

THE E-BOOK

# The B.R.A.V.E. *Mindset*

***TRANSFORMING LIMITING BELIEFS INTO  
UNLIMITED POSSIBILITIES IN YOUR PERSONAL AND  
PROFESSIONAL LIFE***



**MINDSET**

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## INTRODUCTION

We as a whole have objectives, points, and thoughts of what we would like our lives to be like. Regardless of this, however, many of us neglect to arrive at those objectives or complete our dreams and goals.

Why is this?

What is it that prevents you from moving forward? Let's guess.....YOU.

Most of the time, it comes down to not having faith in yourself. It boils down to limiting beliefs about what your identity is, what you're worth... even how you intend to act!

Since we frequently do not realize how they affect us, limiting beliefs are extremely destructive. They gradually prevent us from realizing our full potential while they remain unnoticed in our unconscious brains. Furthermore, they make us unhappy. They instill in us a sense of pessimism, which can cast a negative light on everything we do.

These limiting beliefs go about as your reference point. They illuminate each choice and assessment you make. They structure your inner working framework. To put it another way, these beliefs will effectively generate every one of your feelings, thoughts, and experiences. If you do not replace them with positive ones, you won't be able to get the most out of life.

The great news however, is that the brain is continuously changing and, surprisingly, our very thoughts are equipped for changing! Because of this amazing fact, it is entirely possible to transform your way of thinking—essentially to reset your operating system—and, as a result, lead a life that is both happier and more fulfilling.





YOUR ONLY LIMIT  
IS  
**YOU**

## CHAPTER 1: WHAT ARE LIMITING BELIEFS?

A limiting belief is a thought or state of mind that you think is the absolute truth and stops you from doing certain things. These beliefs can be about yourself, how the world works, ideas, and how you interact with people. I'll start by giving a few examples of limiting beliefs.

### **The Person Who Won't Start Their Own Business**

Let's say you have an idea for a business. You will offer coaching to small businesses and assist them in setting up. You'll charge a somewhat low level expense, however at that point the organization will pay you a marginally bigger expense a year after the fact as long as their income passes a specific limit.

Your model includes selling direct to the client, and the manner in which you intend to do this is by searching for them on social media. You can find people who post about a business plan, send them a private message, and you can start talking right away. You'll take advantage of any opportunity to sell. That is the "delicate sell" approach, and it implies you can construct a relationship and exhibit your worth before you charge.

Here's the problem: you're excessively terrified to contact anybody! Out of nowhere you consistently put off informing your clients, and you can't exactly pinpoint why.

### **There are probably some limiting beliefs at play:**

- You are a shy person and don't like to disturb people.
- You are worried that if you fail, you will lose something that has been keeping you motivated.
- You don't believe anyone would pay for it.

These three limiting beliefs hold you back from capitalizing on your dreams – perhaps even becoming wealthy!

### **The Person Who Won't Leave Their Current Job/Relationship**

Let's say you are unhappy at work or in a relationship. Whichever it is, you are aware that it will not bring you happiness. In any case, you **STAY THERE** at any rate! Why? because you consider it to be the "best you're going to get."





A lack of esteem means that you don't think you can receive better. You effectively think you aren't "worth" more than that. You then make some terrible mistakes as a result of this.

Limiting beliefs really can be extremely problematic and hurt every aspect of your life. For this reason, it's time to start doing something about them.

## **CHAPTER 2: CHANGING YOUR THOUGHTS**

What many individuals don't understand is that they can really become more successful by changing their limiting beliefs about themselves and what will occur in their lives.

Changing your self-perception and attitude are the first steps. By signing up, you've already started the process! When you change your mindset, you change your life!





