

What does it really take to be successful in life? Why only certain individuals are successful and others struggle? How can I increase my self-confidence, happiness, and freedom? This book has the answers! Discover 10 Powerful Growth Mindset Tricks to Achieve More Lasting Freedom, Self-Confidence, Happiness and Success In Life Today! Here's your sneak peek: **Setting Goals** In psychology, motivation is defined as the ability to initiate an action despite challenges. In your journey towards success, challenges will always come your way. It is important to find the drive to start things despite having huge obstacles in your way. Here are some of the best ways to motivate yourself when you feel like giving up: **Step 1: Have Definite Goals** The goals that you set for yourself will be the basis for your motivation. It is important to set specific goals because you can accurately estimate the amount of effort and resources that you need to give. Your goals affect your motivation in three ways: Your goals'™ impact and relevance to the quality of your life will help you decide on how soon you want to be successful. Your goals'™ value will affect the methods you will use. Your perception of how attainable your goals are will determine how soon you are going to start working towards it. It is important to make your goals as concrete as possible. People who set arbitrary goals give themselves room for procrastination. You should know exactly what you want to do, how you are going to do it, and how you can tell whether you have already succeeded or not. **Step 2: Have The Right Mindset** In the first chapter, you have learned how to avoid having biases, prejudices and assumptions. Keeping those things in mind will greatly help you in terms of dealing with situations and people. Aside from avoiding negative mindset, you should also set up a winning mindset. A winning mindset is a mode of thinking that allows you to boost your own motivation by "winning, no matter what." Those who have successfully adopted this mindset always remind themselves of the following: Failures are necessary stepping stones to success. Errors are useful tools to determine the best method to use. Criticisms are usually just opinions regarding a situation; it would be no help to take it as personal attacks. Obstacles do not mean you are going the wrong way. The obstructions are there to test your adaptability. Success is achieving your own goals. Preventing other people from achieving their goals just so you can achieve yours is not a good method. There is a good chance any act of that kind will backfire on you. Success is a process and not an end-goal. Upon achieving your goals, you should set new goals and try to achieve them again. Having the winning mindset will help you motivate yourself, especially at times when situations make you doubt your own abilities. **Step 3: Break Down Your Goals...** Here Is The Overview Of The Lessons You Will Learn **Understanding The Psychology Of Your Mindset** **Emotional Management** **How To Use Psychology To Battle Procrastination** **How to use Psychology to Boost Your Confidence** **How To Use Psychology To Motivate Yourself** Take charge and change your life right now with this book for only 2.99! LIMITED TIME OFFER! get it now!

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