



# Changing Your Mindset

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**“The mind is just like a muscle - the more you exercise it, the stronger it gets and the more it can expand” - Idowu Koyenikan.**

Learning how to change your perspective and reframe your mindset can have a tremendous effect on your mental and physical wellbeing. While your mind has the ability to be your greatest asset, it can also double as your largest hurdle. What I mean by this is that you can physically train yourself to do anything; your head is what gets in the way.

For instance, let’s look at the excuse of “I don’t have time.” While this may be true **SOMETIMES**, be honest, you likely do have the time. Go through your day and make a list of everything you do. Figure out where all of your time and energy are going. You can also check the screen time on your phone. It will tell you exactly how many hours you spend on it daily. Think about it. Five free minutes here, ten free minutes there, you may try to fill that time with some mindless social media scrolling. Pretty soon those five minutes are adding up to hours. So how about instead of saying, “I don’t have time” switch it to say what is really going on, “I don’t want to make time” or “I’m choosing not to make time.” Wow. How much more powerful are those statements?

The goal here is for you to reevaluate your priorities. If you truly want to make a change, make it. Figure out how you can make your health, wellness, family, friends etc. priorities. Stop putting your energy into activities that aren't serving you.

Another example is saying, "I can't." Yes, I know, we've all heard people say, "yes you can, you're just not trying" or "don't say that, of course you can!" This dialogue is okay but what if we say this instead, "I can't... right now." This allows you to recognize that yes, you may not currently be able to do what's asked of you but darn it if you're going to let that stop you. Admitting that something is out of reach at the moment is perfectly okay, but self-deprecation is not. After some hard work and perseverance, in six months that once-daunting exercise may be perfectly doable. Keep your head up and know that you can do anything you want. Just remember to walk before you run.

Lastly, learn how to truly push yourself outside of your comfort zone. This is not easy; it's called your comfort zone for a reason. There are so many different ways to do this, but I'll give you some specific examples. Pick something that's difficult for you. This may be getting enough vegetables in your diet, exercising, or planning healthy meals in advance. Next, set a period of time you are going to do it for and then give it your best effort. Is this particular task difficult for you because you truly hate it? Or is it just because it's hard and you don't want to make the effort? How do you handle a tough situation? Do you give up? Or do you push through it?

Life can get hard. But if you can learn to train your mind like your muscles, you can learn how to better handle those situations. Just like when your muscles get stronger from consistent workouts, so will your mind. And who knows, maybe that thing you hated will be something you learn to love. You would have never figured it out, though, if you didn't push that extra little bit. You're not always going to be able to control a situation or the outcome, but you can control your reaction to it.

Now get after it!

