

## Twitter Thread by [Mindset Machine](#) ■

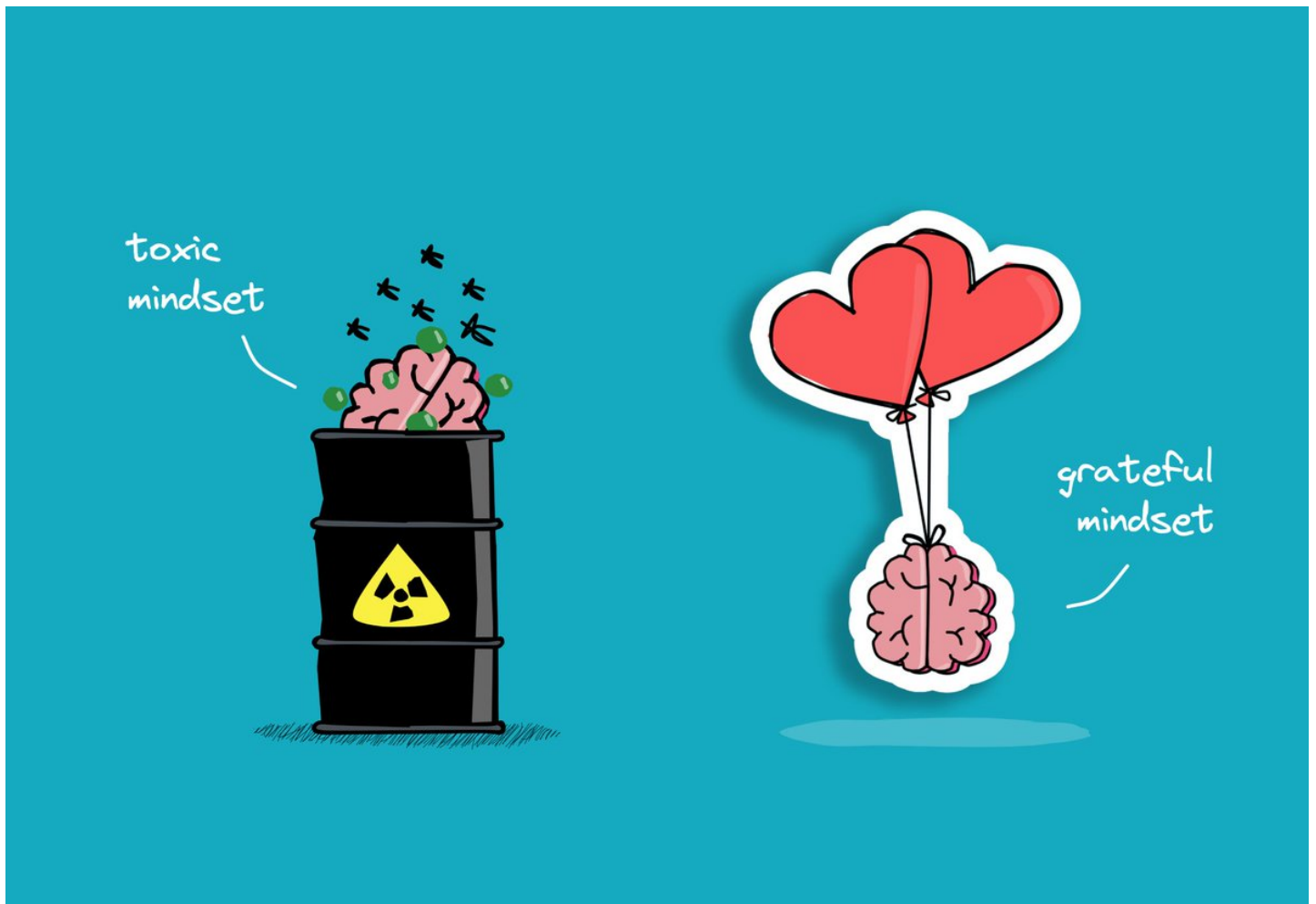
