How to Develop a Winning Mindset For Quitting Opiates

If you don't like your current life conditions, whether it's being stuck on opiates, your job, where you live, your weight, amount of free time, or anything else, here are 7 simple steps to making positive, lasting, and extraordinary changes.

Step 1. Get clear on what you want.

Many people can tell you exactly what they don't want, but few people know in detail what they actually desire.

Once you become crystal clear on what you want your life to look like, this vision becomes the guiding force in your life. Make a vision so compelling you are pulled magnetically towards it.

Step 2. Come up with a powerful "why."

Why do you want to make these changes? The purpose behind your desire is the emotional fuel needed to overcome challenges and negativity. Passion is the genesis to genius. If your why isn't strong enough to make you cry, keep working on it. It has to strongly move you. If it does this, no amount of naysayers or obstacles will prevent you from achieving your dreams.

Step 3. Create a plan.

If you know what you want and have a strong reason to achieve it, the next step is to create a plan. There are two ways to do this. The simplest way is to find someone that has achieved the result you want, and do what they did. If you don't have a role model, try diligently to find one. If you cannot find one, then create your own plan.

Step 4. Create momentum.

When you are standing still and there is no movement in life, things start slowly when you take action. That's why it's necessary to take massive action, which creates momentum.

Think of how much energy it takes a train to get moving from a standstill. Then think about a train going 65 miles an hour. The momentum is so powerful it can easily crush through a brick wall. An object in motion tends to stay in motion unless acted upon by some type of force.

That's why it's so easy to stay put in life. On the opposite end, this is also why it's so easy to keep going after you've created that initial momentum, that positive movement forward.

Step 5. Become relentless.

The definition of relentless is "showing or promising no abatement of severity, intensity, strength, or pace."

Being relentless means you don't give up when the going gets tough. It means you wake up and grind, and when things or people get in your way, it doesn't stop you. You have a resolve so strong you will never give up...no matter what. No matter how painful it is, no matter how difficult it is, no matter how many challenges and enemies you face.

The biggest enemy is the enemy within. It's the 6 inches between your ears that you battle every single day. This enemy is your doubt. Everyone faces doubt.

Being relentless means you tell your doubts to go and f#ck off because you know the real truth. The truth that you are powerful beyond all measures. That you can do anything and everything you want to do if you want it bad enough.

Step 6. Fail fast and learn from mistakes

The number one reason most people never get what they truly want in life is because of fear. They are afraid to fail. They are afraid of what people will think of them. They don't want to look bad, so they never even try.

Most people know what they should do to create the changes they want. However, fear of failure, or even fear of success, can prevent people from taking that first step.

That's where courage comes along.

Harness the resource of courage to take action in spite of fear. You're going to make mistakes, but that's fine. Learn from those mistakes. Keep going. Don't listen to the naysayers, don't listen to your doubts, shut out the noise, and plug in to the signal.

The signal is your compass, your truth. That's the only thing that matters.

Step 7. Focus on becoming a value-adder.

We were put on this planet to grow. The human soul needs to grow to feel completely fulfilled. Unhappiness in life typically results from stagnation.

The more you grow emotionally, mentally, physically, and spiritually, the larger your capacity becomes to add value to people's lives. When you focus on adding massive value to the lives of others, this leads to a life of purpose and meaning.

Furthermore, if you help people solve their problems and add value to their lives, your income and wealth can grow exponentially.

In fact, the amount of value you add to the lives of others is directly proportional to the amount of wealth and fulfillment that can be created in your life. Make a conscious decision to focus on daily growth. The more you grow, the more value you can add.