

# How To Train Your Brain

## for positive change

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### Mindsets

- **Self-trust mindset.** To do anything great, you have to be able to trust yourself and believe in your capabilities.
- **Goal-setting mindset.** Knowing what you want and willing yourself to reach it are two different things.
- **Patient mindset.** The most successful people do all they can to move forward, but they also have the patience to wait and watch.
- **Courageous mindset.** Courage does not mean being unafraid; having courage and showing courage means facing your fears.
- **Focused mindset.** Discipline is the bridge between goals and accomplishment, and a mindset of focus builds that bridge.
- **Positive mindset.** Instead of giving yourself reasons why you can't or shouldn't, give yourself reasons why you can and permission to go for it.
- **Learning mindset.** Just because you are struggling, that doesn't mean you're not learning.

### Techniques

- **Five Second Rule.** If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it. The moment you feel an instinct or a desire to act on a goal or a commitment, use Mel Robbins's Rule.
- **Crowding Out Method.** An approach to habit change that focuses on adding in more of the "good stuff" first, instead of using avoidance behavior as a means towards change. As a result of adding in the desirable habits or behavior, the less desirable or unhealthy habits are literally crowded out – there is no longer time or space for them.
- **Cognitive Reappraisal.** The act of reframing a situation to see it in a more positive light. You can practice cognitive reappraisal by watching a movie or TV show. Practice finding the good in the difficult scenarios or think about the advice that you would give the characters to make themselves feel better. After practicing this for a while, try to use this same strategy in your life.
- **Best Possible Future.** Set aside 15 minutes to write about what your best potential future could look like. Try not to focus on what could go wrong, and just think about what could go right. This exercise can help train your brain to be more optimistic.
- **12-Second Trick.** Spend at least 12 seconds recalling a positive memory, image or relationship. Sit with it. Think about all the reasons your brain classifies this memory, image or relationship as something good. Continue to do this any time you feel stressed out or find yourself veering into negative territory. Over time, your brain will train itself to look on the bright side, rather than giving into the negativity of the moment.
- **Purposeful Time.** It is a given that if you surround yourself and your life with negativity, you will end up in a bad place. Make time in your free time to do things that make you happy personally. If you are too focused on aspects of your life that do not promote happiness and positive thinking, those things will end up controlling your life.

