

UNLOCK

YOUR

MIND



**HOW TO UNLEASH THE CREATIVE
POWER OF YOUR THOUGHTS**

CHECKLIST



Unlock Your Mind Checklist

As humans, we have certain powers that we can exercise to our advantage but unfortunately, most of us are not even aware of this. One of these powers is the mind power. This power is regarded to be one of the most useful and strongest powers. Especially when you blend it with your imagination, it can help in producing either obstacles or opportunities, unhappiness or happiness, and failure or success. Basically, it's your mindset that determines what you get; whether positive or negative. The foundation of this power is strongly rooted in your thoughts, which are regarded to be the primary constituent, and when you dilute these thoughts with your emotions and focus, the power these thoughts hold will be significantly increased, and become strong enough to shape your reality.

A lot of the things that occur in your life can be traced and linked to the thoughts that traverse your mind. Nevertheless, take note that all thoughts are not the same. For instance, there are some thoughts that tend to stray. These only occur in your mind

sparingly, maybe like once or twice and they are not that powerful but the thoughts in your mind that occur often and often are the predominant ones, and these, when constantly repeated, are capable of influencing your attitude and behavior, which will significantly impact how you act and respond, and also mold your reality. One thing about our thoughts is that they're so powerful that they can dictate how our life turns out.

Chapter 1: What Is Mind Power?

We, humans, are referred to as higher animals because of our capacity to differentiate between what's wrong and what's right but another thing that makes us more powerful and significant is our brain. Yes, the brain we possess makes us so powerful but it's quite shocking that most of us barely utilize a quarter of its power to our advantage. Two factors have been attributed to why this is so. Foremost, our subconscious mind is intensely occupied and secondly, we are excessively generous with the information we expose our brains to. Of course, the brain we have is capable of storing a huge pile of information but what we don't know is that once this load becomes too burdensome, the subconscious mind steps in and it's delegated to handle certain tasks.

Here are some ways to use your mind power;

- Be Conscious of What You're Putting in Your Head
- Work on Desire

- Have the Right Sources
- Give Yourself the Drive to Learn
- Be Open to Change
- Let it be Now
- Surround Yourself with Positive People and Things

Chapter 2: Unlocking the Power of Your Subconscious Mind

One of the most powerful tools you can make use of to get riches, happiness, and success is being able to permeate the conscious and the subconscious minds. All the things in our lives run through this mighty secondary system called the subconscious mind. Why is this so? It's simply because this system has all your life details; ranging from all the things you've thought of, done, and seen to your skills, memories, experience, and beliefs. Everything that is not in your conscious mind can be found in the data bank of the subconscious mind, which also serves to be a guidance system that checks the information that goes in and out of you, verify opportunities and dangers, and also pass needful information to your conscious mind whenever you need it.

Here's how to train your subconscious mind to get what you want;

- Observe the unchangeable Change
- Free Yourself to be Happy and Successful
- Beware of the shadows of doubt
- Create a vision space
- Start a gratitude journal

Chapter 3: Transforming Your Mind into a Creative Powerhouse

Creativity and innovation are responsible for being the fuel that helps high-ranking and highly-valued companies such as Google, Tesla, and Apple to thrive, which means that behind every breakthrough product, there's creativity. In this century we're in, creativity runs the game. Employers are not only looking for skilled and hardworking employees, they're also looking for smart-thinking and creative workers. However, creativity isn't too common. Many entrepreneurs and individuals are quick to settle, instead of attempting to push for a room to foster the creation of breakthrough products.

In fostering creativity in you, here are four essential tips you can make use of;

- Don't run from problems
- Give yourself constraints
- Compel yourself to produce
- Make yourself uncomfortable Intentionally

Chapter 4: How to Think Clearly and Become Smarter

The ability to think clearly is a very valuable skill but despite its significance, it's quite a tasking thing to do. The simple truth is that the methodologies of how to think are never taught in school because this skill is self-taught, which means that you have more to do on your own to develop this skill, and if you're ignorant of this, it could affect certain things in your life significantly. Individuals who have learned how to think clearly are exploiting the advantages for their own good but people who fail to do otherwise are suffering the consequences. The beautiful thing about thinking clearly is that it will make you not spend a large chunk of your time righting the mistakes you've made and when you've learned how to think clearly, you'll be able to make smart and informed decisions.

