

## **Hook**

Mental shift is something that many of us struggle with. No matter how much we read, listen to podcasts, or try to keep our mind open and curious, the old ways are hard to shake off. The good news is that mental shift is a skill you can learn and master. It just takes some time and effort. But once you get there, you'll be glad you made the change. So, stick with me till the end of the video because I am going to share some steps on how you can make a mental shift for the betterment.

## **Intro**

Hey everyone, Malik's here. Welcome back to my channel.

## **Body**

Have you ever felt like you're stuck in a rut? That no matter how much you try to change your thinking, you just can't seem to break out of old habits? We all know that change is hard. It's hard to break old habits and adopt new ones. But what if the change you need to make is a mental one? A shift in your thinking? Many of us struggle with this. We want to be open-minded and curious, but old ways of thinking are hard to shake off. The good news is that mental shift is a skill you can learn and master. It just takes some time and effort.

Keeping moving in bad circumstances is one of the most challenging but gratifying things you can do. It's easy for one's spirits and motivation levels to drop, especially if you had some setbacks that have made you wonder what your future

will look like; however, it needs more than simply ambition or stubbornness because there may come a moment where everything appears too difficult to win! But keep in mind that success does not happen until you work hard and refuse to give up.

So, how can you make a mental shift for the better? Here are some steps to get you started:

### **1. Be aware of your current mindset.**

The first step is to be aware of your current way of thinking. What are your beliefs and assumptions? What are your biases and blind spots? Once you're aware of your current mindset, you can start to question it. This may seem like a no-brainer, but it's actually harder than it sounds. Our minds are very good at justifying why we think the way we do. So, it's important to catch yourself in the act of thinking negatively.

### **2. Question your current mindset.**

The second step is to challenge your way of thinking. Why do you believe what you believe? Are your beliefs serving you? Are they helping you to grow and evolve? If not, it's time to start questioning them. Once you're aware of the negative thought, take a step back and ask yourself if it's really true. Is there evidence to support the thought? Or is it just a negative belief that you've been holding onto for a long time? If it's the latter, it's time to let it go.

### **3. Reframe your current mindset.**

The third step is to reframe your negative patterns of thinking. This means changing the way you look at the situation. For example, if you're thinking, "I'm such a failure," try reframing it to, "I'm learning and growing from my mistakes."

Fear of failing is one of the reasons why many individuals fail. Successful people, on the other hand, see failure as a positive experience, and it is this mindset that you must adopt if you want to be successful.

This may take some practice, but eventually, you'll get good at it. Keep your mind open to new ideas and perspectives. Read, listen to podcasts, and take courses on subjects that interest you. Expand your worldview and challenge your assumptions.

### **4. Try on new perspectives.**

The fourth step is to try new perspectives. When you encounter new ideas, don't just dismiss them out of hand. Instead, try them on for size. See how they fit with your own experiences and beliefs. Consider the evidence.

### **5. Practice Gratitude**

The fifth step is to practice gratitude. This means being thankful for the things you have, instead of dwelling on the things you don't have. When you focus on what's good in your life, it's easier to let go of negative thoughts. And let me tell a scientific reason to practice gratitude, gratitude can boost the serotonin in our

brain and stimulate the brain stem, which helps it to produce dopamine. Dopamine is the pleasure neurotransmitter in our brain. The more positive and thankful thoughts we have, the healthier and happier we feel.

## **6. Surround yourself with good people.**

The next step is to surround yourself with supportive people. This means people who will lift you up instead of bringing you down. These are the people who will encourage you to keep going when you're feeling down. If you don't have many people like this in your life, don't worry. There are plenty of supportive people online. Look for blogs, podcasts, and social media accounts that make you feel good.

## **7. Be willing to change.**

The final step is to be willing to change. Be flexible and adaptable. Be open to the possibility that your current way of thinking may not be the best way. Be willing to let go of old beliefs and embrace new ones.

Remember, the key to success isn't luck or talent; it's a single piece of mental focus. Making a mental shift is not easy. It takes time, effort, and a willingness to change. But it's worth it. A mental shift can lead to a more open, flexible, and adaptable way of thinking. It can help you to grow and evolve. So, if you're ready for a change, don't be afraid to make a mental shift.

## **Outro**

This is all for today's video. I hope you enjoyed my content, if you want more content like this make sure you subscribe to my channel and hit the bell icon. If you find this content helpful, smash a video like button, comment down below and share this video. Folks, thanks for watching!