# THE LAW OF ATTRACTION

## The Law of Attraction

The Law of Attraction operates on the principle that involves harnessing the power of your thoughts to draw in the things you desire. According to this philosophy, we are all creators, and the influence of our minds is comparable to that of a magnet. It is believed that every aspect of our present circumstances can be linked back to a single thought or a sequence of thoughts. Essentially, our lives are a reflection of our thoughts, and we can mold our future selves through them. This is the notion that what you give to the world ultimately determines what you get back. Pause and contemplate how this could function. Dressing smarter, being more assertive and confident, taking on more responsibility, and even walking taller are all examples of how to present as a highly successful person. You'll show it in everything you do if you truly believe you're successful or destined to be successful. You've heard the articulation "dress for success". You shouldn't just dress like a pro; you should also take on that whole personality in every way possible to project an aura of success, self-assurance, and intelligence. As a consequence of this, you will exude several signals to others indicating that you are successful and self-assured. They will see you in your brilliant suit and they will think 'there's an effective and skilled individual'. Furthermore, guess what? They will be bound to offer you more work, give you advancements and for the most part assist you with prevailing subsequently.

It's like this: if you're fixated on the idea of getting sick right before a much-anticipated vacation, it's likely that this thought triggers a whole range of other worries about your health. Before you know it, you've got a whole list of health concerns on your mind. Does this ring a bell? The thing to remember here is that the Law of Attraction doesn't differentiate between good and bad thoughts – it just grabs onto whatever message it's given. So, if you're hyper-focused on getting sick and all the stress that comes with it, you're essentially just generating more stress because that's all the Law of Attraction has to work with. Consequently, what it reflects to you are more situations related to illness, which just adds to the stress, leading to a self-fulfilling prophecy where you end up getting sick right before your vacation.





The main concern here, is that you don't really accept that you are fit for significance, then, at that point, you probably won't go about like you are nor act as though you are! If you hang your head because you're shy and vulnerable, people will see you that way and treat you that way. If you're afraid of everything, you won't take chances that could make your life better.

In any case, be striking, confident, and strong and you can accomplish astounding things and change the manner in which others see you.

You can "fake it until you make it" but it is better to authentically change your limiting beliefs from inside out. To give yourself a total mind reset.

## CHAPTER 3: A BETTER LIFE

Presently you realize that your negative beliefs shape your future, the subsequent stage is to decide what you want to change. To accomplish that, you must ask yourself what would make your life better.

In a perfect world, you would dispel all of your limiting beliefs and reorient yourself towards happiness and contentment. Since this is work that takes time, it makes sense to concentrate on and prioritize the areas needing the most improvement. What's your need? Better work? A stronger partnership? More self-confidence?

### Knowing What to Change

If you are willing to work towards the future you want and put in the time and effort required to pursue your goals, you can live a happy and fulfilled life. The good news is that regardless of whether you accomplish your objectives any time soon, the reality that you have objectives and are pursuing them will ordinarily be sufficient to give your life center thus assist you with feeling cheerful and satisfied.

The issue then emerges, however, when you understand that you're not exactly certain what it is that you really need from life. How might you pursue something in the event that you don't have the slightest idea what it is that you really need? Furthermore, how might you be happy and fulfilled in the event that you don't have any idea what it is that brings you joy?





This is the predicament that many of us face, which causes us to wander aimlessly and without finding fulfillment. The good news, though, is that there are a lot of ways to get past these issues and enjoy life to the fullest. Let's take a dive into some of these areas.

## What's Bothering You?

Starting with what "doesn't" make you happy is one way to determine what you need and what makes you happy. Most of us have a long list of things that are currently on our minds. Therefore, if you are able to identify the aspects of your life that you wish to change, you will immediately be able to determine the kind of lifestyle that would enhance your happiness. How can you work to resolve these problems?

## Your Tribute

While it could sound morbid, composing your tribute can be a very inspiring and illuminating cycle. What things would you like for people to say about you after you have passed on? You can determine the things that are significant to you and the kind of person you want to be by writing this. After that, you will be able to live your life so that you can carry on that legacy.

For example, if you want to be remembered as an innovator, start considering ways in which you can advance the field in which you work or introduce something innovative.

## Analyze Your Role Models

Something else you can do is take a look at those you consider to be role models and contemplate what it is that you regard about them. Because these are people that you clearly believe are successful, you could theoretically feel that way about yourself by adopting some of their positive habits for maintaining positive mindsets and success. Consider the similarities that exist between your various role models. What characteristics do they share? There's a good chance you really admire and respect these qualities.





