

Welcome to the Lesson 1 of your Alphadog Awareness Mini-Course.

Hi Drew,

Quick question:

Did you sign up for this mini-course because you're unsatisfied with where you're at?

One of the most common messages, comments, and emails I receive are from people saying they feel like they have hit a plateau and don't know how or don't believe they can grow past it.

I've been there. I've *lived* there. I've experienced the frustration and anxiety that comes with feeling stuck and not knowing when (or if) things will improve. Knowing I had to make a move but not knowing what that move should be.

Sound familiar?

I used to constantly voice to myself statements starting with:

"I'll be happy when..."

"I'll be more confident once I..."

"I'll start my real life after..."

"I would do that but..."

I was always putting off my happiness, my success and my enjoyment of life with one excuse after another. But why?

Didn't I want to be happy? Or successful? Or confident? Or abundant?

The sad truth was, on some level, I believed I needed to "qualify" for these things. I felt like I needed to reach some arbitrary (or unrealistic) milestone before I could be, do, or have what I really wanted.

Some of the things I would tell myself were:

"I'll be happy when I find my purpose in life."

"I'll be more confident once I start working out again."

"I'll be able to enjoy that after I make enough money."

"I would do that but it's already been done before."

"I'll be able to relax once I'm making more \$\$\$."

Looking back on that time in my life, it's no wonder why I wasn't getting the results I wanted! I was creating my own roadblocks to success. I was basically telling my brain not to feel happy, confident, successful or creative. I repeated these statements to myself so often and with such emotion that they became full-blown beliefs.

What's the difference between a thought and a belief?

A belief is just a thought that you assume to be truthful and continue to think.

A Mindset Shift

Here's the good news:

Acknowledging that you feel stuck and then *doing something about it* (like signing up for this mini-course) is often the first step to making significant changes and improvements in your life.

Unfortunately, many people who say they want different results don't ever take any kind of real action to change their situation. You DID, and that's a big deal!

Let me tell you something that might surprise you:

Feeling stuck can actually be a good thing.

Why?

Well, that feeling tells you that there's something you need to change or improve. More importantly, it means that you are *aware* enough to recognize that something in your life needs attention. That awareness is a powerful tool that not everyone is cognizant of.

Shift happens when you ask better questions.

In the past, whenever I've felt stuck, a good portion of my uncertainty, frustration, and anxiety came from not having a clear understanding of exactly what was contributing to my negative feelings. I pretended I knew, but I really just had a bunch of fuzzy, anxious thoughts that weighed me down.

Sometimes we get so caught up in our own circumstances that our vision becomes narrowed and it's difficult to see the bigger picture. When this happens, I've found it helpful to step back and ask myself a different question.

Better questions lead to better answers and better answers lead to a better life.

For example, rather than asking, "Why is this happening to me?" you could instead ask the question: "What specifically about this situation is causing me to feel uncertain, frustrated, anxious, etc?"

The answer to the second question will give you much more insight into what is contributing to your emotional state. It's also much easier to deal with one or two clearly defined issues than having dozens of vague anxieties floating around in your head, making it seem like there's much more to worry about than there actually is.

Here are a few more questions to ask yourself for additional insight:

"What is the specific issue or obstacle I am facing?"

"Is the obstacle real?"

"What do I believe is the problem?"

"Are my beliefs about this situation actually true?"

"Will moving forward really be as hard as I think?"

"Am I getting in my own way?"

"Often in life, the most important question we can ask ourselves is: Do we really have the problem we think we have?"

—Sheri Fink

Today's Action Steps... (Write these down in a dedicated journal)

1. *What are some of the things you repeatedly tell yourself about your situation?*

- What are you "waiting" for?
- What exactly needs to be resolved before you move forward?
- What specific circumstances are making you feel stuck?

2. *Challenge your beliefs.*

- If you question anything enough, you'll eventually start to doubt it. Create doubt about your above statements by questioning them. List exceptions to your "rules."
- Is it possible that some of the things you perceive as obstacles aren't actually standing in your way?
- Make a list of people who have turned similar circumstances into something greater for themselves.
- Are your circumstances really as bleak as they seem? Is it possible you can change them?

3. *Describe your ideal situation*

- Where do you want to be in 3 months? 1 year? 5 years?

- Write it down, be detailed and get creative. Don't censor yourself. Describe your dream life as if a magic genie has granted you all your wishes.

