

Why Focus on MINDSET?

CHANGING OUR MINDSETS TO CULTIVATE OUR BEST SELVES

so... I just have to think positively?

It's **not** about just thinking **positively**.

Just thinking about something doesn't **change** it.

Changing your mindset is about **shifting** your thinking, your decisions, and your behaviour and getting **different results**.

different thinking = different results

You **can't** solve a problem with the **same thinking** that got you there.

Most people go on a diet or embark on an exercise programme to get the **results**, then revert back to their previous ways of living. Studies show that many people **gain weight back after 2-5 years**.

So let's begin with shifting our mindset to feel better about ourselves, our lives, and ultimately, our future.

"We cannot solve our problems with the same thinking we used when we created them"

— Albert Einstein