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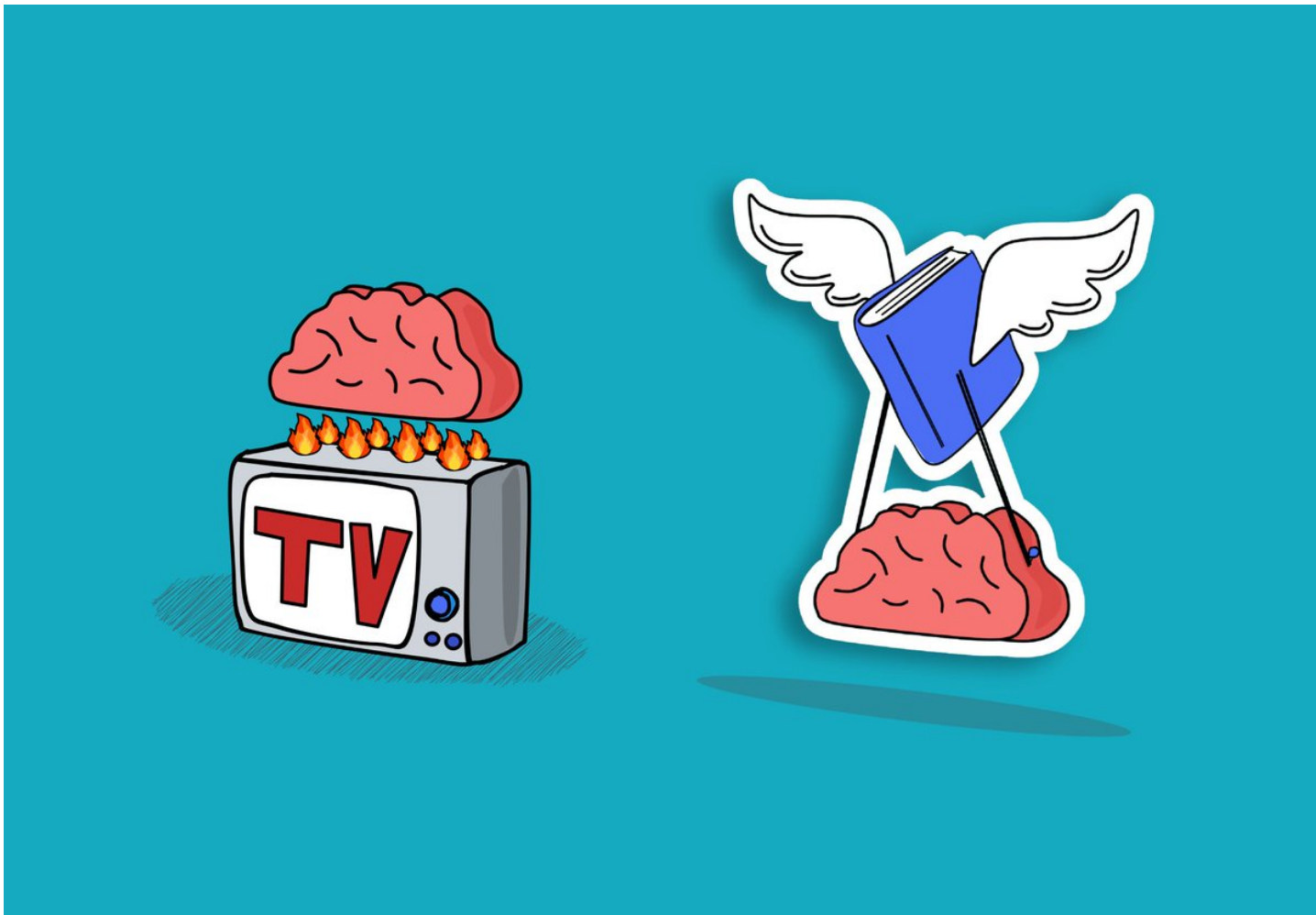