Keep these lists handy, you'll need them for the next lesson.

Extra credit:

- Check out this blog post I wrote on [how to use negative thinking in a positive way](#).

~ Guiding you to success!

Drew

Coming up in lesson 2: Getting "Unstuck" The SMART Way

Welcome to Lesson 2 of your Alphadog Awareness Mini-Course.

“Any action is often better than no action, especially if you have been stuck in an unhappy situation for a long time...If it is a mistake, at least you learn something, in which case it's no longer a mistake. But if you remain stuck, you learn nothing.”

—Eckhart Tolle

Hi again!

I hope you're having a great week.

Here's a recap from our first lesson:

- Everyone feels stuck at some point in their lives.
- Acknowledging your feelings is the first step in making a lasting life change.
- Identifying why you are suffering and challenging those assumptions can tell us a lot about what we think of ourselves and our situation.

We finished Lesson 1 with a current self-assessment from three different perspectives. (If you haven't completed this action step from the previous lesson, go back and complete it now).

You should have three lists from Lesson 1's action steps:

List #1: Everything you think is holding you back or limiting you from moving forward

List #2: Statements challenging each item on the above list

List #3: A detailed description of your desired dream life.

List #1 represents how you view your current circumstances. It also may include your fears or things you believe need to happen before you can be, do, or have what you truly want in life.

We'll call this list Limiting Beliefs.

List #2 represents all the ways you might be wrong about these beliefs and assumptions. This list should create at least a shadow of a doubt about your Limiting Beliefs.

We'll call this list Perspective Shifts.

List #3 can be a little more challenging to write, especially if you've only been viewing your situation through the lens of your Limiting Beliefs. This third list ignores your current circumstances and describes your dream life. It will become something to strive towards as well as what you will shape your goals around.

This is where you'll be focusing your attention in this lesson.

We'll call this list Something Greater.

Why Something Greater?

I'll let one of my favorite quotes from one of my favorite celebrities explain:

"We grew up with the sense that where we were almost didn't matter because we were becoming something greater."

—Will Smith

At one of my lowest points, I fooled myself into thinking that was how it had to be or that is how it was going to be.

I thought I was being "realistic." I thought I had all the facts and that's just how things had to be.

But the funny thing about reality is that you create it as you go along.

Here's what Will Smith says about being "realistic"...

"Being realistic is the most commonly traveled road to mediocrity. It's unrealistic to walk into a room and flip a switch and lights come on. That's unrealistic, but fortunately Edison didn't think so. It's unrealistic to think you're going to bend a piece of metal and fly people over an ocean. That's unrealistic, but fortunately the Wright brothers, and others, didn't believe that."

Reflecting back on it now, I realize that when I told myself I was being "realistic," I was viewing life through my Limiting Beliefs and letting fear and doubt control my actions.

I was literally synthesizing reasons of why I couldn't be, do, or have Something Greater.

Does that sound like something you've done?

If so, this is a good time to look at your Hopeless Reversal List.

Remind yourself of all the examples of people who have turned seemingly hopeless realities into the opposite.

The truth is: ***If someone else has done it, you can too!***

Today's Action Steps...

Make a decision + write it down

- DECIDE that you are going to be, do, or have what you truly want.
- Look at your List #3 (Something Greater) and *decide* that this will be your reality. You do not need to know HOW it's going to happen yet, you only need to decide that it WILL happen. Decisions that are made intentionally and consciously are tremendously powerful.
- Once you have decided that you will create your dream reality, write down how it would look in your journal.

Write down three mini-goals that will get you closer to your "Something Greater."

- Writing your goals down on paper, in your own handwriting has a powerful effect on your mind and speeds up the manifestation of the goal. I recommend using real paper and a real pen when writing down your goals.
- These goals do not have to be huge or life-changing. They can be as simple as, *"I will meditate every morning."* (But write some bigger goals too!)
- The most important thing to keep in mind when writing your goals is to make them *exciting and meaningful to you*. If you don't have a deep connection to your goals, they will not have any creative power.
- At this stage, you don't have to get too technical with how you format your goals, but, if you need a guide, I like to use the S.M.A.R.T. goal template below.



