

Reset Your Mindset: A 10-Step Checklist for Overcoming Negativity

1. Acknowledge Your Feelings

- Write down what you are currently feeling.
- Identify what specifically triggers your negative thoughts.

2. Set Realistic Expectations

- Reflect on what is realistically achievable today.
- Adjust your expectations to align with your current capabilities.

3. Practice Gratitude Daily

- Every morning, list three things you are grateful for.
- Before bed, reflect on one positive event from your day.

4. Limit Exposure to Negativity

- Reduce time spent on social media platforms.
- Avoid negative conversations and news outlets.

5. Incorporate Positive Affirmations

- Start your day by saying a positive affirmation.
- Place sticky notes with affirmations around your home or workspace.

6. Engage in Physical Activity

- Schedule a daily 15-minute walk or exercise routine.
- Use physical activity as a break from mental stress.

7. Seek Inspirational Content

- Listen to a motivational podcast or read an uplifting book weekly.
- Subscribe to a positive news or inspirational quote service.

8. Establish a Support Network

- Reach out to a friend or family member daily.
- Join a community group that focuses on personal growth.

9. Perform Acts of Kindness

- Do something kind for someone without expecting anything in return.
- Volunteer your time or resources to a local charity.

10. Reflect and Journal

- Spend 10 minutes each evening journaling about your day.
- Focus on writing about solutions rather than problems.