### 10 Visuals That Will Transform Your Mind

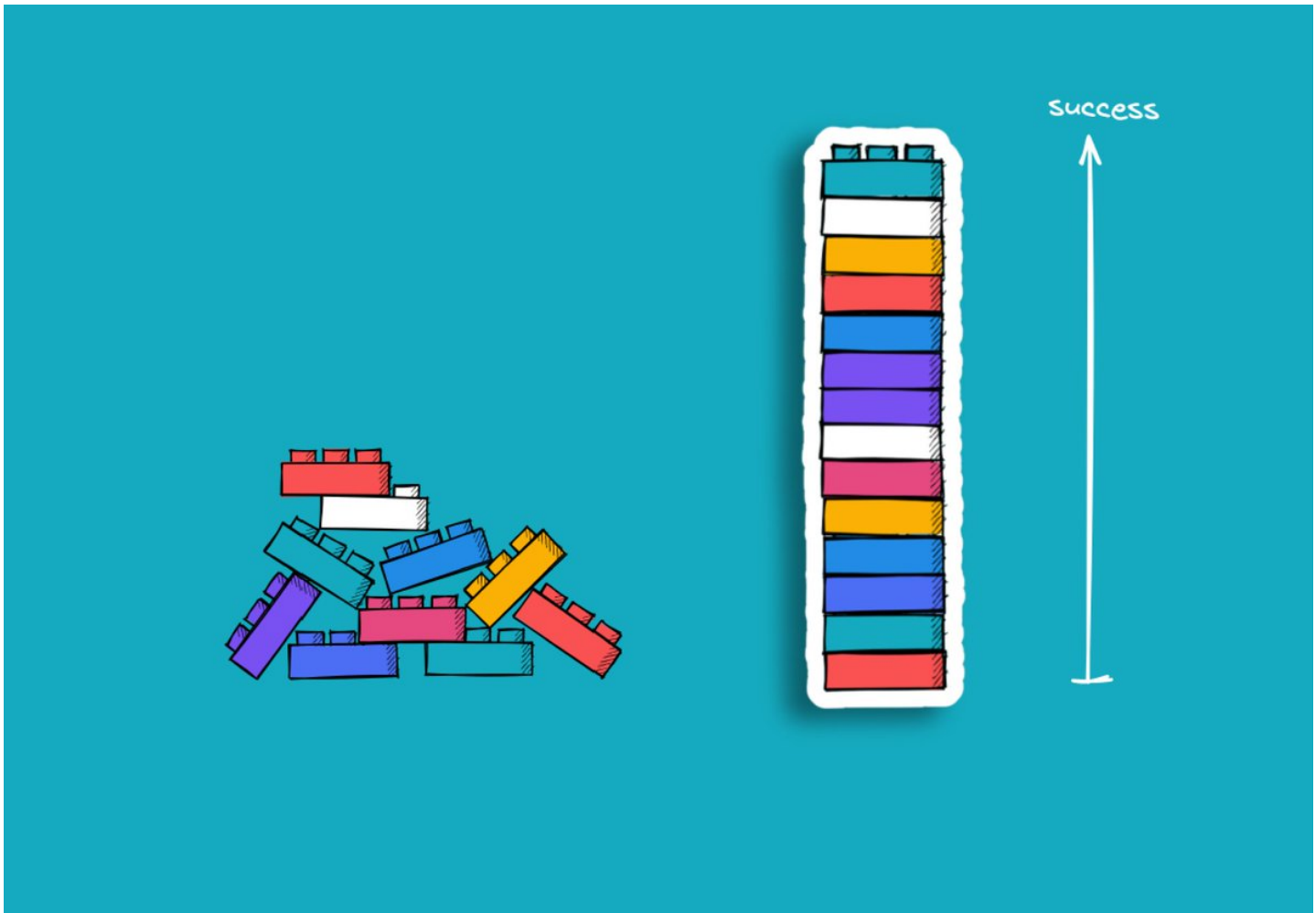
#### 1. Express Gratitude



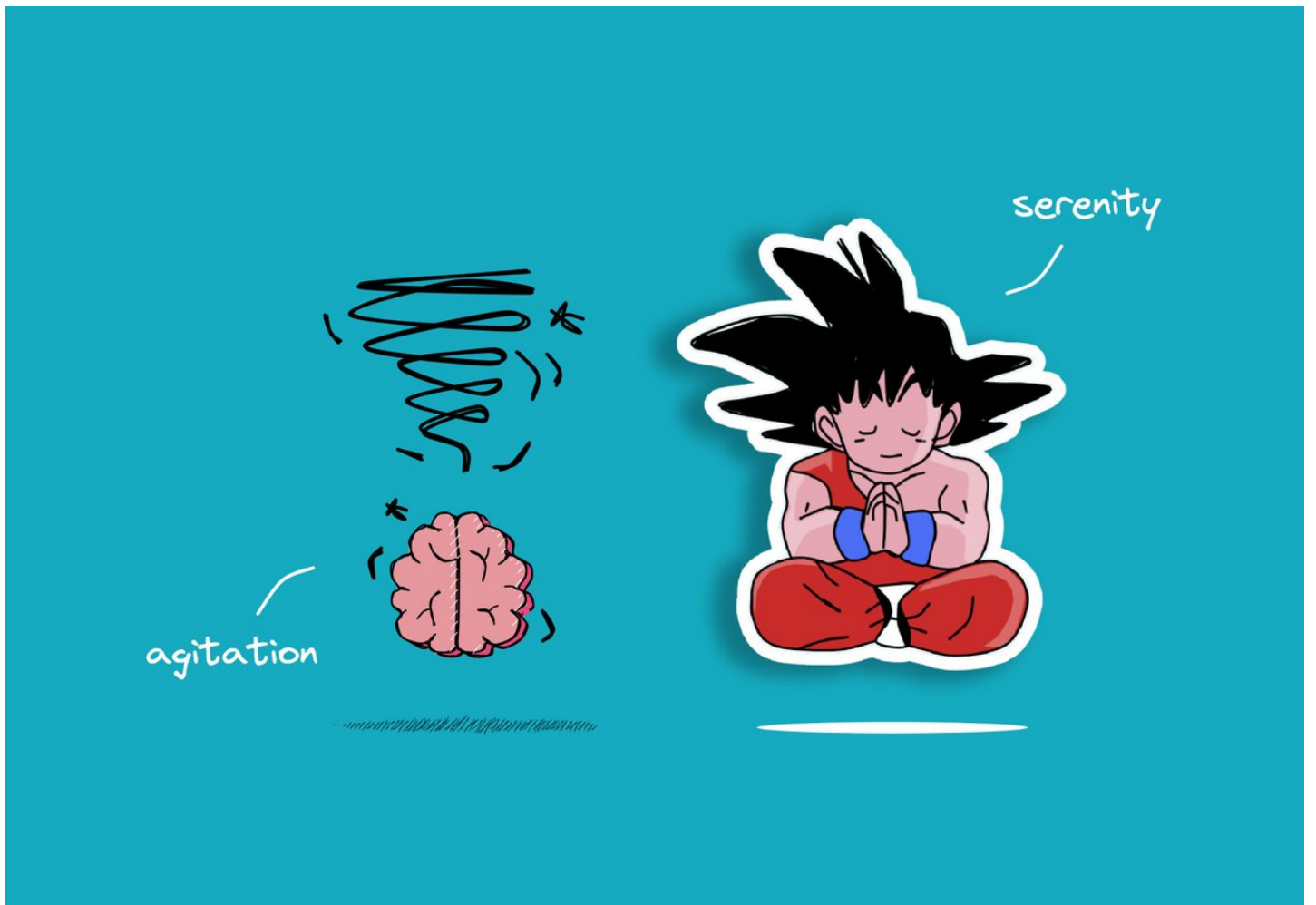
#### 2. Read to Elevate your brain



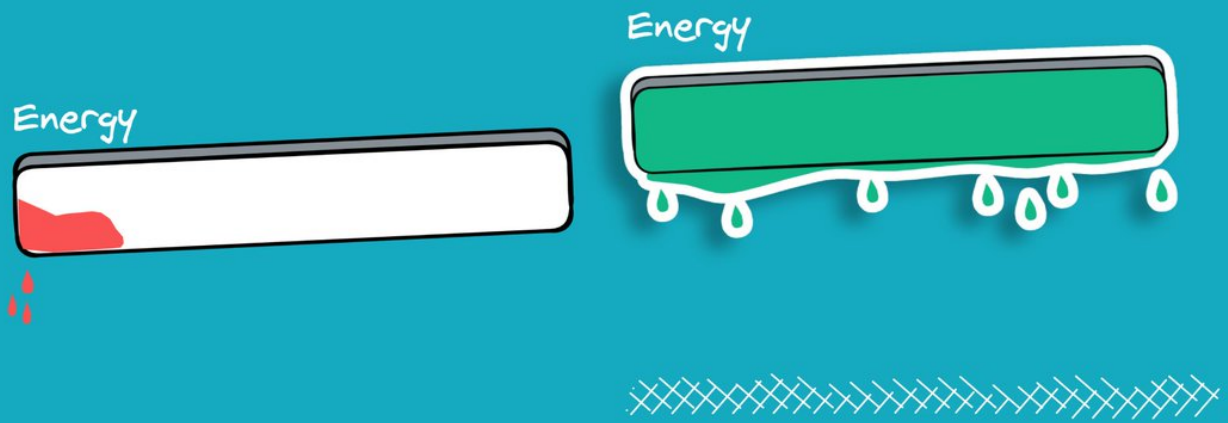
3. Create habits to stay motivated



4. Practice meditation



5. When you do what you love