NOTE: In the context of setting S.M.A.R.T. goals, "realistic" just means that you actually *believe* you can accomplish the goals you set. Not that you think it will be easy, but it's at least possible. If you set goals that are too far outside of your beliefs, you'll become discouraged when you continually fail to achieve them.

It's a delicate balance: on one hand, you should set goals that are achievable based on the level you're at, but on the other hand, they should be far enough outside of your comfort zone to challenge you.

Your beliefs play an integral part in determining the type and size of the goals you set. In our next lesson, we're going to talk about how your beliefs shape your reality. You'll also learn how to start identifying beliefs that are holding you back from dreaming big and achieving what you want.

Guiding you to success,
Drew

P.S. If you want to learn more about how to write and set goals for optimum manifestation, I go into much more detail about this topic (and many others) with individualized coaching in my [12-Week Accelerator Program](#). Registration is limited to 12 clients per month, but if you have questions or want to reserve a spot, just [click here](#) and we'll talk about it.

Coming up next: How to Replace Limiting Beliefs with Empowering Ones

Welcome to the Lesson 3 of your Alphadog Awareness Mini-Course.

“Reality is merely an illusion, albeit a very persistent one.”

—Albert Einstein

Hey Drew, great to see you again!

Here's a quick recap from yesterday's lesson:

- In Day 2, you made a decision to be, do, and have what you truly want in life. You wrote this decision down on paper.
- You also wrote down three goals that will move you closer to your ideal situation.

(If you haven't done these action steps yet, please go back and do so before moving on).

Now, let's get to today's lesson...let's talk about your **beliefs**.

Your beliefs play a huge part in how you perceive the world around you and how you define your life experiences.

For example, if you believe that people are inherently bad and out to get you, that is the filter through which you will experience your life. And that will quite literally be your reality.

However, if you believe that people are good-natured, kind, and want to help you, this is the type of reality that you will tend to experience because this is the lens through which you view the world.

In other words, you can experience the same exact circumstances in entirely different ways, depending on your beliefs.

Same circumstances, different realities.

This is just *one* example of how a single belief can dramatically affect your daily life. Consider the fact that you have hundreds, even thousands of beliefs, all working to create your version of the world as *you* see it!

This is what is meant by the phrase “perception is reality.”

Today, keep this sentence in mind:

My beliefs shape my reality.

Let's get a little philosophical for a moment, shall we?

Life has an uncanny way of showing you evidence that your beliefs are true. This, in turn, reinforces them and makes them stronger, causing you to continue to believe them.

But here's where it gets really interesting...

If you change your beliefs, you start to see evidence that the *new* beliefs are *also* true. How can this be?

It turns out, one of the defining qualities of beliefs is that they are self-reinforcing. This has to do with a cognitive quirk in your brain called *confirmation bias*, or the tendency to interpret information in a way that supports your existing beliefs.

Basically, the more you believe something to be true, the harder your brain works to find evidence to support that belief.

Let me give you an example...

Have you ever made this mistake...?

You feel sick so you google your symptoms to try and diagnose yourself. You quickly jump to a conclusion about what condition you have...and it's not good. The more you search the Internet, the more information you find that confirms your suspected diagnosis.

The truth is, you likely selectively overlooked many other symptoms and diagnoses that *didn't* match the one you suspected. But your brain discarded those because they didn't align with your hunch. Instead, you only saw evidence that supported your original diagnosis.

When you think something might be true, your brain goes to work to find evidence that supports your theory.

This becomes a self-reinforcing cycle of belief that works in both directions, positively and negatively. It's also the reason your beliefs seem so real to you.

"The eyes see only what the mind is prepared to comprehend."

Let me give you a personal example of this from my own life.

When I was younger, I had facial acne and felt unconfident in my appearance. I truly believed I was unattractive.

As a result, whenever anyone would look at me, I often interpreted their gaze as a negative judgment about my skin. I would sometimes even make up a story about what they thought about me, further supporting my negative belief.

Looking back, I can see this was confirmation bias at work. I interpreted people's innocuous glances as "evidence" that supported my belief that I was unattractive.

Over time, I built new, empowering beliefs about myself. In turn, those beliefs became self-reinforcing. Eventually, I got to the point that whenever someone looked at me for longer than usual, I assumed they were admiring how attractive I was!

It's important to realize that the majority of our beliefs are not *objectively* true, particularly as they relate to ourselves and our abilities. They are only *subjectively* true to us, under a particular set of circumstances.