## The Five-Fold Why

The Five-Fold Why is a technique to assist you with finding what you really desire and why it is important to you. Examining the underlying root causes can assist you in precisely defining your core desires. By doing this, you can get to the core of your answer and gain insight into who you are. Here is an example. **Why do you want to become a firefighter?** To feel like I am helping others and to have income. **Why is that important to you?** To feel a sense of fulfillment and not be stressed about money. **Why is it important to do what you love and not be stressed about money?** So, I am not anxious all the time. **Why don't you want to feel anxious?** I want to feel secure. **Why do you want to feel secure?** I desire to be free. This exercise reveals insight into your aspirations and you become better prepared to pursue the things you need and desire.

## Your Past

Something else to do is to investigate your past. Of all of the things you've accomplished and of the multitude of encounters you've had, which means the most to you? You can learn about what might bring you fulfillment in the future by looking back at what made you happy in the past. The following question should be asked after you have completed these exercises and identified the things you want for yourself: Why are you still not there?

As we have already seen, your own personal beliefs about yourself and the world will almost certainly determine the answer. Now that you understand what you want to achieve, you can focus on the beliefs you want to change.

## CHAPTER 4: LETTING GO

If you really want to reset your mind and approach life with new positivity and determination, learning to let go is one of the most valuable and important skills you can develop. However, it is also one of the most difficult skills to develop. The unrealized truth is that a large number of us are characterized by our previous encounters and we permit them to guide our future ways of behaving and decisions.

In the event that you have had a traumatic experience with your past, this can remain with you and prompt you to feel like you could have further misfortune in the future. We frequently don't give ourselves completely to relationships in view of negative connections we've had before. Furthermore, old encounters with guardians, mates or friends, for example, can shape the manner in which we see ourselves.





If you are to continue with a positive outlook, you want to clear the emotional baggage first. This is a process we all need to go through at some time. Even though you shouldn't bury or ignore hurtful feelings, it's important to accept them and move on so you can live your life. It is not a constructive response to any circumstance to wallow in despair and anger, and doing so will, of course, ultimately result in your failure to form new relationships and move on with your life. In this section, we'll take a look at some strategies for moving on and overcoming emotions that could be holding you back from moving on with your life.

### **Get Un-Stuck**

Letting go of projects and ideas is very different from letting go of people and relationships. If you have lost a thing, lost loads of cash, or lost your work, for example, then there is no real emotional aspect to deal with in the same way as a relationship and it won't help you by any means to invest energy wallowing in your upset. Therefore, the best course of action is to simply move on and concentrate on starting over. You may ask, "What is the best way to do that?" That means simply picking up the pieces and beginning a rebuilding strategy. The sooner you can rebuild, the less you lose.

### **Finding Closure**

It is essential to deal with your feelings and find closure for whatever you have lost. After the death of a loved one, a funeral and a wake are crucial because they allow us to say goodbye and close that chapter in our lives. However, you can conduct a farewell celebration for anyone or anything, including your business or a loved one.

You can even celebrate the "end" of a significant period in your life or even the "old you." This can really be an excellent method for disposing of the type thinking that we previously examined.

### **Recognize the Value**

Those who have experienced the former may not find the expression "it's better to have loved and lost than never to have loved at all" comforting, but in reality, it is very true. Whether the individual, relationship or ownership is gone, you will have gained and developed from the experience. When you realize that they changed who you are and left a lasting impression, you realize that a portion of them is still with you.



## The Empty Chair

It's not always easy to let go of a loved one or a relationship because you still have unresolved issues that you haven't had a chance to overcome, and sometimes things go unspoken until it's too late. This is one of the difficulties of letting go. Talking to a chair that you imagine them sitting on can often help you process your issues and move forward with your life. Another helpful technique is to compose a letter to them that you then destroy later.

## Cognitive Behavioral Therapy (CBT)

CBT is mental conduct treatment which essentially involves recognizing the negative thoughts that you have and replacing them with more positive ones. Create a few supportive positive affirmations and the next time you find yourself ruminating in harming ways address your thoughts with positive affirmations. While they might be of little solace from the start, over the long run you can find that they become habitual and replace your negative thoughts permanently.

You will be able to let go of feelings, memories, and experiences that are currently influencing your beliefs in a negative way with the assistance of these strategies. But it's important to do this in a healthy way, not just to "shut out" any bad memories.

