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The Winning Mindset – Cheat Sheet

How To Achieve Everything In Life

Step 1: Understanding Your Brain

- Confirm your belief that you can develop a winning mindset
- Neurons in your brain are interconnected
- These connections determine thoughts and actions
- You can change these connections and create new ones
- Neural connections release neurotransmitters which change your

state Step 2: The Power of your Mind

- You have a conscious and subconscious mind
- Your subconscious is responsible for 90% of your thoughts and actions
- You have programmed your subconscious
- Your conscious mind controls what goes into your subconscious
- You can train your subconscious to develop a winning mindset Step

3: What do you really want?

Step #1: You must decide what you really want

Step #2: You need to determine why you really want these things

Step #3: Ask yourself questions to identify what you want

Step #4: Assess how strongly you want each thing

Step #5: Write everything down

Step 4: WHY Statement and Goals

Step #1: You need a strong WHY statement for each goal

Step #2: Be completely honest with yourself

Step #3: Imagine you have achieved your goal and note your feelings

Step #4: Include your real reason(s) and feelings in your WHY statement

Step #5: Set goals using the SMART process

Step #6: Your goals must be specific

Step #7: Your goals must be measurable

Step #8: Your goals must be achievable

Step #9: Your goals must be realistic

Step #10: You must add a timeline to your goals

Step 5: Create Plans to achieve your Goals

Step #1: Ask yourself how you will achieve your goals

Step #2: Keep asking this at the end of each day

Step #3: Write down all ideas

Step #4: Create daily tasks from your plans

Step #5: Get someone to make you accountable if you need this

Step #6: Don't share your goals with everyone

Step 6: Control your Thoughts for a Winning Mindset

Step #1: You must control your thoughts to develop a winning mindset

Step #2: Use thought control to reprogram your subconscious

Step #3: Remember that you are in control of your thoughts

Step #4: Reduce the negativity in your life

Step #5: Neutralize negative thoughts with positive ones

Step #6: Only use your past as a reference

Step #7: Use positive affirmations each day

Step 7: Winning Mindset Traits

Step #1: People with winning mindsets have similar traits

Step #2: You need to start things immediately

Step #3: Prioritize your tasks

Step #4: Focus on one action at a time

Step #5: Develop persistence

Step #6: Review how well you are progressing

Step #7: Get organized

Step #8: Use the Law of Inertia to your advantage

Step 8: Winning Mindset Daily Routine

Step #1: Start the day off right

Step #2: Read your WHY statement

Step #3: Read your Goals

Step #4: Read your positive affirmations

Step #5: Daily visualization

Step #6: Complete your daily tasks

Step #7: Use a journal

Step #8: Learn something new every day

Step #9: End the day right

Step #10: Handle inactivity correctly to keep motivated

Step 9: Get what you want Best Practices

- Understand how your brain works
- Use your subconscious mind to your advantage

- Decide what you want
- WHY statement and goals
- Create plans
- Control your thoughts
- Develop winning mindset traits
- Establish a daily routine



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