6. Mute negative people

Positive people



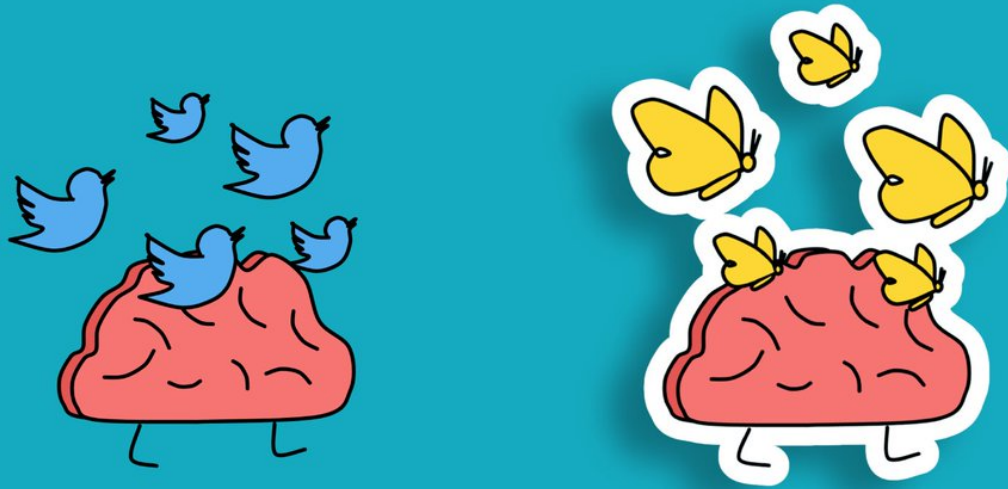
Negative people



7. Consider failures as learning



8. Take time for yourself in real life



9. Get rid of unwanted notifications

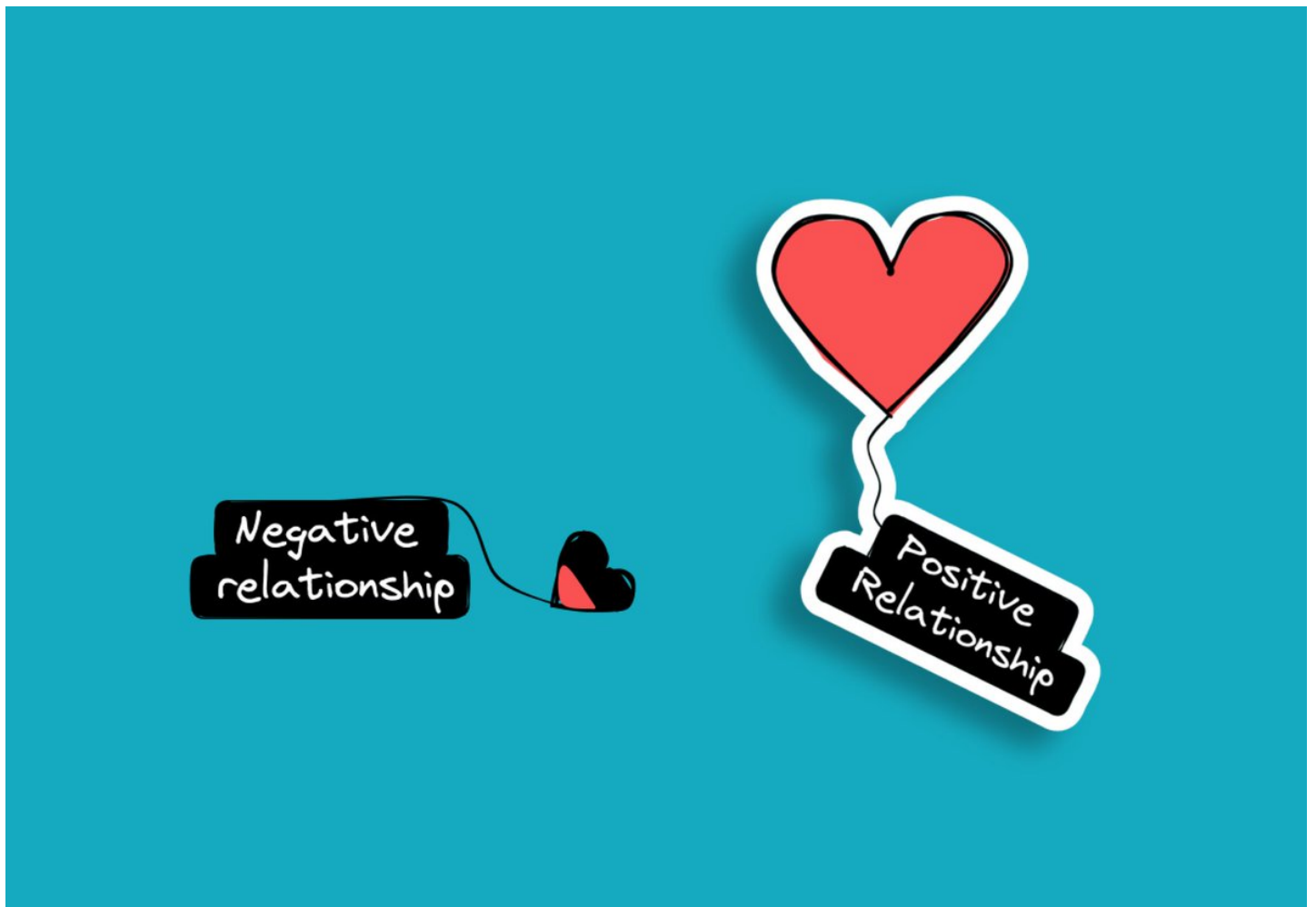


Turn off your notifications



@victor\_bigfield

10. Maintain positive relationships



If you want to:

- Become more productive
- Get rid of overthinking
- Build self-confidence
- Become disciplined

Here's the ONLY tool you need to make it possible.

Check it out here: <https://t.co/3UkGNV9oNz>

If you enjoyed this,

1. Please retweet the first tweet.
2. Follow me [@Mindset\\_Machine](#) for more.

<https://t.co/PvKduJGgSZ>

10 Visuals That Will Transform Your Mind

1. Express Gratitude [pic.twitter.com/khFN978oO1](https://pic.twitter.com/khFN978oO1)

— Mindset Machine \uea00 (@Mindset\_Machine) March 21, 2022

I'd like to thank @victor\_bigfield for these amazing visuals! ■■

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