# CHAPTER 5: IMPLICIT MEMORY

Many of your old experiences, lingering negative feelings and beliefs may have been removed. However, what about those that are still present and just below the surface? Many of us, without realizing it at the time, fall into old routines and patterns because of previous experiences. This is implicit memory.

Basically, when you don't remember that you remember something, that's implicit memory. Let's elaborate a little bit on this.....







Typically, when we talk about memory, we are referring to what is referred to as explicit memory. These are the events that we are able to actively recall, the events that we are able to relive, and the information that we are aware that we have. This is the conscious memory we access.

However, in the case of implicit memory, we remember things but are unable to identify them or call them up at will. Studies have demonstrated that even when we are unable to remember something consciously, it can still have an effect on our behavior, suggesting that we do remember it in some way. There is some kind of "record" of it that can end up having an impact on us in a number of different ways, even if we don't remember it consciously.

### **Types of Implicit Memory**

An illustration of certain memory then, at that point, may be a repressed memory as depicted by Freud. Here, the idea is that because they are potentially harmful, highly traumatic memories can be repressed so that we don't think about them. However, this is not typically the kind of implicit memory that is discussed. Instead, implicit memory is typically demonstrated by the presence of "priming," even though the participant is unaware of this priming.

Priming happens when we are subject to specific encounters and situations that could adjust our perception or our way of behaving without consciously knowing why. For example, after watching a frightening monster movie, a person might react with a scream or sudden sprint upon encountering a spider in the sink at a later time.

Other types of memory, such as muscle memory, that do not have a semantic component that we can consciously recall, could also be referred to as implicit memory. Even if we don't remember the event or connect the two, a knee-jerk reaction, for example, could be the result of an experience. Even though procedural memories typically do not necessitate conscious remembering, they enable us to do things like write, ride a bike, or read.

This is important to us because it demonstrates once more how our actions are influenced by forces we are not even aware of. Furthermore, this turns out to be



especially tricky when you wind up continually thinking things like "I'm going to fail." While you probably won't understand it, those verifiable recollections are really affecting your subsequent decisions and your beliefs for the most part.

### **Studies and How to Use Implicit Memory**

Since implicit memory is a relatively new concept, there hasn't been a lot of research on it yet. However, there is early evidence to suggest that such a phenomenon may exist. Additional proof seems to show that all memory is implicit in newborn children as they can't deliberately recover specific recollections. One more model is found in amnesiacs who can never again make new recollections, however, are as yet vulnerable to priming and can in any case be impacted by implicit memories.

### **Illusion-of-Truth Effect**

A cognitive bias that may be related to the idea of implicit memory is the illusion of truth. The "illusion of truth effect" basically states that even if we don't remember hearing something, we are more likely to believe it to be true if we've heard it before. The reason for this is that we think, "That sounds familiar," or it registers on some unconscious level, so we conclude that it must be true. This effect occurs without the memory being explicitly acknowledged, demonstrating the significance of implicit memory.

### **Implications**

Even though implicit memory is a relatively new topic, there is enough evidence to suggest that it influences decision-making through priming and other mechanisms. This is a subject that self-improvement guides have rushed to bounce on - without in every case completely figuring out the idea. Despite this, you might not be aware of the memories that are influencing some of your actions and emotions.







Some have suggested that this could help us understand why we sometimes feel down or anxious without knowing why. It may be the case that something we've experienced has set off an affiliation and a profound reaction, despite the fact that we perhaps don't recall that affiliation shaping in any case.

It's also important to keep in mind that this can lead us to believe things that aren't necessarily true or make rash decisions. In the event that you feel like something should be valid in light of the fact that it sounds recognizable, or you feel attracted to a specific strategy without knowing why, then, at that point, pause for a minute to truly analyze your feelings and where they're coming from before you let them totally direct your activities.

What is the point of this? One powerful tip is to contemplate everything that is forming your feelings and thoughts without you in any event, monitoring them. Contemplate your current circumstance, considerations and beliefs that you tell yourself consistently. You can impact these things emphatically then again by utilizing positive affirmations. Try placing cards all over your house that tell you good things or bring back happy memories. Furthermore, when you end up feeling down, or going to make a negative assurance - ask yourself where this may have come from. Could it be that something has been affecting you without you realizing it? Simply realizing that our feelings and thoughts can emerge from "outside" will frequently do a great deal to assist us with returning them once again to normal.

