

BORN TO SUCCEED

RESOURCE CHEAT SHEET



Resources on Finding Your Focus

12 Foolproof Tips for Finding Focus – in depth article detailing tips for finding your focus so you can get more done.

<https://psychcentral.com/lib/12-foolproof-tips-for-finding-focus/v>

A Guide to Overcoming Procrastination & Finding Focus – an in depth guide to help you beat procrastination and find your focus so you can accomplish more.

<https://zenhabits.net/focusguide/>

How to Develop Laser-Like Focus and Easily Achieve Your Goals – a detailed guide to help you further develop your focus so that you can achieve your goals.

<http://everythingiswithin.com/develop-laser-like-focus-easily-achieve-goals/>

Your Concentration Training Program: 11 Exercises That Will Strengthen Your Attention—a list of simple exercises that you can do every day to help strengthen your focus and attention.

<https://www.artofmanliness.com/articles/your-concentration-training-program-11-exercises-that-will-strengthen-your-attention/>

A Three-Day Plan to Increase Your Focus – a comprehensive plan for dramatically increasing your focus in three days.

<https://www.psychologytoday.com/us/blog/attention-training/201207/three-day-plan-increase-your-focus>

Resources on Changing Your Mindset

Growth Mindset Resources – a variety of helpful resources to help you achieve your full potential.

<https://www.innerdrive.co.uk/#>

25 Ways to Develop a Growth Mindset—a comprehensive list of ways you can shift from a fixed mindset to a growth mindset.

<https://www.opencolleges.edu.au/informed/features/develop-a-growth-mindset/>

How Can You Change from a Fixed Mindset to a Growth Mindset? – step-by-step instructions that can show you how you can change your mindset from a fixed one to a growth one.

<https://mindsetonline.com/changeyourmindset/firststeps/>

12 Ways to Shift Your Mindset and Embrace Change – a detailed article providing tips that anyone can utilize to shift their mindset and embrace change.

<https://www.inc.com/young-entrepreneur-council/12-ways-to-shift-your-mindset-and-embrace-change.html>

25 Tricks to Set Your Mindset for Success – an article on how you can train your mind to reach your goals more quickly.

<https://www.lifehack.org/articles/communication/25-tricks-set-your-mindset-for-success.html>

Resources on Mastering Your Emotions

How to Master Your Emotions and Take Control of Your Life – article detailing the ten different emotional types and how to transform your emotional state and take control of your life.

<https://blog.iqmatrix.com/master-your-emotions>

How to Master Your Emotions – a powerful video by the motivational speaker Tony Robbins.

<https://www.youtube.com/watch?v=58dZx48iu2M>

Mastering Your Emotions – a comprehensive look at the adaptive nature of your emotion and steps for harnessing them.

<https://www.psychologytoday.com/us/blog/evidence-based/201610/mastering-your-emotions>

5 Mindfulness Meditations to Master Your Emotions and Face Stress—a simple guide for easy off-the-may strategies to mindfully handle ever day life situations.

<https://www.yogajournal.com/meditation/5-mindfulness-meditations-master-emotions-face-stress>

6 Steps to Mastering Your Emotions —a step-by-step guide for mastering your emotions and taking control of your life.

<http://coach4leadership.com/2015/07/10/6-steps-to-mastering-your-emotions/>

Resources on How to Gain Self-Confidence

Building Self-Confidence – a step-by-step guide to build your self-confidence and becoming prepared for success.

<https://www.mindtools.com/selfconf.html>

Self-Confidence: 9 Essential Ways to Become More Self-Confident

– comprehensive article on building your self-confidence and lessons for practicing your new found self-confidence.

<https://positivepsychologyprogram.com/self-confidence/>

How to Be Confident: 62 Proven Ways to Build Self-Confidence –

list of proven tips you can use to build your self-confidence and achieve success.

<https://www.lifehack.org/articles/lifestyle/63-ways-to-build-self-confidence.html>

The Self-Confidence Quiz – take this quiz to determine your level of self-confidence.

https://www.selfgrowth.com/articles/the_selfconfidence_quiz

15 Self-Esteem Building Activities and Exercises for Anyone –a list of the best self-esteem building activities and exercises that will transform your life.

