

MINI EBOOK

A GUIDE ON

# WHAT'S GOOD FOR YOUR MIND

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A PREVIEW CHAPTER OF "MIND, BODY & SOUL"

**CREATED BY RABEA**

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# POSITIVE MINDSET CHANGES

## MINDSET CHANGES LIFESTYLE



The long term and permanent things in our life have the best effects on us. The number one thing that should help you with feeling better is a positive mindset and that can be achieved with little and big habit changes and developing new thought patterns when problems and struggles appear in your life. Building confidence and starting to have an optimistic outlook on problems reduces stress and tension a lot over time and in the long term.

### **Tips to cultivate self-love:**

- Write down everything you like about yourself
- Ask others what they like about you
- Be away from social media for one or more days.
- Write down which thoughts about yourself you want to change with time

# AFFIRMATIONS

POSITIVE SELF TALK HELPS CHANGING YOUR MINDSET.

Connected to what I just said about mindset changes Affirmations can seriously help. Affirmations are positive sentences said to yourself in the present tense. It really helps waking up every day and starting the day with “Today is a good day” or look in the mirror and say “I am beautiful!” It truly makes a difference over time. This is how I personally started building my confidence and self-love when I was in my early teenage years. This is super weird to do in the beginning but the more you do it the more you will see how much it can actually help with your confidence and positivity.

Give it a try for a few weeks and you will see what I mean.

**Here are a few Affirmations that you can use in your daily life:**

- I am loved.
  - I am worth.
  - I love who I am.
  - I look good today.
  - I deserve positivity.
  - I deserve financial freedom.
  - I will reach my goals.
  - I can achieve anything I set my mind to.
  - I will grow from everything coming at me in my life.
  - I am thankful for my body.
  - I am thankful for my friends.
  - My dreams will come true.
  - I'm going to have a good day.
  - Tomorrow will be a great day.
  - This week will be productive.
  - I'm gonna be nice to my body today.
  - I will heal.
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## STRUCTURE & BALANCE

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Not all of us have a structured life but a lot of us can have one if we do it the right way. Of course there are a lot of things you can simply not plan for in your daily life but you can structure your daily, weekly and monthly line with time management and task lists sorted after urgency. This will bring great balance to your life that you can further through habits like the ones I present later in this book.

## MINDFULNESS

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Mindfulness is a big part of balance in life. If you can take in the moment and concentrate on your breathing and what you are doing you are more concentrated, aware and positive. There are plenty of ways to practice mindfulness. Meditation is just one of the many way, you can be mindful at work, while eating, pretty much anywhere. Having a few deep breaths every few minutes can also improve your stress level throughout the day. More about mindfulness a few paragraphs ahead.

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# NUTRITION

## EATING HEALTHY MAKES A DIFFERENCE TO YOUR BRAIN

What we eat affects our mind and body and can dramatically increase stress. If you have too much of an caffeine or sugar addiction you are not only hurting your body but also your brain. Of course you can have your piece of chocolate from time to time but going overboard with negative eating and drinking habits has a long term effect on you. Try to eat healthy, it's not just a thing you should do when you wanna lose weight.

### **Steps towards a better food lifestyle:**

- Change your usual food to healthier options
  - Cut out as much sugar as you can
  - Cut out coffee as much as possible
  - Drink more water and tea instead of soda
  - Add more fruits and vegetables to your meals
  - Learn more about vitamins
  - Have a fixed meal schedule
  - Prepare healthy snacks
  - Try out meal prepping
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# DOING THINGS OUT OF THE ORDINARY TO CHALLENGE YOUR MIND

Go outside of your comfort zone to train your emotions and mind and also do things that keep you sharp. There are many resources out there that help you keep your mind occupied positively. Did you know that there are people out there that held back their Alzheimer disease with just training their mind constantly? There are crazy stories and studies out there about the things our brain does!

Besides going outside of your comfort zone you should try to train your brain a little with apps.

#### **Apps to train your brain:**

- Memorado
- Peak
- Luminosity
- babble
- Duolingo
- Memrise
- TED



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self-care for beginners

# MIND, BODY & SOUL

Are you stressed a lot? Or are you bored out of your mind way too much? Both of these situations caused by an imbalance in your mental space. Proper self-care can bring back that balance and that is why I wrote a whole ebook about everything self-care to help you and others to get back into balance.

CHECK IT OUT

