

Mindset

FARZANA HUSSAIN

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MINDSET

INTRODUCTION

The definition of mindset is a person's way of thinking and their opinions they have, it can be a different/the same mindset. It varies and is extraordinary how hard it is to change the mindset of the public or anyone.

The mindset of a person does not allow for new situations. It is actually the mentality of a person and the outlook he has to a situation. It is a simple belief about yourself and what you think of as your personality which actually grows out of this “mindset”.

A mindset is an established set of attitudes esp. regarded as typical of a particular group’s social or cultural values and frame of mind.

This may also arise from a person’s world view or beliefs about the meaning of life.

Chapter one

Mindsets are beliefs, they are beliefs about yourself and your most basic qualities.

There are mainly two types of mindsets, fixed and growth.

Mindset is really all about the attitude and approach that an individual takes toward their work. It is a consistent focus on new, better,

different. It is your perseverance and about having thick skin and truly not being afraid to learn fast and fail a few times.

The true strength of mind comes from a combination of awareness, focus and resiliency.

A strong mindset is what allows you to stay focused on your intentions, instead of negative thoughts. It helps you to understand that you will achieve and a strong mindset definitely won't derail your success.

Research shows that mindsets play a significant role in determining life's outcomes. By understanding, adapting and shifting your mindset, you can improve your health, decrease your stress and become more resilient to life's challenges.

Your mindset is a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation. It means that what you believe about yourself impacts your success or failure.

Research suggests that your beliefs play a pivotal role in what you want and whether you achieve it.

Mindset plays a significant role in determining achievements and success.

Mindsets can influence how people behave in a wide range of situations in life. For example, as people encounter different situations, their mind triggers a specific mindset that then directly impacts their behavior in that situation.

FIXED vs. GROWTH MINDSETS

There are two basic mindsets, fixed and growth.

If you have a fixed mindset, you believe your abilities are fixed traits and therefore can't be changed. You may also believe that your talent and intelligence alone lead to success, and effort is not required.

On the flip side, if you have a growth mindset, you believe that your talents and abilities can be developed over time through effort and persistence. People with this mindset don't

necessarily believe that everyone can become Einstein or Mozart just because they try. They do, however, believe that everyone can get smarter or more talented if they work on it.

FIXED MINDSET e.g., Either I'm good or I'm not.

GROWTH MINDSET e.g., I can learn to do anything I want.

FIXED MINDSET e.g., If you have to work hard, you don't have the ability.

GROWTH MINDSET e.g., The more you challenge yourself, the smarter you become.

These examples show that the pattern of thinking varies in both the mindsets.

Fixed and growth mindset are truly different from each other.

To sum it up a strong mindset is what allows you to stay focused on intentions, instead of negative thoughts.

Here are the 10 things that remarkably successful people do to develop a powerful mindset of success.

1.They use the power of intention

Successful people use the power of intention to build success, they build belief systems around the things they want to create or experience. Then they make them real.

2. They make time to think

Successful people are certainly busy, but that doesn't mean they don't take out time to examine their progress and give their minds the space needed to notice their new ideas or opportunities.

3. They learn to deal with negative thoughts

The best performers are aware of the negative thoughts that derail most people and they know how to deal with them in a productive way.

Instead of suppressing negativity, they accept that negative thoughts are simply thoughts with no inherent power. They don't attach to them, and in doing so, are free to look at the same situation from a new angle. Finally, they replace the negative thought with a new one that serves them well.

4. They don't listen to haters

When you play big, someone is bound to hate on your ideas or success.

Winners do not give their power away by allowing hate and external judgement to affect their ambitions or self confidence.

5. They meditate

Meditation aims to calm your mind so you can become aware of your thoughts and emotions.

While the technique and tools vary, a meditation practice helps you to get to know yourself on a deeper level while also lowering your baseline of stress and anxiety. The activity of meditating

helps you with the clarity to flow in the direction you want to go.

6.They work with coaches

Even the most successful people hire coaches to help them stay focused, remain accountable to the process and achieve their goals successfully.

They know that a coach is a key ingredient to pushing their minds and talent to the next level.

