

Download How To Get Motivated Learn The Right Mindset For A Healthy Lifestyle

Changing the script in your head is a huge step, but Dweck's site ends with a healthy reminder that the whole point of doing so is to change not just your thoughts, but your actions as well. Here are five simple steps in order to get into the right mindset to work out regularly. Remember, exercise not only makes you look better, but it makes you feel better, as well.

1. Before you actually begin your new workout routine, set a goal for yourself. It is your filter for information you get in and put out. So it determines how you receive and react information. It's often used for a specific part in your life, as in "the mindset of an entrepreneur" or "the growth mindset". And having the right mindset for what you go for is often the biggest factor. When it comes to finding the motivation to workout, stick to your eating plans, or live a healthy lifestyle, it can be a challenge at times. There is a solution: mindset. Mindset makes a world of a difference when it comes to uncovering that motivation and working towards your goal with little resistance. [Learn more \[...\]](#)