I will never be able to fulfill and
realized I cannot do anything about that.

What I can do is take charge and work on what i CAN. and I did.

Take control of your life.

Take ownership of your life.

For sure you can learn smartly by observing others. But what worked for them might work/not work for you because your journey is different

So adapt smartly, experiment, stay curious and find your way to what you want.

STEP 3: Start with what you have, where you are

There is a famous quote which says “ if we are waiting for the right time, we might be waiting for the rest of our lives”

This is exactly what I am talking about.

Time, things, circumstances, people, events- will never be ideal, you have to start on your journey regardless of these things!

You dont need fancy things to make a change,

You don't need some long lectures or extensive training to start something you desire, you can always start small, use the resources you have easily available right now.

For the longest time I did not take any action on my love for writing and specific writing about mindset.

I always thought I am not good enough yet, I dont have the experience yet. I dont have the resources yet.

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My mindset shifted while witnessing the covid era in 2020.

When the world was closed and living in bubbles of their own
home.

I remember reading about work from home/ remote working
concept and all the new businesses that started during this time
as people had more time on their hands.

The Internet was the new marketplace.

The audience reach is unimaginable in the online world compared
to physical businesses.

This time completely changed my mind about what I really NEED
to change my life.

It made me see I can absolutely start on what I want today. I only needed to use my mind, make the most of what is available to me easily RIGHT NOW.

Resources like the internet (google search anything!) youtube, free learning websites to learn ANY and ALL new skills we want, are available at the click of a button!

The options are so many it can be overwhelming,

So just focus on ONE thing you can do today and start there.

Whatever feels right, action today.

It can be 10 min, 20 min a day to begin with.

Do it.

This is the only way.

As long as you start TODAY and keep working on it every single day and are patient towards what you want, you are doing good!

STEP 4: Understand that the only time you have or the only time you will get to reach that extraordinary life is NOW

Time is the only currency that matters, It is absolutely true like the sun rising every day.

No matter what, the time is passing everyday, Time is not waiting for us,

We have to catch up with time, we only have a set amount of time
everyday, So there is no point in crying about it

No point in thinking you will get some extra time,

It never happens,

You never start because you think you will start when you have
time,

You will never have time!

You have to make the time!

Make the time to do one small thing today

One small step today is better than no step at all.

Once you slowly start on something,

you will find yourself MAKING TIME for it!

Because it matters to you,

So just forget the 'one day i will...' idea,

the one day never comes,

It is only today that we CAN control,

That we can be sure of, So make the most of TODAY.

BONUS POINT : Nothing is promised and anything is
possible

This is a very liberating and scary thought at the same time,

We should often think of it and try to remember it.

It makes me think of what Nora Roberts said

“If you don't ask, the answer is always no. If you don't step
forward, you're always in the same place.”

Nothing in life is promised, so please do not take anything for
granted

Do not think you have tomorrow Or day after Or next month

To do something you want to do,

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Someone you want to speak to,

Or go somewhere you wish to go.

The only thing we can be sure about is TODAY,

Take action today,

Take the first step today,

Because nothing is promised!

The second part of this thought is nice, anything is possible,

So we have to remain determined,

Remain focused,

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Remain working on what we want,

Because through consistency, small steps,

Anything is possible And this is our biggest win.

STEP 5: Trust

Trust. Faith. Believe.

Have trust in your efforts. Trust in the timing, in the situation you
are in.

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Trust that things will work out for you

Trust that every situation is making you better, stronger.

Trust that you CAN and you WILL

Trust that the only thing holding you back is your OWN MIND.

Trust you HAVE everything you need RIGHT NOW.

Let your feeling of TRUST be bigger than your feeling of FEAR
AND DOUBT.

From my experience I can tell you, you need to trust.

Once you trust, you let go.

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You focus on what you can, rather than on what you cannot.

This trust brings peace and patience in your heart.

It helps you sleep better at night.

So hold tight to the trust!

You are winning!!

Hope this helps you start your journey- from you, to you
and for YOU!

If you have any questions, you can reach out to me [here](#)

[Follow me](#) for more insights on the power of your mind!

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

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