7. They are constantly learning

One trait shared by remarkably successful people is a dedication to reading and learning.

Successful people are voracious readers. They know that learning is a key ingredient for a growth mindset.

8.They have clear goals

Successful people know what they want. They define their goals in specific terms and write them down on paper.

The process of writing them down makes them feel even more real. The mindset of these people is clear and helps them to accomplish whatever they have decided to do in the vision they have set in the minds.

9.They exercise

We all know that exercise is good for us, yet that doesn't mean we actually make it a priority.

Remarkably successful people know that the connection between a healthy brain and body and professional success.

The path to greatness includes physical and emotional demands that are more manageable when your mind and body are strong and healthy.

10. They laugh

We all need to be happy and laughter releases brain's "feel good" chemical, endorphins which enables us to let go of stress and negativity.

People who laugh often are happier and more productive. When your mind is strong, you can handle the ups and downs of your hectic work.

You will therefore make good decisions. Adopt these habits and build a powerful mindset that will lead to a personal growth and professional success

Chapter two

TIPS FOR A POSITIVE MINDSET:

- Use positive words while talking
- Make use of words that evoke strength and success
- Redirect your thoughts
- Remove all the feelings that are not positive and focus on positive thoughts
- Practice positive affirmations

- Start thinking that you will succeed in meeting the objectives
- Forgive yourself and allow yourself to move on
- Analyze what went wrong to avoid further mistakes and look forward to being more positive
- Working at your visualization or imagination to build more positivity and motivation
- Think of failure as an opportunity

- Practice gratitude to reduce stress, improve self-esteem, and foster resilience during difficult times
- Practice self-talk and be mindful of the voice in your head and respond with positive messages.

A POSITIVE MINDSET is a belief, a mental attitude that admits into the mind thoughts, words and images that good things will happen and that one's thoughts will be crowned with success.

Positive thinking is opposed to negative thinking which makes us to think apprehensively, fearfulness and unsure of success in efforts.

Positive mindset is reinforced by thoughts such as optimism, hope and belief that our hard work is never wasted. A positive mind anticipates happiness, health, joy and a successful outcome of every situation and action and works wonders like magic.

Positive thinking is achieved through determination, perseverance, self-confidence and

hard work. People who have a positive mindset are the ones that, even in challenging situations seek light which leads them to positive thinking.

These are the people in whose life positivity plays a significant role both in their personal and professional lives.

A positive mindset evokes more energy, leading to determination and hard work, ultimately translating to success. It would be best to remember that nothing gears up people to make

wholehearted efforts to perform some task as positive thinking.

A positive mindset helps you to expect good and favorable results, that is a positive mindset is the process of creating thoughts that creates and transforms energy into reality.

A positive mind, thus waits for happiness, health and a happy ending in any situation.

Positive thinking is an attitude that helps a person highlight the brighter side of their life and helps

to lead a healthy and happy life. This mindset brings an immense amount of satisfaction and leads to a healthy and positive way of thinking.

The students overcome their obstacles and it therefore makes them healthy, determinant, and self-independent people.

Positive mindset enhances energy, helps people have an open mind, keeps them happy, and so they attain success with confidence. A positive person spreads positivity and sorts out the negative thoughts and helps them relax and stay calm.

You won't undo the years of pessimism and negative thoughts overnight, but with practice, you can learn how to approach things with a more positive outlook and apply positivity through the ups and downs of life.

Practice a positive mindset as negative thinking can cause depression and can supplement depression and other mental trauma.

Negative thoughts can undermine an individual's efforts to control depression.

Thus, a positive mindset where a person has a positive thinking which is an approach that challenges the obstacles life throws at every individual with a positive attitude is always favorable to a negative mindset.

Thinking negatively discourages a person to achieve the goals he has to accomplish in life.

BENEFITS OF POSITIVE MINDSET

There are several physical and mental health benefits offered by positive thinking, and every person would be amazed by how positivity can affect their health better.

- Better Health

Positive thinking leads to better health.

Refraining from negative thoughts like anxiety, stress, frustration, and worry can present you

with a stronger immune system, thus relieving you from vulnerable and significant illnesses.

Reinforcing a positive mindset permits you to fight off whatever bug is going around.

