

Download How To Get Motivated Learn The Right Mindset For A Healthy Lifestyle

5 Steps to Get the Right Mindset for Success. You might guess intelligence, appetite for risk, or even creativity. Those are all sensible-sounding suggestions, but that's not what science has found. According to work by pioneering Stanford psychologist Carol Dweck and others, the best predictor of success in life is none of these usual suspects--it's...The Right Mindset Is The Key To A Healthy Lifestyle. In each lower tier the choices get more extravagant. The next tier might include two cookies, a piece of cake, and a hot chocolate that, if eaten, would total 800 calories. By the final tier -- the bottom layer -- there are thousands of calories of food listed within the box. Here are some examples of small actionable goals you can start doing today! Take the stairs. Walk to work if you can for 1 day/week. Prep just snacks for the workweek. Prep three lunches OR three dinners for the workweek. Go to the gym 2x a week for 40 minutes. Walk 10k steps. Meditate for 5 minutes before bed. 10 Ways To Have a Healthy Mindset. When you do something for someone without expecting anything in return, it makes you feel better as a person. Call your grandmother who you haven't spoken to in a while or send your best friend a bunch of flowers for no reason. Doing nice things for people will make you feel happy and appreciated.