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The first fallacy that I’ve learned is that people think that there is an ideal mind and that their mind is not living up to the standard. The truth is that everybody’s mind works differently. To coach somebody to access the full potential of their mind, we need to let go of the idea that there is an ideal mind.

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6) Write it out: Research has found that writing down your negative feelings eventually helps you clear your mind and release them. 7) Exercise: Exercise has been shown to reduce stress which is helpful in calming the mind. 8) Breathing exercises: If you learn to control your breathing to mimic relaxation, the effect will be relaxing.

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Clear your mental clutter by bringing awareness into your life and your intentions. Know why you are doing something – spending, saving, working on a project – and bring awareness into your everyday actions. You’ll soon know what parts of your day are mindless, and which have meaning.

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