Studies have proven that those individuals who feel better, live longer than those who do not.

- Strengthens Immunity

Positive thinking can assist you a great deal in battling multiple ailments such as common colds

and influenza. Negative thoughts can weaken your immune response.

Medical research and studies have shown that negative thoughts can cause more significant electrical activity in a part of your mind that cuts the immune response.

- **Boost Confidence**

Positive thinking or a positive mindset can boost an individual's confidence and is a crucial stigma that leads to self-confidence. Positive thoughts

and behaviors leave individuals more confident and self-assured.

Pessimistic thinking helps to fight depression.

Studies have stated that any individual who changes their negatives into positive thoughts can start to fight depression and develop a way to elevate positive thinking.

- Reduces Blood Pressure

Individuals suffering from high blood pressure and having a hard time to remain positive must start reviewing life and start with some positivity in life.

Negative thoughts leads to high-stress levels and anxiety leading to high blood pressure. Changing the negative thoughts into positive can significantly contribute to reducing your blood pressure.

There are many things that can help individuals to increase positive thinking and have a better mindset i.e. good sleep, meditation, exercise and forgiveness to name a few.

Positive thinking is thus a way of living life with comfort and is almost 99% effective.

A positive mindset also offers better career opportunities and helps individuals build and develop better relationships.

Chapter three

MORAL STORIES ON A POSITIVE MINDSET/THINKING

1. THE ELEPHANT AND THE KING

A King had many elephants. One of them was very powerful, obedient and skilled in fighting. He went with the King in many wars and was the King's favorite.

As time passed, the elephant got old and the King cared for him and would not take him to war with him anymore.

One day, the elephant went to the nearby pond to drink water and his leg got stuck there.

The elephant tried a lot but couldn't get himself out of the pond. At last he gave up.

Soon, the servants noticed the elephant and went towards the pond. The news of the trapped elephant reached the King.

Many people gathered there with the King and a lot of efforts were made to get the elephant out of that muddy pond but still all went in vain.

At the same time Gautama Buddha was passing by that place. People went to him and asked for help. Gautama Buddha inquired about the elephant and then inspected the spot.

He, then said to the King, “Drums of war should be played around the elephant”.

The King asked his servants to bring drums and soon the sound of drums of war surrounded the elephant and with that there was a change in the expression of the elephant. He stood up and tried coming out of the muddy pond with enthusiasm by himself and soon he was out.

People were surprised to see and asked Buddha, “We tried so much but still couldn’t get him out but now the elephant came out by himself. How was this possible?”

Buddha said, “There was no shortage of physical ability, we just needed to motivate him. Because the elephant used to go to wars and he was not able to go there anymore he lost his desire and will. Using drums of war helped him to get his enthusiasm back”

MORAL OF THE STORY

Similarly in our life many times we stop thinking positively and lose enthusiasm and get stuck.

Therefore don't let despair overwhelm you and always keep a positive attitude.

2. THE GLASS OF LEMONADE

There was a college student who was always silent and alone. He always seemed a bit nervous and didn't even have any friends. His teacher noticed this and one day asked him to meet him after class.

When the student went to see the teacher, the teacher said to him, “I see that you are often very quiet. Neither do you talk to anyone nor do you show interest in anything and it’s effect can be seen in your studies too. What is the reason for this?”

The student replied, “Sir, I had a very difficult life. I had to face some very sad incidents in my life and I keep thinking about them. Because of this I am not able to concentrate on anything and don’t even feel like talking to anyone.”

The teacher listened to the student's story, he then thought for a while and invited the student to his home.

On the decided day, the student reached the teacher's home on time.

“Would you like some lemonade?”, the teacher asked him.

The student hesitatingly replied, “Yes”

The teacher went inside and while preparing lemonade, he deliberately added more salt and kept the quantity of sugar low.

The teacher bought lemonade for him. The student made a strange face, as soon as he drank a sip of that lemonade.

Seeing this the teacher asked, “What happened?

You didn’t like it?”

The student replied, “It’s just that there is a bit too much salt in it.”

The teacher stopped him and said, “Oh!, You can’t drink it....I will throw it away.”