The point is to choose beliefs that empower you rather than limit you. When you truly believe in something with all of your heart and mind, you bring it to life.

Today's Action Steps...

Identify your limiting beliefs

- Think of a specific area in your life where you feel stuck and ask yourself: *"What beliefs do I have that are holding me back in this area of my life?"* Write down the first things that come to mind without judging yourself. Some of these may overlap with List #1 you created in Day 1 of the mini-course. Some common general limiting beliefs include ones like:
 - I'm not good enough.
 - It's been done before.
 - It won't happen for me.
- On a separate sheet of paper, write down new, empowering beliefs that *support your progress* in this area of your life. Ask yourself: *"What beliefs would I need to adopt in order to experience success in this area of my life?"* Write them down. (Hint: Often, they are the opposite of your limiting beliefs). Examples include beliefs like:
 - I am good enough.
 - I will create something unique with my unique voice/style.
 - It's happened for others, it can happen for me.
- Be on the lookout for evidence in your life that supports your new, empowering beliefs. Remember, confirmation bias works both ways. Don't be surprised if you start to see lots

of examples that support your new beliefs. Let it happen. This will help your brain form new, empowering beliefs.

See you tomorrow,
Ruben

P.S. Are you unsure what your limiting beliefs are or having a hard time changing them? This was something I struggled with a lot. In the [Mindset Shifts Masterclass](#), I walk you through exactly how to identify limiting beliefs -- even ones you may not even know you have! I also show you the specific steps to let go of even the most stubborn thought patterns that are holding you back and replace them with new ones that will make you unstoppable.

If you'd like to be notified when registration opens for the next Masterclass, just [click here](#) and I'll send you an email about it.

Coming up tomorrow: The Most Important Concept I've Ever Learned

Welcome to the fourth day of your Mindset Shifts Mini-Course.

"The things that excite you are not random. They are connected to your purpose. Follow them."

Hello once again!

You're making great progress with this mini-course.

Here's a quick recap from yesterday's lesson:

Yesterday, you learned about the nature of beliefs and why they're so darn, well...believable. You also identified your limiting beliefs about a particular area of your life and took steps to replace them with new, empowering beliefs.

Today, we're going to talk about a concept that has made the biggest positive impact on my life.

It's a principle that has helped me figure out what I should be doing with my life, both on a daily basis and in the "bigger picture" sense.

It is the principle of **acting on your excitement**.

This might sound like a "woo-woo" idea but I promise you, it is definitely not. Today and tomorrow, I'm going to explain how you can apply this concept to your life in a practical way.

But before I get into that, let me first tell you about a time when I felt lost and lacking in purpose...and how I found meaning and excitement in my life and in my work.

Let's rewind to 2013. I was between jobs and I didn't really have a plan or know exactly what I wanted to do...but I did know that I wanted something different and that I did not want to work for someone else any longer.

I wasn't happy and knew I needed to change something.

Ever since I was introduced to the concept of entrepreneurship and internet marketing when I was 18 years old, I knew I wanted to work for myself and create something that positively impacted the world.

There was just one problem...I didn't know what I was going to do or how I was going to do it.

So with lots of free time on my hands, I spent most of my days reading personal development books to help keep my mind positive, one of them being the classic success book, *Think and Grow Rich* by Napoleon Hill.

Some might say that I should have been doing more "mission-focused" activities to move me closer to my goal of self-employment. Things like:

coming up with a business plan...
launching a product...
doing market research...

You get the idea.

But the only thing I felt *excited* or compelled to do was read.

And to be completely honest, I was thoroughly enjoying myself for the first time in months.

Then, during one of my reading sessions, an idea came to me. As soon as I thought of it, I felt an undeniable sense of *excitement*...almost as if I was being pulled by it, rather than having to push myself to do it.

The idea was this: I would organize my favorite quotes from the books I was reading into an Instagram account!

It seemed like an attractive and fun idea to me, although I wasn't exactly sure why. It definitely didn't seem like a "mission-critical" task. But I knew I was genuinely excited about it.

So I started doing it.

And I enjoyed it...so I continued to do it.

Not because I thought I would make money from it.

Not because other people wanted me to.

But because I wanted to.

Because I was excited about it.

And then something I didn't expect happened. People started noticing. Other users liked what I was doing and started following me, commenting with positive feedback, and sharing my quotes on their page.

