

37 REASONS TO BUILD A POSITIVE MINDSET

A FREE EBOOK PRODUCED BY WEALTHY GORILLA



START BUILDING A GORILLA
MINDSET WITH THE HELP OF
WEALTHY GORILLA

INTRODUCTION

I built **WealthyGorilla.com** on the 19th April 2014, in my bedroom, after suffering from a break-up, and struggling to find my purpose. Struggling to find that sense of passion, and love for something. Anything...

I started Wealthy Gorilla in 2014, to help myself and to help others to live the **BEST DAMN LIFE** they can live.

Because why should we settle...

Give me one good reason why we should settle in life, and get the things that we don't want, in order to keep on living, to keep on getting the things we don't want.

I can't think of one.

Which brings me to this day...

Wealthy Gorilla has reached over 1.3 million people online in the short 2 years I've been trying to inspire and motivate people.

The question is... what's the first step to being able to live the **BEST LIFE** you can live?

Answer: Transform your mindset

Build a positive mindset and the positive life will follow. And some people think I'm joking, so I created this eBook, which highlights all of the reasons as to why you should start building a positive mindset.

Thank you for downloading this eBook and becoming a very important part of the Wealthy Gorilla community!

Enjoy!

37 REASONS TO BUILD A POSITIVE MINDSET

1. Positivity Helps to Remove the Fear of Failure

When you become a more positive individual, you're less likely to be afraid of failing. Regardless of what it is, positivity will remove and fear of failure, and a lot of other fears in general.

2. You'll Have Improved Coping Skills During Stressful Times

It's easier to cope with stress when you have a strong mindset, because you know better times are right around the corner.

3. It's Much Easier to Manage Anxiety

In a similar way to dealing with stress, having that positive mentality has been shown to actually improve the way people deal with anxiety.

4. The First Impressions People Have of You Are Much More Positive

First impressions are incredibly important in life. We all know that. When you comes across as positive to someone else, it's only going to better their first impression of you.

5. A Positive Mindset Gives You a Higher Sense of Fulfilment

Positive people are quite clearly a lot happier. They're also a lot more grateful, and this means that they gather a higher sense of fulfilment, compared to people who are often negative thinkers.

6. What You Give, You Get Back

Here's a little experiment for you. Go out and speak to strangers. Adjust your tone and the way you speak slightly when talking to some of them. Note the way they react. When you give out positivity, you'll get it back from people.

7. Positivity is a MUST for Getting out of Your Comfort Zone

We won't mention in this eBook how important getting out of your comfort zone is (pretty damn **IMPORTANT**), but a solid mindset will help you to do this.



8. Become a Risk Taker!

Taking risks requires thinking on the positive side, especially when weighing up the advantages and disadvantages (biased much?). To take the most rewarding risks, you need to be optimistic!

9. Attract Supportive People into Your Life

Those that are negative will only ever attract negative people into their life. Those who are positive, will attract, positive, supportive and encouraging people into their life.

10. Cut the Negativity from Your Mind

There's both a light and dark side of your mind. The more light you let in, the more dark gets pushed out. Think positively, and begin to remove every negative aspect of your life.

11. Find Your True Passion

You can't find your true passion when you're already feeling negative about the sole principle of having a purpose. Believe everyone has a true purpose, go out and try new things, and find your passion.

12. Encourage Higher Levels of Exercise

Naturally, positivity welcomes self-improvement, which heavily involves physical health. Which is good for your body, your confidence and your happiness.



13. Stronger Belief in Your Abilities

A lot of people don't believe they have the ability to make their dream become a reality. Not strong minded people though! They have all the belief they need.

14. Helps You to Enjoy Life

Remember what I said about being more grateful? You can't enjoy life when you're always negative...

15. Lower Rates of Depression

It seems obvious, and it is. A happy mind is a mind with depression in the rear view mirror.

16. Improve Your Social Skills

A lot of people are too shy/awkward to make friends or valuable connections. If you want to improve your social skills, improving your mindset is the 1st step.

17. Pursuing Your Dreams

Similarly to finding your passion, only the optimistic minded have the confidence, belief, attitude and every other quality required to pursue their dreams.