After saying this, as the teacher was lifting the glass to take away, the student stopped him and said, “Sir, you don’t need to throw it away, it just has bit of extra salt in it, if we add a little more sugar then it will be perfectly fine to drink.”

Listening to this, the teacher smiled and said, “This is what I wanted to hear from you. Now, compare this situation with your life.

Now understand this, to improve the taste of the lemonade, we do not remove salt from it but we can fix its taste only by adding more sugar to it.

Likewise, we cannot separate tragic events from our life that have already happened to us but we can erase old bitterness and sorrow by adding sweetness of good experience in our life. “If you keep on crying about your past, neither your present will be right nor the future will be bright.”

When the teacher finished talking, the student realized his mistake and vowed to give the right direction to his life.

MORAL OF THE STORY

Often, we keep looking at the closed door for so long that, we do not even pay attention to good things happening around us. One should learn to forget about past sad experiences and try to give new direction to life.

3. NEGATIVE ATTITUDE OR GOD'S PLAN?

Once in a village lived a man who was very lazy and didn't like to work. So he would always look for easiest way to feed himself.

One day he found a fruit farm and looked around. Not seeing anyone guarding the farm, he decided to steal some fruits but as soon as he climbed a tree, the farm owner saw him.

The owner ran toward him to catch him. Seeing that the man got afraid and ran towards the forest to hide there. After sometime passed, he started to walk towards the village.

While passing by he saw that there wad a fox who had only two legs and was crawling on those two legs.

The man thought to himself, “How can this fox stay alive in such a condition? This fox can’t run, then how it is able to feed himself as well as save itself from other animals?”

Just then the man saw a lion coming in his direction. He ran and climbed up a tree. From there he saw that the lion was holding a piece of meat in his mouth and seeing the lion all other animals ran away except for that fox who was not able to run.

The man was surprised to see that instead of attacking that fox, the lion left the piece of meat there and left.

Seeing this the man realized that God's plan to feed the fox and thought to himself, "God is the creator of all and he always has a plan to take care of the beings he created. This means that God must have something planned for me too."

He left from there and then outside the village sat under a tree, waiting for someone to come and feed him too. He kept looking at the road waiting for for someone to come and feed him but two days passed and he was still without food.

Finally he couldn't bear hunger and got up from that place and started to walk back to the village.

While walking to the village he met an old sage.

He told him everything he had on his mind. He questioned the sage, "Why is that God had shown it's mercy on that fox and was so cruel to me?"

The sage gave him some food and water. Then smiled and said, "It's true that the creator has a plan for everyone. You are obviously a part of God's plan. But Son, You took his sign in a

wrong way. He didn't want you to be like the fox.

He wanted you to be like the lion”

MORAL OF THE STORY

God has given us strength and capability to do our part. We should always learn to see things in a positive way and see yourself in a position to help others who need your help.

Chapter four

The skill in which a child relates and responds when given a chance to learn is that the child shows a positive attitude towards learning.

A child with a positive attitude shows enthusiasm, curiosity, or engagement when a learning opportunity occurs.

A positive attitude lets the child relax, remember, focus and at the same time absorb the information as the child learns.

These are the students with a positive mindset who are ready to welcome new experiences and recognize different kinds of learning opportunities.

And when you can see opportunities, hope increases.

IMPORTANTANCE OF A POSITIVE MINDSET FOR STUDENTS:

School is tough these days - students have so much homework, activities, sports and more. It is

not always easy for the students so they need all the support they can get.

A positive mindset is essential in the classroom because the positive mindset towards learning has the prospective to boost the function of the child's mind and memory.

Sometimes the students have negative thoughts working all the time to accomplish their goals.

This might block them from moving forward.

Positive mindset is crucial for a student in the classroom and to stop the students from negative thinking.

For this, the teachers and even the parents can play a massive role in teaching students how to think positively. The students must have the energy to maintain a positive mindset.

If the students cannot learn the way the teachers taught them, it is essential for the teachers to teach the way they love to learn. A school is not

only a place to learn but also a place to bring up and convey the student's energy.

A positive mindset makes it easier for the students to achieve their goals. When you are in a positive frame of mind, you can make better decisions.

