

5-Simple Steps To Changing Your Mindset For Maximum Growth.



Joy Ikumoinein
www.LivingJoys.com



Step 1

Commit To Reading More Books

When i had no clarity of purpose, I'd spend hours everyday going through social media sites and reading irrelevant magazines and blog posts. But all that changed when I found out what my purpose was. I started my journey to re-inventing myself by changing my reading habits and focusing on materials that would make me a better person.

I started reading informational and personal development books and only followed website, influencers and blogposts that uplifted my spirit. You can literally change your life by the books you read, if you put your mind to it. I want you to make that decision to consume less T.V, be seen less on social media and start reading more books that will stimulate your mind and bring out the best in you.

Challenge yourself today, by reading at least one book a month. I know even with a busy schedule, it is doable. You can start by reading my book titled, "You Can Totally Do This."





Step 2

Start Your Journaling Journey

Writing down what you are grateful for is an important step on your growth journey. Journaling has been a therapeutic journey for me, and has helped me heal from pain, hurt and disappointments. I've been journaling since i was a teenager, and it's amazing to see how much I've grown year on year.

My old journals has been a source of inspiration, making me thankful and grateful for where I'm at now. I may not be where I want to be, but I'm certainly not where i used to be. I want to encourage you to please, stop bottling things up or keeping your feelings and thoughts inside you. When you write your feelings and aspirations down, you give it life and meaning, and that in turn helps you grow.

Writing it down will help you deal with stress, anxiety and cope with depression. Spend 10 -15 minutes daily to write down your thought. You can use any unused notebook, if you don't have a proper journal.





Believe In Yourself

Intentions are a powerful tool in creating what you want in your life. Speak out about it. As you become clearer about your what you need to do to grow, disapprovals from people will emerge, it is your responsibility to believe in yourself, before anyone will. Who says you can't? You can do all things!

To help you on your journey to greatness, you owe it to yourself to do what you love. Do what feels right and makes you happy by following your gut feeling. To make a shift from where you are to where you want to be means you have to be creative and think outside the box. You have to stand out and be different.

The importance of self-believe cannot be under estimated. You make a conscious effort of visualisation to reframe how you think about past events and adversities, and develop the right mindset to move forward with your life. Believe that you can do it regardless of what anyone says or where you are in life. Always act in a way that is consistent with where you want to go.



Step 4

Develop A Clear And Focused Vision Of Your Goals

Now is the time to fix firmly in your mind what you would like to do, without any distractions. Keeping your mind busy with the great things you want to achieve should be your priority, while letting your desire lead the way. In your success journey, do not fear what people will say, nor waste any minute of your time thinking about it. As for me, I follow my instinct, no matter the unsolicited advice of people, and it has been a tremendous journey for me so far. I am very clear about my vision, and ready to do whatever it takes to accomplish it. That is what give me a sense of meaning and fulfilment.

As time goes, you'll find yourself unconsciously attracting the opportunities you need to move you forward towards the fulfilment of your goals. Have a mental picture about who you want to become. Your utmost desire and your thought is what will transform you into that person you want. Everything is attainable through a strong desire for it.



Take Action Towards Your Future!

The best time to take action is now. No better time than when you are most afraid, for you to do what you want. The truth is that, the fear will always be there. Having a can do attitude, continual self-improvements and working through any limiting beliefs you may have will also inspire you to take action.

Indecision is a habit formed as a result of non-definite purpose. You can tell the world what you intend to do, but first show it. In my own case, I was hesitant for a while in taking action due to the losing my brother, just about when I launched my book, and then shortly after, my mum passed. It took me a while, but I was able to bounce back using the steps listed here. Taking decisive action brings opportunities your way. Don't let fear dictate to you how your life should be in the future. You have to take action and start that business, apply for that senior position, leave that time wasting job, leave that abusive relationship, and take ACTION.



By Joy Ikumoinin
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