## **CHAPTER 6: COGNITIVE RESTRUCTURING AND MINDFULNESS**

CBT shares a lot of similarities with many of the methods we've looked at so far in this e-book. As discussed in a prior part, CBT is the psychotherapeutic methodology that includes fundamentally having an impact on the manner in which you thoroughly consider a two-section process: evaluating current thoughts, then replacing them with newer, more positive ones.

The term cognitive restructuring refers to the component of this mixture that is most potent. We are going to look at how this tool can be used to dispel harmful





beliefs that may be causing self-destructive behavior.

## What is Cognitive Restructuring?

The overall concept of cognitive behavioral therapy (CBT) is to examine the thought processes that lead to particular behaviors and then attempt to alter these processes. Therefore, one approach that is utilized in CBT to combat these ruminations is cognitive restructuring. You might even discover that deeper negative thoughts are at work. Cognitive restructuring involves first identifying a situation that leads to stress and the thoughts and feelings that arise in that situation. Then, you analyze the thoughts by determining what is true about them and what is not true about them based on evidence. Finally, you develop an alternative and more balanced thought and determine how you will feel (outcome) when you adopt this new way of thinking.

## Replacing Negative Thoughts With Positive Ones

**Situation:** I presented an idea at the team meeting and most people did not agree with the idea.

**Thoughts:** I never have good ideas and I need to do better work. People must think I am stupid.

**Feelings:** Anxious. Disrespected. Stupid. Stressed. Embarrassed.

**Evidence that supports the thought:** Some co-workers pointed out that we don't have enough resources to implement my idea.

**Evidence that doesn't support the thought:** A few team members thought it was a great idea. My ability to think outside the box is often praised. The group disagreed with more ideas than just mine. I receive compliments on my work typically. I work hard.

**Alternative/balanced thought:** I am regarded as competent and creative by co-workers. This wasn't quite one of my best ideas.

**Outcome:** I feel calmer. I no longer feel stressed about this.

## Mindfulness

One aspect of cognitive restructuring is mindfulness, which simply means paying more attention to the contents of your feelings and thoughts in the moment. The idea is to pay attention to your thoughts without trying to change them to figure out which ones are negative. Next, you want to figure out how to detect these negative thoughts when they surface, and afterward replace them with positive affirmations.





## CHAPTER 7: CONFIDENCE AND SELF-WORTH

Low confidence is an issue that can wind up influencing countless different parts of your life. It is one of THE greatest limiting beliefs of all. In itself, low confidence can be profoundly unfavorable to your mindset consistently and to your satisfaction in any exercises you take part in. Additionally, low confidence likewise implies that you will establish less of a connection with individuals you meet, you're less inclined to take risks (the great kind) and you're bound to encounter psychological wellness issues like depression.

In short then, assuming this is the sort of thing you battle with it's important to begin attempting to work on your self-worth so you can get more out of life. In any case, how would you do that? There are endless articles and suggestions out there. However, large numbers of them neglect to truly resolve the issues prompting low confidence or the seriousness of the issue. For example, a lot of articles will tell you to take care of your hygiene, as if cleaning your body for an extra minute would somehow make you feel better about yourself. It very well may be good to just will yourself into having more esteem or to make lists of things you love about yourself, but that won't fix the root issue.

### Living in the Now

The dorsolateral prefrontal cortex (DLPFC), also known as our "inner critic," is one area that we might attribute to low self-esteem. We question everything when this goes into overdrive, and this questioning and doubting can cause low confidence and self-esteem. As a matter of fact, certainty can essentially be characterized as being free from doubt. Having the option to switch off the dorsolateral prefrontal cortex when in group environments can quickly alleviate the impacts of low confidence by permitting you to be more in the present. As a result, you'll become more fluent and engaged, and you'll have positive social experiences that can help you deal with anxiety.





How can you silence your own inner critic? Meditation, which can teach you the mental discipline to remain in the here and now, is one method. If not, simply attempt to zero in on anything that you're doing and respond at the time. Listen without thinking about what you're going to say. The DLPFC switches off more the more you focus on and engage with what you're doing. This is one reason that meditation is an integral asset for assisting with combatting negative thoughts and limiting beliefs, and inspiring you to feel more optimistic. A further point? Put your negative thoughts and feelings to rest by engaging in activities that you truly enjoy!

