

**You
become
what you
think**

**17 lessons to put you into
the mindset of the top 1%
of people:**

1. Embrace challenges as opportunities to grow stronger, not as insurmountable obstacles.

2. Cultivate a mindset of gratitude; it shifts your focus from what's missing to what's abundant.

3. Set boundaries firmly but respectfully; they are the foundation of self-respect.

4. Learn to view failure as a stepping stone to success, not a permanent setback.

5. Emotional intelligence is a superpower; practice empathy and self-awareness daily.

6. Replace 'I can't' with 'I'll try'; Small shifts in language can lead to big shifts in mindset.

7. Cultivate patience; most things worth having require time and persistence.

8. Practice mindfulness; it helps you respond, not react, to life's challenges.

9. Remember, resilience is built in the face of adversity, not in its absence.

10. Prioritize self-care; a well-rested mind is a strong mind.

11. Cultivate a growth mindset; believe in your ability to learn and improve.

12. Detach from negative thoughts; observe them, but don't own them.

13. Practice positive self-talk; your words have power over your mindset.

14. Learn to let go of what you cannot control and focus on what you can.

15. Embrace change as a natural and necessary path to growth.

16. Cultivate the courage to stand alone; popular opinion isn't always the right one.

17. Remember, strength isn't the absence of weakness; it's how you deal with your weaknesses.

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