

# 20 minutes a day for 5 exercises to improve thinking

Just 20 minutes a day to build positive thinking, why not?

According to the world famous psychologist Carol Dweck from Stanford University, who also after many years of research has found that dedication, hard work and recovery are important to growth. and far more successful than intelligence and brain, **thinking (mindset) is a set of attitudes** . When we change our thinking to developing thinking, we will change our lives.

To improve thinking, here are 5 things you can do every day, very simple, easy and fast in just 20 minutes.

## 1. Take 5 minutes to breathe

Many studies have shown that taking a few minutes a day to calm your mind can help your mind be "open" and receive more creative ideas.

Sit or stand in a quiet place with bare feet, arms relaxed or placed on your knees and try not to think anything. Imagine you are in a peaceful place like on a beach or a green steppe, then, focusing on the breath (conscious breathing) in a conscious and profound way.



If you find that the mind starts to get disturbed by thinking about something, go back to visualizing the peaceful picture you had imagined before.

You do not need to be an expert in meditation. Just take 5 to 10 minutes a day to calm down and focus on the breath, you can relieve your stress, clean your mind and be more ready for the next challenge.

## 2. Take 5 minutes to "check" your thoughts

Have you ever woken up in the morning and found the outdoor weather very dim? At times like that, do you tell yourself "*will today be a bad day?*" I used to be.

Often, those days will end as you anticipate: boring, terrible, terrible with all sorts of events and you just want to go home to sleep!

Our thoughts have a tremendous power. They create emotions that lead to actions and behaviors that determine how our whole day will progress in a direction. Therefore, understanding the choice of thinking is one of the most important factors for each person to be responsible for his or her life.

Every day, take 5 minutes to check whether your thoughts are now negative or positive and bluntly dismiss pessimistic thoughts to start a new day.

## 3. Take 5 minutes to set goals each day

Before leaving home every morning, set out how you want to end your day today? Want to finish things that make you happy at the end of the day? Would you like to see your old friend, date, complete a project, go to your favorite movie? Do you want to cook a new dish or make a gift for yourself?

Not necessarily great things. Just what you want to achieve makes you satisfied and in line with the bigger goal you are trying to conquer.

## 4. Take 3 minutes to write down what you are grateful for

Set the time each day and at the right time, sit at the table and write down things that make you feel grateful. According to a study conducted by psychologist Robert Emmons from UC Davis' world leading multidisciplinary teaching and research institute, **maintaining a grateful book will contribute to the formation of a positive attitude. extreme, improve mood, sleep better and the immune system also works "better".**



From today, every day, try to write down 5 things that you feel grateful for and sure, you will be surprised by the good things that this habit brings.

## **5. Take 2 minutes to turn off all electronic devices**

Before you want to put your mind into a state of silence, take 2 minutes to log out of social networks, Gmail, chat applications, phones . or anything else that makes you feel dispersed.

On the way to work or school, do you often wear headphones? If so, try to turn them all off tomorrow: no music, no phone calls, podcasts, news, lectures, videos, no face-to-face phone calls ., simply, on the road and go to work. Sure, you will find everything very different.

Do not depend on electronic devices when you have time to integrate into your daily life, listen more, observe more and you will find there are many meaningful things in the world that you have lost. forgotten.

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