The student can always ask the help of the teacher or parents when they see an obstacle in their path. They can reach out to them for proper advice. The experience of the elder generation always helps to guide the students to have a

positive mindset about the hurdles in the task which they are unable to tackle.

The student must maintain a positive mindset to reach their goals for the success they want later in life. The hard work with positive thinking and the support of their teachers is the ultimate step towards reaching their goals.

HOW TO BUILD A POSITIVE THINKING MINDSET

A healthy and positive mindset is essential for your quality of life.

Even if you're facing major hurdles in your job or your finances you can change negative thought patterns right away.

There are a lot of benefits of a positive mindset and various ways to cultivate it. If you would like to boost your mood and your outlook. There are

simple habits that you can inculcate to transform yourself.

A positive mindset can help to enhance your relationships. For this you should be dedicated to cultivating thankfulness which people will definitely see. As you praise others and bring optimism to any social situation, you may experience

- Greater levels of gratitude
- Improved communication with friends
- A larger support network

- Enhanced relationships
- More warmth and better connections

Ways You Can Build A Better Mindset

1. Get a positive mood ASAP with a fun morning ritual

Open up the curtains to let in some sunlight, turn on upbeat music, and do some morning stretches.

Eat a tasty nourishing breakfast and start a task that makes you smile, like listening to guided

meditation or writing down a positive affirmation.

- Fun routines brighten your day and help you look forward to waking up.
- Light exercise stimulates your brain so you feel ready to take on your day.
- Meditating and writing affirmations will promote creative thinking.

2. Search For Highlights In Your Day To Cultivate A Positive Mindset

While you take care of errands or go about your routines, pay attention to any positive details that stand out.

For example, look for the beauty in your surroundings or the kindness of strangers. You will see that there are always special moments to embrace like,

- This rose garden is so stunning
- The weather is perfect for a long walk
- My professor has the most interesting lectures
- It's sweet that she gave water to the birds who were thirsty

3. Surround Yourself With Positive People To Build Your Optimism

Find friends who focus on what they are happy about. These inspiring individuals celebrate what

they are grateful for, you will find it a lot easier to count all your blessings and acknowledge what life has to offer.

- Build a network of people who approach life with lots of positivity. Spend less time with those who bring you down.

4. Practice Gratitude For Family And Friends
So You Are Always Thankful

When you give others your full attention and plenty of compliments, you will help them feel more positive. These words of affirmation will allow you to see the good in everyone. Praise people to model kindness and improve your own positive self-talk.

- Help someone feel good about themselves by recognizing them and pointing out their talents.

For example, say, “You’re an incredible singer!”

- Being nice to others is associated with positive outcomes for your family, health and career, which will help to build your positive-thinking mindset.

5. Help Others And You Will Be Happy

Write down the ways that you have helped someone else and contributed to their well-being.

This activity proves you have which makes a strong impact on your community, so you will be positive about what you are capable of.

- Support everyone you can, including friends, family members and strangers. Providing assistance to others will help you feel like you have the power to improve people's circumstances.

6. Join A Social Group

Belonging to a social group helps to build a positive outlook because you will see how much you matter to others.

Bond with others and chat about common interests the sense of community will reassure you that you will always have people to turn to.

- For example, gathering with people who share your same religious affiliation can cultivate a sense of comfort that they share your same spiritual beliefs and values.

7. Celebrate Life By Finding The Humor In It

Look for all the ways that you can have fun and laugh. Tell silly jokes, watch funny movies or

shows, and attend comedy shows. Swap memes with your friends and share witty observations.

Play around with others by relaxing and talking about what's ridiculous, interesting, or unusual.

- Prioritize activities that put you in a playful mood, such as games. The more you take time for these hobbies, the more you will cultivate a fun-loving attitude and easily crack jokes.

8. Take Time To Relax And Uplift Your Mood

To combat stress, fatigue, or frustrations, set aside moments to unwind.

Try out activities that calm you, like reading a book, watching a show, or chatting with a friend.

Use mindfulness routines, like yoga or deep breathing, to take care of your body and regulate your mood.

