



Checklist 10: Checklist for a Guaranteed Unstoppable Mindset

Project Name: _____

Date: _____

Yes No

*Do you wish to achieve a guaranteed unstoppable mindset?
You've come to the right place as this checklist can help you do
all that can help you get an unstoppable mindset rooting for you:*

- 1 Start by developing a positive mental attitude.

- 2 Make use of the method called "Anchoring"

- 3 Take yourself into a higher level of mental state whenever you are in need to.

- 4 You can do this by recalling a moment from your life in which you felt unstoppable.

- 5 This could be after you winning a victory or succeeding in something you stood up for.

- 6 After doing so, ball up your right fist and punch it into your left palm twice hardly.

Notes

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- 7 Carry out this activity for twice a day for one week, and you will feel yourself to be unstoppable.

- 8 Look around yourself to find great mentors and coaches.

- 9 You can search for someone who is living a life that you wish to be living in future. Get in touch with such people and learn from them what you need to.

- 10 Work on setting goals that can fuel your actions and can help you grow.

- 11 Know and understand your goal.

- 12 Write your goals down and revisit and go through them, again and again, every day.

- 13 Believe in taking massive actions. Only listening to great lectures, watching great videos won't do. You will always need to take action.

- 14 Keep track of your performance and review it now and then.

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- 15 Sit down 20 minutes and review your actions during the week and see the outcomes.
- 16 Ponder over the lessons you learnt and how these can help improve your life.
- 17 Tell yourself a compelling story and give yourself motivation and encouragement for working hard as there is no substitute.
- 18 Tell yourself you are capable of anything in life: give yourself positive and realistic self-talk.

Notes