The content I was posting to inspire myself was also inspiring others!

Fast forward to today—millions of followers later—ThinkGrowProsper has turned into an educational platform and media company that allows me to do what I love and help others in the process.

And it all started with me *acting on my excitement*.

You might be asking yourself right now, "How do I apply this concept to my own life?"

That's exactly what you're going to learn in tomorrow's lesson. For now, let's get to today's action step...

Today's Action Steps...

Make a list of all the activities in the past two weeks that have seemed fun or exciting to you.

- Write them all down, regardless if you took action on them or not.
- It doesn't matter how trivial or irrelevant these things may seem to you right now, write them down anyway.

Place a checkmark beside each activity that you actually took action on.

Extra Credit:

- Read my blog post: [5 Myths About Doing What You Love](#)
- Read [this blog post](#) where I answer the question: “How does following my excitement translate into doing work that financially supports me?”

Until tomorrow,
Ruben

Coming up tomorrow: Start Small, Act Now.

Welcome to the fifth day of your Mindset Shifts Mini-Course.

Welcome back!

Great job keeping up with this mini-course - your "future self" will thank you for it ;)

In case you missed it, here's a recap from yesterday's lesson:

Yesterday, we discussed the concept of acting on your excitement. You wrote down all the activities in the past two weeks that have seemed fun or exciting to you and placed a checkmark next to the ones you actually acted on.

Today, we're going to talk about how to apply this concept to your life in a practical and meaningful way.

Have you ever asked yourself any of these questions...?

"What is my purpose?"

"How can I find my passion?"

"There are so many things I could do, how do I decide where to start?"

These kind of questions bugged me for a long time.

What I've found from observation and experience is that acting on what excites me has been the shortest path to creating a life I love.

When I talk about being "excited" in this context, I don't mean that you have to be jumping up and down with glee. In fact, it's usually not so obvious. What you're looking for is an *internal sense of being drawn to do something*.

Excitement is also synonymous with the emotions of passion, happiness, joy, etc.

These things that excite you do not have to be "big things" like career choices or all-consuming projects. In fact, they usually are not. They can be as simple as having lunch with a friend or going for a walk.

Acting on these small, everyday things that bring you joy is an excellent way to strengthen your “excitement radar.” It can be difficult for some people to recognize the things that genuinely excite them because they’ve ignored and suppressed them for so long in the name of being “practical” or “responsible.”

Recognizing and acting upon the small things that excite you will lead you to the “bigger, more significant” things that are more clearly connected to your path, passion, and purpose in life.

How To Apply This Concept to Your Life

1. Out of all the options available to you at any given moment, take action on the one thing that excites you most and that you have the greatest ability to take action on. It can be anything from taking a walk to starting a project. It doesn’t matter what it is, so long as it is something that excites you and not just a distraction or a way to procrastinate.
2. When you can take action on that thing no further, look around for the next most exciting thing that you can do and then do that—whatever it is.
3. Repeat this process *ad infinitum*.

You’ll find that when you do this on a consistent basis, your day will have a nice, smooth flow to it. You’ll tend to feel like you’re “in the zone” more often and life is way more fun.

Another benefit is that once you get used to how following your excitement feels, you’ll get better at recognizing when you’re NOT following your excitement. You’ll know because you’ll feel frustrated and stuck.

NOTE: The things that excite you are different from the things that distract you. Distractions are a way to procrastinate. You might feel guilty after indulging in a distraction, but you will often feel energized after engaging in something that excites you. This is an important difference -- learn to recognize it.

A Personal Example

Sometimes, even I fall into the trap of doing what I think I "should" be doing, not what I'm actually excited about doing.

I experienced this not too long ago when I was creating the expanded version of this mini-course called the [Mindset Shifts Masterclass](#).

I was trying to create the kind of course I thought I “should” create, based on what I thought was the “right” way to do it...but I was having a miserable time.

It had been three months since I had decided that I was going to start making the course...and I still barely had anything done!

I realized it was because I wasn't making the course that *I wanted to make*.

What I *really* wanted to do was answer all of the questions I had received from people who had taken this mini-course over the past year and a half.

So that's exactly what I did!

I looked through all my emails, comments, and direct messages and compiled a list of all the questions people had sent me about the topics covered in this mini-course (and even some that weren't). Then I sat down each morning with a delicious cup of coffee and wrote out my answers to them as though I was talking to a friend.