<http://enlightenmentportal.com/development/self-esteem-building-activities/>

Resources on How to Improve Your Self-Discipline

How to Discipline Yourself with 10 Habits –learn how to improve your self-discipline by incorporating ten habits into your daily life.

<https://www.wanderlustworker.com/how-to-discipline-yourself-with-10-habits/>

How to Develop and Increase Your Self Control—Informative article on self-control and how you can develop and increase your own self-control.

https://www.successconsciousness.com/self_control.htm

The Complete Guide on How to Develop Focused Self-Discipline—an article with a comprehensive look at how to develop your self-discipline.

<https://blog.igmatrix.com/self-discipline>

10 Powerful Ways to Master Self-Discipline—guide on the most powerful ways for anyone to master the self-discipline they need to succeed.

<https://www.entrepreneur.com/article/287005>

10 Best Books to Develop Self-Discipline - a list of the best books you can buy to help you develop your self-discipline.

<https://successstory.com/inspiration/best-books-to-develop-self-discipline>

Resources on How to Remain Persistent

7 Surefire Ways to Develop Persistence – article discussing why you need persistence to succeed and how to develop your own persistence.
<https://www.lifeoptimizer.org/2007/11/19/7-sure-fire-ways-to-develop-persistence/>

10 Quotes on Persistence to Help You Keep Going – a list of inspiring quotes about persistence that can help you keep moving forward on your path to success.

<https://www.entrepreneur.com/article/235819>

Resource on Developing Resilience, Grit, and Growth Mindset – a site dedicated to providing resources that are related to building the skills needed to confront adversity, cope with challenges and persevere to attain goals

<https://www.edutopia.org/resilience-grit-resources>

11 Ways to Promote Persistence – in-depth article on ways you can promote persistence in your life so you can accomplish your goals.
<http://www.karentuiboyes.com/2014/05/11-ways-to-promote-persistence/>

Best Podcasts on Persistence – a comprehensive list of the best podcasts that you can listen to relating to persistence and perseverance.
<https://player.fm/podcasts/Persistence>

Resources for Removing Negativity from Your Life

4 Keys to Overcoming Negative Thinking for Good—detailed article on the four keys that you need to overcome your negative thinking and shift your mindset.

<https://mrsmindfulness.com/the-four-keys-to-overcoming-negative-thinking-for-good/>

How to Stop Negative Thinking With These 5 Techniques—article that shows you how to overcome negative thinking for a brighter future.

<http://www.thelawofattraction.com/5-techniques-stop-negative-thinking/>

The 20-Minute Exercise to Eradicate Negative Thinking—a detailed explanation of how a 20-minute exercise can eradicate negative thinking from your life for good.

<https://www.fastcompany.com/3003046/20-minute-exercise-eradicate-negative-thinking>

7 Ways to Get Rid of Negative Energy and Become Positive—a close look at seven ways that you can effectively get rid of negative energy in your life and become more positive.

<https://www.lifehack.org/articles/communication/7-ways-get-rid-negative-energy-and-become-positive.html>

How to Get Rid of Negative Thoughts in 5 Easy Steps—a step-by-step guide for getting rid of negative thoughts.

<http://www.theabundanceproject.com/2015/02/how-to-get-rid-of-negative-thoughts/>

Resources on How to Improve Your Health

Eating Healthy: Simple Ways to Plan, Enjoy, and Stick to a Healthy Diet—comprehensive guide to eating healthier.

<https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

Top 10 Apps for Eating Healthy—an extensive list of apps that you can download that will help you eat the right foods so you can live a healthier life.

<https://www.forbes.com/sites/nextavenue/2013/08/27/an-app-a-day-keeps-the-doctor-away/#36a6e4e7543a>

Best Workout Apps – a list of the 38 best health and fitness apps to help you live a healthier life.

<https://greatist.com/fitness/best-health-fitness-apps>

16 Simple Ways to Improve Your Health Today – easy tips that you can start doing today to improve your health.

<https://www.care2.com/greenliving/16-simple-ways-to-upgrade-your-health-today.html>

24 Podcasts that Will Improve Your Life – a list of the best podcasts for getting healthy and improving your life.

<http://healthycrush.com/24-podcasts-that-will-improve-your-life/>