Here are some tips you can make use of to think clearly;

- Take a Deep Breath
- Organize Your Thought
- Assess Your Attitude
- Be Specific
- Leverage Your Passion
- Generate Positive Action from Negative Thinking

Chapter 5: How to Cultivate a Positive Mindset

When you have your spiritual, physical, and mental energy positively focused on different areas of your life, that is a positive attitude. And when you do this, you'll look forward to positive results. Nevertheless, the presence of a positive attitude doesn't mean negative thinking patterns will not occur from time to time or that you won't feel any negative emotion at all. What matters is your attempt to bring the best out of these difficult and negative situations. Speaking of a positive mindset, this has to do with the way you see yourself and the people that surround you. It also cuts across recognizing your talents and strengths and learning to see the good in others.

Here are some of the Essential Habits of Positive People worth emulating;

- They are not confused
- They let the past remain in the past
- They are grateful
- They are energized by their possibilities
- They know how to handle fear
- They smile
- They are great communicators
- They understand that pain and sadness do come sometimes

Chapter 6: Tactics for Increasing Brain Power, Memory, and Motivation

Life can be so tricky at times but as living entities, we just have to do what we can to live a happy and successful life, achieve our goals, and line daily with clear intentions. In overcoming the blue days, we would often be needing motivation. Speaking of motivation, there are two major forms; the one that comes from self and the one that's incited by external factors. Learning to light your own fire will do you more good because self-motivation is very powerful. You don't need to wait till you feel inspired before you move forward, you can set the atmosphere and make things happen. You'll be opening yourself up to new experiences and favorable outcomes when you start taking action, and it's through action that motivation and progress start.

Here are some helpful tips you can make use of to increase your motivation, memory, and brain power;

- Simplify Your Life
- Focus on How Far You've Come
- Set Measurable Goals
- Shift from Getting to Giving
- Create a New Habit
- Before you Sleep, Direct Your Subconscious Mind
- Focus on Your Environment
- Express More Gratitude

Chapter 7: Powerful Ways to Change Your Thinking and Change Your Life

Thoughts work via the natural laws of attraction and when you have a firm grasp of how they work, you can use them to your advantage to get positive results in life. To change your life, you must first change your thinking; how you react, act, and feel will be altered when you change your thinking habits; and you'll only experience an outer change when you exercise this inner change.

You'll be capable of turning your dreams into reality when you merge the power of thought with a burning desire and enduring persistency and if you've been lagging due to a mishap in your thinking pattern, here are some tips you can make use of to change your thinking;

- Decide to change
- Let go of masochism
- Count your blessings and Joy
- Savor the joys of your Achievements
- Don't be overly serious
- Let your happiness be in the Present Moment
- Be the master of your mood
- Wake up with the resolution to stay happy

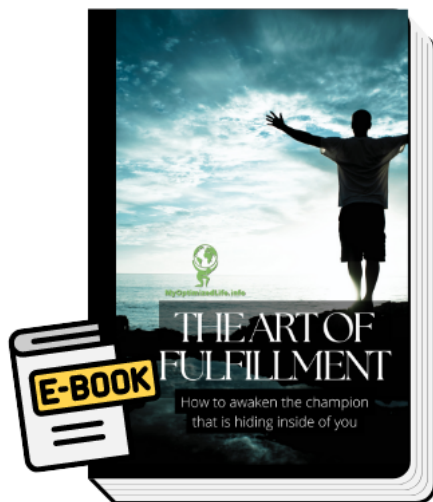
Chapter 8: Staying Clear from Negative Self-Talk

Negative self-talk accounts to be a major reason why a lot of people do not get their desired financial improvement, intriguing skills, a sharp mind, a forgiving heart, a healthy body, better relationships, and unlimited opportunities. We tend to be quick to submit to the convincing negative voice in our head and with that, we allow this negative inner voice to push us into a higher level of stress, depression, and anxiety and hold us back from achieving our heart desires. Knowing how to take this inner voice and harness it as a positive force is very important if you want to improve your mental health and reach your potential.

Here are three simple ways to end negative self-talk.

- Respond to Your Inner Voice
- Be Kind to Yourself
- Stop Trying to Be Perfect

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