This process was waaaaay more exciting and waaaaay more satisfying than what I had been doing previously. I also finished waaaaay quicker than I would have if I had tried to continue grinding through a process I didn't enjoy.

Today's Action Steps...

List ALL the activities available to you right now.

- Take two minutes right now to write down a list of all the activities you could reasonably engage in within the next 5-10 minutes. Not just the exciting things, but ALL the things you *could* do or think you "should" do right now.

Identify the two MOST EXCITING activities on your list.

- Out of all the options you just listed, place a smiley face next to the *two* activities that seem the **most exciting** or appealing to you. Let me be clear: I am not asking you to choose the ones you *think* you should do. I'm asking you to choose the ones you *want* to do.

Choose ONE activity and go do it!

- Out of these two options, circle the ONE that you have the **greatest ability to take action** on right now within the next 5-10 minutes. Got it? Great! After you finish the rest of this lesson, go do it!

NOTE: Obviously, don't neglect your legitimate responsibilities and obligations. The point of this exercise is to work on building the habit of recognizing and acting on the things that excite you most, not to put your life in jeopardy.

Extra Credit:

- Read this blog post I wrote: [3 Steps to Finding Your Passion](#)
- Read this blog post I wrote: [Act Like the Person You Want to Become](#)

See you tomorrow,
Ruben

Coming up tomorrow: How to Know When You're Successful

Welcome to the sixth day of your Mindset Shifts Mini-Course.

“Life is neither a problem to be solved nor a game to be won. If you are too intent on making the pieces of a nonexistent puzzle fit, you miss out on all the real fun. The heaviness of success-chasing can be replaced with a serendipitous lightness when you recognize that the only rules and limits are those we set for ourselves.”

–Tim Ferriss

If you're reading this, you've made it through five whole days of this mini-course. Setting aside time to improve yourself and your life is no small feat—it's impressive. Give yourself a hand!

So far, this week we've gone over:

- How feeling stuck can be a great catalyst for change
- How to set goals the SMART way
- How to choose empowering beliefs
- How acting on your excitement can change your life
- Why it's important to do the things that bring you joy each and every day

The more you practice these habits and incorporate them into your own life, the more natural they will become for you. If they seem challenging right now, know that they will eventually become second nature.

I want to take a moment to remind you to enjoy *the process* of becoming, achieving, and having what you want, not just the end result. The truth is, the process will take up most of your life. So if you don't enjoy the process, you won't enjoy your life.

You've probably heard the saying: "Success is a journey, not a destination."

I know it's a bit cliché, but it's absolutely true.

Beware of Destination Addiction

Destination addiction is the idea that happiness will be found somewhere else—in the next job, the next city, the next partner, the next achievement.

"Until you give up the idea that happiness is somewhere else, it will never be where you are."

—Robert Holden

I'll admit it—I've been guilty of "destination addiction."

I used to tell myself I would be happy once the next goal was accomplished. Once the next thing changed, *then* everything would be better. Of course, this is a never-ending cycle.

The truth is, we never fully arrive. We learn and grow every day. That's the beauty of life!

When you fall into the trap of destination addiction, you deprive yourself of the simple pleasure of being happy now and recognizing the good things that are already in your life.

There will always be another obstacle to overcome or goal to achieve. But there will also always be something to appreciate about your life right now.

Please don't misunderstand—it's wonderful to have goals and to be in the process of creating and becoming something greater. But when you make your self-worth, peace of mind, and happiness dependent solely on external achievements, it becomes destructive and self-defeating.

The Truth About Your Success

I want you to let what I'm about to say sink into the depths of your being:

You are already enough as you are. In fact, you are more than enough. You are whole. You are complete. You are powerful. You have intrinsic value and you do not need to BE or DO or HAVE anything outside of yourself in order to validate your worth.

You might be asking yourself:

So if I'm already enough, what's the point of having goals or doing anything at all?

Because sometimes we need to be reminded of how powerful we are. Every single one of our life experiences acts as a "permission slip" that allows us to recognize the greatness that lies within us.

Our experiences are also opportunities to learn more about ourselves, to grow, and to evolve into the best possible version of ourselves. (That's why you're taking this mini-course, isn't it?) When we do this, we can more effectively share our unique gifts with the world and thereby contribute to its growth and evolution.