- When you calm yourself, your mood is uplifted and you don't feel stressed or have fatigue. It will be easier to stay in a positive state of mind because you feel less anxious or worried.

9. Boost Your Self-Esteem

Whenever you feel a little unsure of yourself, throw yourself into a hobby or a activity you excel at.

As you notice how skilled you are, your mindset will shift and you will feel positively about yourself.

- For example, if you like painting, take a break and work on a painting which you have wanted to do for a long time. You will get positive energy from this activity because you can see your progress.

This positive energy will then influence how you feel about your other projects.

Chapter five

HOW TO CHANGE NEGATIVE THINKING INTO POSITIVE THINKING/MINDSET

Negative thinking can start a downward spiral we have all being through it at one point or another.

At some point, you have got to haul yourself up and embrace positivity. Positive thinking can be the cure all you need to start down a happier path in life.

Here are some suggestions to help you out with that:

1) Remind Yourself To Think Positively Every Day

With hard work, determination, and strength, nothing is impossible. Negative thinking is common, but too often it is harmful to the body, mind, and soul. Each time you have a negative thought, redirect it to a positive one. Find the

positive in the negative. It is going to be difficult, but it becomes easier with practice. In the long run, you will be relaxed more often and enjoy life a whole lot more.

2) Start Reading Positive Quotes

Reading positive affirmations helps give you the motivation you need for the day. It's time to turn the television off and get reading. It will lift the spirits and help you feel more alive and radiant.

If you don't have an appropriate book, go online and do some Google searches. Or, drop by the library and spend some time among the bookshelves there. You are bound to come up with a ton of quotes to help you feel better. Just get up and be proactive. You will be grateful for it soon enough.

3) Begin Meditating And Picturing Nature In Your Mind

Picturing nature in your mind helps you feel more relaxed and positive. When you have an internal

sense of peace and bliss, you are more mindful of your surroundings.

Practicing meditation has been shown to reduce stress, improve calm, and increase happiness and mindfulness. Like anything, it takes continual practice to reap the full benefits. Imagine a calming destination and transport yourself there. You will be surprised with how rewarding this can be.

4) Take Time To Do The Things You Like

When you start looking forward to something, your mind stays proactive. You feel fully functional. So plan a day with things that give you real happiness and aid you in your quest to think positively. Life is too short to only do what you are forced to do.

Go skiing, travel the world do anything that makes you step outside of your comfort zone.

5) Believe That You Can Change Your Thoughts

Sometimes, the belief is all that matters. As they say, you can do anything you put your mind to.

If you think you can't change your thinking, then it's likely that you won't. However with a positive mindset, just about anything is possible.

Just believe that good things will happen, and things tend to fall into place.

6) Remember That Nothing Is Permanent

Nothing is permanent that is one fact that nobody can undermine. If you take the time to truly digest it, it's a lot easier to start thinking positively.

Nothing is set in stone and you can work on changing the things that you are unhappy with.

Whether it is your relationships, your health, your professional life there are things you can do right now to be happier in the future.

7) Embrace The Negative And The Positive

Sometimes, you've got to remind yourself that where there is darkness there is also light. The truth is that no matter how hard we try, we are going to have some sort of negativity in our lives at times. Life is a mixed bag.

Everyone has their own struggles, and most of us come out unscathed on the other side. Just

remember to look for the good in every situation
maybe you will get surprised.

These suggestions will definitely help you to turn
your negative thinking into a positive mindset.

A POSITIVE MINDSET HELPS TO HAVE POSITIVE FRIENDSHIPS

A positive friendship can be a great way to
improve your mood, increase your self-esteem,
and provide you with the support that you need.

There are many benefits in having positive
friendships which you can achieve by having a

positive mindset. Many friends mean a better life for almost everyone.

Positive friendships are just as they sound: friendships that benefit your well-being. They provide you with support, give you a listening ear when you need it the most, and encourage the best out of every situation.

Having positive friends can also decrease loneliness, improve your moods, increase self-esteem and much more.

10 Amazing Benefits Of Having Positive Friendships

There are many benefits to have positive friendships. Here are just a few reasons why it is important to have positive friendships.

