

10 Tips To Help You Improve Your Mindset

Delaney Rietveld



Investing time and effort in improving your mindset has been one of the best things you can do to improve your overall happiness. Sometimes just the smallest adjustments can make a huge impact on how you show up in the world.

It does take some effort, though. Your brain runs the way it does for a reason; usually to protect you. It maintains the mindset you've always had because that's how it's always survived. However, it's crucial to understand that you *can* change your mindset! It just may not happen overnight.

You'll know it's time to improve your mindset when you find yourself stuck in your current patterns, whether that's a cycle of negativity or complacency. You'll want to work on your mindset if you have a massive goal you want to accomplish or a relationship you want to fix.

So here are some easy tips you can follow to change your mindset for the better!

1. Recognize your thoughts

The first step in improving your mindset is to recognize the thoughts you already have.

Depending on [where you look](#), humans have between 6,000 and 70,000 thoughts per day. **How many of those thoughts are not helpful to you?**

Recognizing the thoughts you have is the first step in achieving mental awareness. You may start to realize that some things you thought were *facts* are actually just *thoughts*.

Did you think a client was rude to you at work? You might think “that’s a rude client” but actually you’ve formed a thought about that client. You can’t PROVE by any scientific definition that the client is rude, so you realize that it’s the *thought* you have about them that makes them rude.

(By the way, this doesn’t mean you’re unjustified in your negative feelings. When someone crosses your boundaries, you can decide that’s a cause for negative emotion. Just realize that it’s a decision you make consciously)

2. Write down your thoughts

It’s so much easier to recognize your thoughts when you write them down.

This allows you to see whatever clutter is in your head as individual lines of thought. You can look at your thoughts more neutrally this way. Writing out your thoughts can also be a very therapeutic way to relax and create mental awareness.

Your thoughts won’t seem quite as jumbled once you have them on paper.

3. Realize all feelings are ok

As many thoughts as you think in a day, There are bound to be some that cause feelings that are not pleasant to you. **However, when you resist experiencing negative emotion, it only makes the experience that much worse.**

Isn't it better to know how to handle any and all emotion human beings are capable of having?

When you set out to improve your mindset, you may believe that your goal is to only feel positive emotions. Not only is this not practical, but it's not possible!

There are many situations in which feeling a positive emotion is just not appropriate. When you've lost a loved one or had a severe disappointment in your career, you *should* feel sad, angry, or frustrated. **When you stop resisting negative feelings, it will make it much easier to process all the thoughts and emotions you are having.**

4. Let go of judging yourself

Once people start becoming aware of their thoughts, particularly ones that are problematic for them, they start beating themselves up for thinking this way.

Remember, your brain thinks the way it does for a reason. Don't judge yourself for thoughts, feelings, and patterns that you are programmed to have. You're working on changing them, and it doesn't happen overnight.

Humans (and women in particular, as is often the case) tend to be too hard on themselves! We judge ourselves all the time for any number of things. By recognizing your thoughts that are judgmental about yourself, you can gently tell your brain that it doesn't need to do that.

By the way, don't judge yourself for judging yourself!

5. Choose the best-case scenario

This is a great tactic when making decisions.

Ask yourself, “If everything turned out 100% exactly like I wanted it to, what would I choose to do?”

And then do that!

Of course, you are aware that it’s entirely possible you’ll hit road bumps along the way. However, it allows you to make decisions from a “best-case scenario” position. This ensures we’re not selling ourselves short.

A lot of times we feel that it’s responsible to be cautious about everything that can go wrong when making decisions, but this doesn’t provide us with the opportunities we really want to take.

Sure, everything could go wrong, *but everything could go right too!*

Being committed to believing in the *best-case scenario attitude* can really improve your mindset. Plus, since you know how to handle negative emotion, you’ll be ready for the road bumps that come along the way.

6. Talk to yourself like your best friend

Like we touched on, we tend to be extremely hard on ourselves. Much harder than we would be on anybody else. So, a good way to change your mindset towards yourself is to commit to treating yourself like your best friend.

If you’re truly a best friend to yourself, you’ll want the best for her, while being kind to her in the process.

Sometimes this comes in the form of being your own hype-woman. You know the drill; shouting in the mirror “*You’ve got this!*” and “*You’re killing it!*” and “*Your butt looks amazing in those jeans!*”

But this can also come in the form of giving yourself what you need. Maybe you need more time to rest, or more time off from work. Sometimes you need more veggies, or to get rid of toxic friends. Treat yourself like your best friend by giving yourself what you need.

7. Practice thoughts you want to have

Practicing the thoughts you want to have can be a powerful tool. Say you want to be the next American Idol, but you can’t sing. You’ll want to practice thoughts like this:

-I am an amazing performer

-I sing like an angel

-I am super confident singing in front of people

Some thoughts may be very hard for you to believe right now, but practice makes perfect. The more you practice the thoughts you want to have, the more your brain will start to believe they are true.

You might not even be aware that any change has happened, but then one day you can suddenly walk into an audition and 100% kill it

By the way, writing down the thoughts you want to practice much more effective than just thinking about them.

8. Decide everything has gone exactly as it’s supposed to

Especially with the last year we've had, this is a *bold* belief!

However, this is one of the best things you can do to improve your mindset. Decide to firmly and boldly believe that everything has and will go exactly as it's supposed to. You'll be shocked at how empowering it feels.

Think about it: if there are things that have gone wrong in your past, you wouldn't become the person you are today without those things happening. It's all a part of your origin story, and you get to decide what it means.

Committing to this belief takes the pressure off of the past. Instead, you can use it to feel empowered.

9. Commit to positive intake

There are so many things we can consume that are bad for our mindsets. The news, violent video games, and offensive music just to name a few. You don't have to cut these things out to have a positive mindset, but you should consciously consume things that will help improve your mindset as well.

Positive intake can come in many forms. Clearly you've been reading this article, so you've sought it out. You can also read motivational books, watch inspirational films and videos, listen to a personal development podcast, or music that really inspires you.

Giving yourself time to be creative can develop a positive mindset as well! Taking the time to color a picture, write a poem, or jam out on the guitar can fill your brain with positive creative energy.

10. Realize you can do anything

This is one of the most exciting beliefs to inspire a positive mindset: *I can do anything.*

And once you change your mindset from what it currently is to what you hope to become, anything is truly possible for you. You'll have the tools to grow into whatever you want to become. That's really exciting!

Committing to these tools can take you anywhere, so don't forget to share them with others. Let others know you're committed to improving your mindset by sending them this article. They'll be glad you did!