"The soul of the world is nourished by people's happiness."

—Paulo Coelho

You are only on this planet for a finite amount of time. Why not make the most of it?

When you approach personal development and your goals from this kind of perspective, you will realize that you are already a success.

"To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived—this is to have succeeded."

—Ralph Waldo Emerson

Today's Action Step...

Focus on the good in your life.

- For the next seven days, when you wake up in the morning or when you go to bed night, write down three things that you appreciate about your life as it is right now. These don't need to be big things necessarily. They can be as simple as the fact that you are gainfully employed or that you have someone in your life you can count on. Whatever they are, write them down. Revisit this list each day and especially when you're feeling low. Watch the positive effect it has on your life over time.

Extra credit:

- Read my blog post: [Does Reaching Goals Actually Make You Happy?](#)

See you tomorrow,
Ruben

Coming up tomorrow: 3 Tips for Long-Term Progress

Welcome to the final day of your Mindset Shifts Mini-Course.

Hey Drew,

Today is the last day of this mini-course—congratulations, you made it!

Having been down this road before, I know the feeling of having these strategies fresh in your mind, ready to conquer the world.

The goal of today's module is to prepare you for challenges and setbacks along the way.

Why?

Because it's important to strengthen your mindset as you would a muscle. This way you are strong and ready for the challenges that come your way.

Here are three things that will help you maintain an effective mindset:

1. Avoid the temptation to overthink.

Overthinking is one of the habits that was hardest for me to break. It can creep up on us. At first, we can write it off as being cautious or wanting to do things right, but overthinking often leads to anxious, negative thoughts. I've heard it called "the art of creating problems that don't exist."

When it comes to applying the concepts in this mini-course to your life, don't overthink it. Don't worry that you're not applying them "perfectly." The truth is, there is no perfect way to apply them. Life is messy!

Don't try and force these strategies into your life in a purely technical or mechanical way. This rigid approach is where many people get stuck in the process of personal development, myself included.

Rather than treating these ideas like a piece of furniture that needs to be assembled, treat them like a slab of clay that you mold. If you make a mistake, just keep playing with the clay until you've molded it how you want. In other words, don't be afraid to put your own spin on these ideas.

2. Appreciate the parts of your life that are good right now.

As we practice gratitude and appreciation for how things are now, we somehow attract bigger and better things to be grateful for. Yesterday's action step was to write or think about what you're grateful for; this is something I try to do as often as possible and I highly recommend you do the same.

3. Focus your energy on the things you can control, don't waste it on things you can't.

When you focus on the things within your control, such as your emotional state, your thoughts, and your response to situations, you will feel much more empowered and in control of your life.

As a result, you will have much more energy to pursue the things that truly matter to you. You will also be in a productive emotional state more often, which will lead to better decisions, and ultimately, better outcomes.

I want to thank you for letting me into your inbox this week! I'm proud of you for taking this step and making it this far.

Want to continue this journey?

If you want to dive deeper into the principles and strategies you learned in this mini-course, I highly recommend registering for the [Mindset Shifts Masterclass](#).

What is the Mindset Shifts Masterclass?

It is an expanded version of this course where I help you apply life-changing principles and strategies to your real life situation. I go one step beyond providing you with the tools you need to succeed by helping you implement them into your life in a practical and effective way.

How is the course formatted?

I compiled a list of all the questions I've ever received from emails, comments, and direct messages from the thousands of people who have ever taken this mini-course. Then I sat down

and answered them all in great detail, making sure to clearly explain how to apply the information to various situations and circumstances.

I also created beautiful printable "Tools For Progress" worksheets for you that you can use to document your journey as you progress through the course.

Oh, and you'll also get access to a group of people who are taking the Masterclass at the same time as you!

When can I sign up?

Registration for the *Mindset Shifts Masterclass* opens up only a few times per year. If you would like to be notified when the next class starts, just [click here](#) and I'll send you an email about it :)

Whether or not you decide to continue this journey, I want to thank you for being part of the ThinkGrowProsper community. I truly appreciate you.

Related reading:

- Read this blog post I wrote on [how to attract more of the things you want.](#)
- Read this blog post I wrote on [6 strategies for dealing with overthinking.](#)

To your happiness and success,
Ruben Chavez