

## How to Reinvent Yourself to Be the Best You Can Be

Change, they say, is the one thing that is constant. Change is the only thing that keeps happening, and it happens by the millisecond. However, since there are certain things we can't stop from changing, like our age and bodies, there are things we wish we could change, but don't know how to. Changing OURSELVES is one of those things.

No matter who you are, we've all been in situations we wished we could change, and if we couldn't change the situation, do a 360-degree turn, and move on. Sometimes, this happens when we feel stuck, on pause or depressed with not being able to achieve our goals. Personally, this happens when I fail at something. I often think I need to reinvent myself to get that kick start that will get me going again. But the question that kept stopping me in my tracks was how?

In my search for how to reinvent myself and kick start the life I truly wanted to live, I found 5 simple tips that helped me get to where I am today. And I'd like to share them with you.

### **1. Learn How to Train Your Mind**

Reinventing yourself starts with the mind. To become the person you want to be, and get yourself out of the spot you're in, your mind needs to come under your control. With mind-controlling activities like jogging, meditation, Yoga, journaling and relaxation exercises, you'll be able to train your mind to be still and calculated.

Yoga helps to reduce the activity of the primary stress hormone, Cortisol, and helps your mind regain its center. Jogging helps condition your mind against quitting and achieving your set goal, and Journaling helps you study and analyze your thoughts and emotions as you jot them down.

All these will help you train your mind and begin the process of transformation from the inside out.

## **2. Set Realistic Goals for Yourself**

Setting realistic goals is a great way to build self-confidence and trust. As you pen the goals down and strive to achieve them, you rely on yourself to make sure the set goals are achieved, and this makes you feel more confident in your abilities.

According to research, Navy Seals use goal setting to improve their sense of achievements. They set small goals for themselves like making the bed or eating lunch, and when they achieve the goal they get a naturally released dose of Dopamine. This is the same feel-good hormone that is released when you get a Like on your Instagram post. This feeling makes you want more, so they set more goals and work harder to achieve them.

You too can do the same thing. Make a list of goals that excite you and work hard to achieve them. To make it easier, you can break down the goals into smaller groups to help you make your way through the list faster.

## **3. Find Out What You're Afraid of and Conquer It**

There's a saying that goes – 'Success is on the other side of fear'. Fear is the leading cause of failure and complacency. Most of us are too afraid to chase after what we really want for fear of what is on the other side. The fear of instability makes us stay in a dead beat 9-5 job; the fear of failing makes us never try; and the fear of what people will say makes us shut our mouths. Well, not anymore!

Make a list of the things that scare you the most and prepare to conquer them. They could be as small as learning how to talk to new people or starting a business. No matter what scares you, overcoming that fear will give you the confidence boost you need to see that you can do ANYTHING!

## **4. Decide to Care for Your Looks**

Believe it or not, your looks have a huge role to play in reinventing yourself. Make the decision to look the best you've ever looked by switching a few things up.

You could change the kind of food you eat and opt for a healthier lifestyle. Hitting the gym and developing your physique is another great way to make yourself feel and look better. Apart from these, you can also switch up your wardrobe and style and even change your hair. You'd be amazed what a little self-love can do.

Remember that you don't have to do this all at once. Take some time to find out what you need specifically and create a plan to make it happen. Change your diet bit by bit, enroll at a gym, buy new clothes and shoes...every little bit count.

## **5. Create A Social Circle and Expand It**

There are a lot of lonely people in the world. You won't be doing yourself any good by becoming one of them. By creating a social circle, you are opening yourself up to new people, places, skills and opportunities. That is exactly what you need to reinvent yourself.

If you already have a social circle, then expand it or even go as far as changing it. There is always time to make new friends and establish new connections. To get to where you'd like to be, you need to surround yourself with the right kind of people, some of which will be brand new. So, go out there and meet new people, especially those that have what you lack/need. If you want to be happier, look for happy people; if self-discipline is what you need, find those that are great with schedules and routines, and get close to them. You'd be surprised how amazing this would be for you.

These aren't the only ways you can reinvent yourself, but it's a great start. By working from the inside out, you will be able to create a seamless transition from old you, to new you without any hiccups. Remember, nobody is perfect. We grow every day and it takes time. Don't be too hard

on yourself if you don't see changes right away. Give yourself time and watch everything fall in place.

I can't wait to see your transformation into a better version of yourself. And if you have any tips that could help anyone else in your shoes, share them in the space for comments below!

Author

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