18. Inspiring Positivity in Others

Don't you want to make other people feel happy? Isn't that what it's all about? When you are positive, you encourage others to be more positive.

19. Improved Levels of Resistance

Mental strength is a crucial key to being resistant. When others are putting you down, when things aren't going your way. You need to be resilient to keep on picking yourself up and dusting yourself off.

20. Encourages New Self-Improvement Habits

Growth is life. Growth feels amazing. The right mindset encourage new habits to be adopted, set in place, and used in order for you to grow.

21. The Ability to Creation a Vision for Yourself

Do you have a vision for the future? Have you already written it off? Are you scared about aiming too high? Think like the sky is the limit, and your vision will be what it should be... **YOUR TRUE VISION.**

22. Boosted Self-Confidence

It's no secret that the majority of people in the world suffer with a confidence issue of some kind. It could be small, it could be detrimental. But the correct mindful approach will fix that.

23. Become Hungry for Success

Want to be successful? Have you written off that happening as well? You need to be optimistic to develop that **HUNGER** for greatness.



24. It Builds the Foundation for Career Growth

You're heading in the right direction with your career if you have a positive mindset. Everything that's involved with climbing up the career ladder will come a lot more naturally when you're already in the right state of mind.

25. Think & Grow Rich

Ever read that book? Read it, and start thinking like the wealthy and successful people of the world do.

26. Feel Comfortable in Your Own Skin

If you're someone who's never quite felt comfortable in your own skin, it's not necessarily your body that's the problem. Just the way you've been made to think about yourself.

27. Kick All Your Bad Habits

Similarly to adopting new habits that'll propel your growth, the gorilla mindset also helps you to kick all those bad habits. Smoking, drinking, laziness, TV...

28. Improve Your Knowledge Drastically

Those that become hungry for success and happiness, become hungry for more knowledge. Get ready to become smarter without even noticing.

29. Cure Your Shyness

We mentioned that people often struggle with confidence. I had this issue of being shy. With all the benefits that come from a great frame of mind, they instantly wipe the shyness from your life.

30. Deal with Pressure More Easily

Pressure, stress; you can cope. A lot of people crack when they're working under pressure. Someone depending on them, or having those all-important deadlines.

31. Helping Others

A lot of people don't help others because they're too busy worrying and stressing over their own problems. Mental strength reduces those worries, and encourages people to use more of their time helping others in need.

32. Master the Art of Persuasiveness

Ever wanted to be great at the art of persuasion? Make that sale, convince that girl to date you? Well... you can't do that if you go into the situation already thinking you'll fail, can you? Think positive **MY FRIEND!**



33. Less Regrets

It's true that the optimistic and positive people of the world end up using their time more wisely, accomplishing more, and winding up with less regrets when they come to the end of the road.

34. Transform Your Body

Most body transformations come from a devastating situation, such as a break-up... (You're probably nodding your head right now). After the break-up, people begin to realize there's more, and gain than positivity need to make **BIG CHANGES**.

35. Less Hatred & Jealousy

There's often somebody in our lives that we can't stand, or somebody that we're extremely jealous of. A switch in mind-sets can remove those worries and make you realize it's more about you focusing on yourself.

36. Let Go of the Past

Some people let the past get the best of them, and can never move on. Having a tough mind helps people to let go of their past, no matter how traumatising it might have been.

37. Create Amazing Stories

How fast are you living? How many stories are you creating? How many stories do you have to tell your future children or grandchildren?

SUMMARY & THANKS



WEALTHY GORILLA
DREAM . MOTIVATE . SUCCEED

One again, thank you for choosing to download this eBook. For more of our content and articles, head on over to WealthyGorilla.com!

As you've seen above, transforming your mindset is a very important part of becoming happy, healthy and successful.

There are so many benefits to having a positive mindset; we've given you a whopping 37! But there's still more than that. Just think of the possibilities, they're endless!

If this eBook has made to want to start thinking more positively, and build a stronger mindset that'll attract all these benefits...

We've developed a course specifically to help people transform the way they think in just 30 days!

I cover every aspect of thinking more positively in separate audio guide every **SINGLE** day.

To learn more about our 30 Day Mindset Challenge >> [Click Here](#)

All the best,

Dan Western – Founder of Wealthy Gorilla