### **Working Out**

Working out is one of the best ways of supporting your confidence. Obviously, looking good encourages your sense of positive self-worth. It likewise releases a lot more chemicals and synapses that can influence the mind. In the short term, exercise increases the release of endorphins, which can significantly boost your mood and serve as natural antidepressants.

### **CBT and Self-Esteem**

In the context of self-esteem, CBT is used to examine the content of the "inner critic" and determine what you are telling yourself that is causing you to feel low. Your occupation is then to change this inward content while testing those hypotheses and demonstrating to yourself that they aren't accurate. Think you're too reserved or boring? Put yourself in awkward situations to prove yourself wrong. Although cognitive behavioral therapists will likely encourage you to do so, you already know that hypothesis testing is one of the best ways to continuously improve. Put yourself in a challenging job that requires a lot of interaction and is completely out of your comfort zone. You'll give your inner critic less and less ammunition as you rise to meet challenges, and your confidence will soar quickly!



Now is the right time to begin joining a portion of these illustrations into an all the more remarkable program for changing yourself. All things considered, it follows that your low confidence can be especially impacted by understood memory.

You will find that you spend more of your time primed for positive experiences if you make it a habit to experience more positive things on a regular basis, including numerous small victories and even thinking positive thoughts. As a result, those affirmations may prove to be extremely beneficial.



## CHAPTER 8: BODY LANGUAGE AND STYLE

Understanding implicit memory has shown us how something that we aren't even deliberately mindful of can wind up priming our mindset and making us more sure or less. One of the most important ways you can achieve this is by changing your appearance, posture, and even your expression! This has a profound and significant impact on how we feel about ourselves.

### **Dress for the Life You Want**

The way you feel about yourself in that moment changes right away when you change what you wear. You can get to all of your relevant implicit memories thanks to this. You'll be brought back to the times when you felt attractive, successful, and powerful.

You can immediately improve your appearance with a sharp outfit. You show others and yourself that you care about your appearance and that you value yourself by investing time and money in your appearance. In addition, dressing yourself in high-quality materials and styles will make you appear more attractive.



The outcome? People think you are successful and confident which can lead to endless opportunities. Because of this, people's reactions to you change, and they might be more likely to give you job roles or ask for your opinion. According to your viewpoint, both the good experience of getting yourself in the mirror AND the manner in which others treat you will encourage you.

## Power Poses and Body Language

Modifying your body language subtly is another method for encouraging others to believe you are more confident. You can give the impression of confidence and "owning the room" by standing or sitting in an open posture. In a similar vein, widened body posture and claiming physical space suggest more authority and assertiveness. Being still and calm also conveys confidence and gives the impression of commanding coolness.

The goal is not to be aggressive, but rather to stop doing the opposite (curling into a ball, generally shrinking, and shaking) instead. The next time you enter a room, "beam" and raise your chest as you enter the door. The right non-verbal communication could drive the development of feel-good hormones and neurotransmitters that make you more confident.

## Just Smile!

We are all aware that smiling can have positive effects on our popularity as well as on the moods of those around us. So, we ought to smile more. What we perhaps don't understand is how it can help us progress in different parts of our lives. Smiling can make everything significantly better and, surprisingly, advance our professions. Let's dive a little more into just how impressive the power of a smile is.

## What a Smile Does for Our Mood

On account of the facial feedback hypothesis rooted in the work of Charles Darwin and William James, basically smiling can be one of the absolute most effective ways to work on your mindset and improve your mood. The facial feedback hypothesis suggests that individuals' emotional experiences are influenced by their facial expressions. Smiling can actually help you feel better because it makes your body release more





happy hormones. Whenever you are feeling lazy and tired, essentially smile and you'll find it works to improve your mindset and mood greatly.

Simultaneously, because you are delivering positive chemicals and endorphins, as opposed to harming ones like cortisones, you become more resilient against ailments and different issues. Of course, it can also help with motivation and psychological well-being.

