

1000



DOUBT ABOUT CONFIDENCE



POSITIVE PEOPLE	NEGATIVE PEOPLE
They are optimistic	They are pessimistic
They are confident	They are insecure
They are happy	They are sad
They are successful	They are unsuccessful
They are healthy	They are unhealthy
They are wealthy	They are poor

Self help & Mindset Infographics

gow_studio

STAY HUMBLE

- Be humble and stay open to learning
- Be humble and stay open to feedback
- Be humble and stay open to criticism
- Be humble and stay open to change
- Be humble and stay open to growth

HOW TO AVOID YOUR GOALS AND DREAMS

1. Don't set any goals or dreams
2. Don't think about your goals or dreams
3. Don't take any steps to achieve your goals or dreams
4. Don't surround yourself with people who support your goals or dreams
5. Don't surround yourself with people who inspire you
6. Don't surround yourself with people who challenge you
7. Don't surround yourself with people who encourage you
8. Don't surround yourself with people who motivate you
9. Don't surround yourself with people who support you
10. Don't surround yourself with people who love you

DO EVERY DAY

1. Get up and exercise
2. Eat healthy
3. Practice gratitude
4. Meditate
5. Get enough sleep
6. Challenge yourself
7. Laugh
8. Be grateful for all you have
9. Spend time with friends and family
10. Take a moment to slow down and focus on goals

MAKE GOALS

1. Write down your goals and dreams
2. Break them down into small steps
3. Set a deadline for each goal
4. Track your progress
5. Celebrate your successes
6. Stay motivated and focused
7. Surround yourself with supportive people
8. Stay consistent and committed
9. Stay positive and optimistic
10. Stay healthy and happy

WANT TO BE RICH?

1. Don't spend too much money
2. Don't live beyond your means
3. Don't get into debt
4. Don't waste your money
5. Don't gamble
6. Don't invest in anything you don't understand
7. Don't follow the crowd
8. Don't be greedy
9. Don't be lazy
10. Don't be afraid



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Self Help Mindset Social Buzz

Ensheng Dong



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