A positive mindset will help you to have better friends who have positive thinking.

1) You Will Feel More Confident

Friends can help you to build your self-confidence, which is important to achieving success in almost any area of life.

Having a good support system around you also helps you to deal with difficult emotions like sadness and anger so that they don't overwhelm you. After all, negative feelings impact our sense of self-esteem.

2) You Will Have More Energy To Do Things

When you are around positive people, they often make us feel happy and energized in their presence.

When we spend time with them, it makes the rest of our life seem much easier too! This is because being around negative people can drain your mental energy very quickly.

It is important that when you feel negative that you spend time with positive friends to recharge your energy.

3) You Will Have More Fun

When you are around positive people, they tend to put a smile on your face and make everything seem like it's going to be okay.

Friends can help us recover from difficult situations faster by making the good times better

and helping us get through hard times easier. This is why spending time with friends is important for your mental health.

4) You Will Have More Success In Life

Positive people can help you achieve your goals because they are good at living their lives to the fullest!

They also tend to be very inspiring, which means that other people want to follow them and learn from them too.

Positive friends make us feel better about ourselves so we are motivated to try harder when things get tough.

It is important to surround yourself with people who are good at achieving their goals because you will be more motivated when they are around.

5) You Will Have More Support When You Need It

Positive friends are great to turn to for advice and motivation, particularly during difficult times in your life.

When you feel sad or angry, positive people can help lift your spirits by reminding you of all the things that are amazing. After spending time with them, we often realize how much they are willing to sacrifice for us.

Positive friends make you feel like everything is going to get better. Even if it's not, at least you are surrounded by people who love and support you no matter what happens in life.

6) You Will Get More Opportunities In Life

Positive people influence the world around them. They are great at making connections with other people and sharing passion for success, which means that they have a lot of options when it

comes to what career paths they want to take or who they can become friends with too.

This is because positive people are passionate and determined to achieve their dreams, which means that they work hard towards achieving them.

You will have a lot of opportunities in life if you surround yourself with positive people because they will share those opportunities with you too.

7) You Will Have Less Stress In Life

Positive friends are good at sharing their energy with us, which means that they help to reduce our overall levels of stress!

They listen when we need someone to talk to and provide helpful feedback too.

This is why positive people are great for helping you get through tough times because they can motivate you to keep going.

When you are around positive people, they often make us feel happier and more relaxed in their presence. This is why spending time with friends reduces our stress levels because we have got someone to turn to when we need help.

The less stressed out you feel about life, the better your mental health will be. That's why it is important to surround yourself with positive people who can help make your life easier.

8) You Will Feel More Fulfilled In Life

Positive people can help you feel more fulfilled in your own life because they give us a sense of social connection and belonging.

This is why spending time with positive people will make you happier, healthier and even increase your life span because we are able to form meaningful connections with other people who care about our well-being too.

9) You Will Feel More Loved

Positive people are great at sharing their love with us, which means that they can make our lives easier! This is because positive friends are good at listening when you are stressed out or need help dealing with a difficult situation in your life.

When we know that someone cares about you, makes you feel loved, it is a great feeling to have!

Your life will be easier if your closest relationships are healthy because the people around you will help support you through difficult times.

10) You Will Be Happier

Positive friends often make us feel happy because they remind us that we are capable of doing anything, which is a great feeling to have.

This is why positive people are the best types of friends in your life because you will always know

that there's someone who believes in you and wants to see you succeed.

A positive mindset helps you to have positive friendships in life which gives you a reason to achieve your goals with a lot of interest and success and you will thus think positively.

EPILOGUE

This book 'MINDSET' is the belief about the meaning of life. You can have a positive mindset or a negative mindset.

The book deals with the different ways in which we can build a strong mindset with positive thinking.

The importance of a positive mindset is discussed in detail.

The book teaches us how to maintain a positive attitude towards life and achieve our goals successfully.

Negative thinking can be changed into positive thinking with a proper mindset i.e positive.

Negative thoughts discourage us so we should practice a positive mindset which is always helpful. Students and children can learn from the experience of a positive mindset from elders and teachers who have positive thinking to guide the students and children in their paths, which will help to make them more successful in their lives.