### **What a Smile Does for Us Socially**

If you thought that facial feedback was an impressive effect, you will probably be more impressed still with the "mirror neurons" in our brain which fire when we see another person's expression as well. This implies that the expression of another person can likewise make you produce individual chemicals and alter your mood.

This means that when you smile at someone, it automatically makes them feel happier and releases endorphins. That indicates that if you smile each time you see somebody, they will feel more joyful each time they see you as well. This, in turn, means that you can create an association where they think of you and feel good about themselves when they see you. Naturally, this association will make it more likely for them to want to spend time with you, which will improve your social life, advance your career, and increase your chances of success overall. At the same time, people will be led to believe that you are both happy and confident because you will appear happier. In addition, when you appear happier and more self-confident, others are more likely to believe you are highly capable because they believe you are more likely to be successful, which is why you are feeling more confident. Again, this can help you in relationships and your career because you have the aura of a successful person you'd like to have on your side.

As may be obvious, altering the manner in which you look and behave can cause you to become the person you need and desire to be. That is the opening and closing message of this book.

Don't just dress for the job you want... **DRESS FOR THE LIFE YOU WANT!**





## CHAPTER 9: MEDITATION

The final piece of the puzzle is meditation. Meditation is something that is often misunderstood. Many people believe it to be mystical or unscientific in some way. Truth be told, meditation is just a term portraying a scope of various practices each with a single purpose and impact: to practice and train focus.

Transcendental meditation is the most well-known form of meditation. Here, professionals sit in the lotus position and just spotlight on a solitary mantra. The outcome? You completely clear your mind, and as a result, you learn to rise above the numerous insignificant issues that had previously caused you stress and unhappiness. Likewise, religious meditation means doing the same thing – focusing on a passage of religious text or a prayer.

The principal objective is to coordinate the brain and to try not to let considerations and sentiments impede you. Meditation can also be practiced through mindfulness. Here, you simply focus on the thoughts themselves without letting them affect you, rather than trying to empty your mind.

There is one more significant effect of all forms of meditation. They assist you in choosing *WHAT* to concentrate on and *HOW* to feel. This means that the next time you feel like the weight of the world is crushing you, you can simply choose to ignore the negative voice in your head and focus on your positive affirmations.

The wide range of various changes we've discussed in this book become undeniably more impressive once you deal with your focus and your thoughts. We tell our brains what is accurate and important when we focus our attention. As a result, we are able to cause physical changes in our brains that can help us become smarter, happier, and more confident versions of ourselves by removing limiting beliefs.





## PUTTING IT ALL TOGETHER

Let's summarize the things we've learned so far about changing our thoughts and feelings.

The law of attraction states that when we think negatively about ourselves, we emit a negative energy that others reflect back at us. Negative thoughts and beliefs are extremely harmful and impact your entire life. We take less risks, spot less open doors, etc. Position yourself to attract the positive.

### First steps:

- Identify those negative/limiting beliefs through CBT and mindfulness.
- Identify which areas are affecting you the most, and which things you can change to embrace the lifestyle you want.
- Numerous different factors assume a part as well:
  - Lingering thoughts and feelings about previous experiences make you feel less optimistic and happier.
  - Implicit memories affect how you feel even when you aren't aware of them. These can be influenced by our thoughts and environments. What are yours?

### Ways to address these thoughts and beliefs:

- Use exercises like the "empty chair" to say goodbye to lingering emotions and hang-ups.
- Throw yourself a "going away party" to close ending chapters of your life.
- Embrace positive affirmations.
- Don't feel the need to stick to your old thought patterns and behaviors.
- Smile more.
- Don't just dress for success. Dress for LIFE!

We've learned a lot over the course of this e-book, and so all that's now left to do is to put it all together in order to reset your mind and start enjoying the fruits of your new positive, confident mindset.









NEED MORE INSIGHT & SUPPORT?

Book your 30-minute  
Free Discovery Call!



Congratulations on taking the first step on your journey to a B.R.A.V.E. mindset! As a licensed therapist and certified transformation coach, I am passionate about helping my clients gain clarity, set realistic goals, and develop actionable plans to overcome limiting beliefs and obstacles to achieve success and lasting change through developing a new mindset. I would love to work with you!

*Tiffany D. Singleton*

**BOOK NOW!**