

Speaker 1:

The power of positive mindset. Let me tell you, small changes, big wins. That's really what it's about. A lot of people think that if I want to really level up my mindset, my attitude, my personal growth, that I have to make big changes in my life, and that's not true. Small changes can give you big wins in your life.

Speaker 1:

Let me give you an example. Let's say if you just started drinking one more glass of water each day. That's a fair amount of hydration for your body. And considering that most people are chronically dehydrated all day long, one more glass of eight or 10 ounces of water is going to make a difference. Now, that's a small change for a big difference, right?

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Let's think about something else. Just waking up, so we can have glasses of water, waking up and looking at life as the glass half full instead of glass half empty. Right now we're going through some uncertain times. We're going through a global crisis. But guess what? Our species has survived so much. Knowing that, you could see the glass half full versus glass half empty, and that one small change in perspective is going to create a big win for you in life.

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Yet another one could be that I'm going to go out and I'm going to do that workout that my Fit Body Boot Camp location is sending me every day. I'm going to do that in my living room and I'm going to give it my all, because guess what? No one's watching you. You could really cut corners if you want, but just a small change and doing one more repetition, going one more degree harder, putting it into second gear, is going to give you a bigger change and a bigger boost of confidence.

Speaker 1:

So think about that, where mindset is concerned, all right? Small changes. What are the small changes you can do right now that will give you big wins? I'll see you tomorrow.