

**4**  
**TIPS**  
to  
**STRENGTHEN**  
your  
**MIND**  
in  
**UNCERTAIN**  
**TIMES**



# 4 Tips to Strengthen your Mind in Uncertain Times



These 4 powerful mind hacks will move you forward in life and put the brakes on self-doubt.

Practicing these persuasive mind hacks helped me get pass the struggles and combat the destructive inner voice that sabotaged what I truly wanted in life and didn't think I was worthy of.

Command your voice and be heard. This is your personal prescription to happiness.



# Affirmations

Affirmations are positive statements that you verbalize to yourself to sabotage the negative thoughts going through your mind.

When you repeat them over and over again you will believe in them to rid yourself of limiting beliefs and increase your self-esteem.

Example of affirmations:

I am worthy, I overcome challenges, I can do anything, I am choosing happiness.

Changing your inner voice and your thought process with confidence will arm yourself with more positive thoughts to reset and change your life.





# Gratitude Journal

Gratitude journaling is writing down positive events and why they made you happy on a daily basis.

Writing down all the things you are grateful for works as an antidote to negative emotions.

When you implement this on a daily basis it will become a habit that will increase your feelings of happiness.

Most often the first things that you will write are being grateful for your family and friends and your health. Focus on things that happen throughout your day.

Here are a couple of questions you can ask yourself journaling. Who are you most thankful for? What good happened today? What good experience did you have today? What cheered you up? What made your life easier today?





# Meditation

Meditation is a practice when you use a technique such as listening to calming music, words and focusing on a particular thought.

The one I am particularly referring to is guided meditation. Meditation is a great way to relax and clear your mind.

You can call it the “mind massage.” Meditation must be practiced in a quiet comfortable setting.

Usually sitting in an upright position or even lying down right before you wake up or go to sleep. You can benefit for as little as 10 minutes a day and up to 60 minutes has shown to be effective in quieting your mind.



# Visualization

Visualization is a technique used to create images in your head. It is done by sitting in a quiet comfortable position, closing your eyes and imagining in vivid detail as best you can to get your desired outcome.

Visualize using your senses. What do you hear, smell, feel and see? What does it feel like to be in the present moment? Bring these images to life and believe that you are already there and possess it in the present moment.

Practicing this technique on a daily basis can help you achieve your goals, dreams and ambitions. You will program your brain and your subconscious into drawing into your life the people, places, money and circumstances to achieve what you are focusing on.



# 4 Tips to Strengthen your Mind in Uncertain Times

By using these 4-daily mind hacks you can create amazing results to change your beliefs, thoughts and emotions. Your mind will learn to become engaged to change your thought patterns into uplifting positive thinking and focusing on things that make you happy.



# Who Am I



Hello my name is Diana Singer. I am dog mother of a beautiful handsome lab mix named Zack that I adopted and love so dearly.

I am the CEO of my own mindset coaching program and online business by leveraging social media from my phone and teaching others to do the same.

My passion is to guide the busy women how to live in and find her truth that designs a healthy, relationship with her mind, body and spirit.

I was able to change and strengthen my thoughts, my beliefs and emotions to get the things I wanted in life with these 4 mind hacks. Now I want to share it and help YOU kick self-doubt to the curb once and for all and find your truth.

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