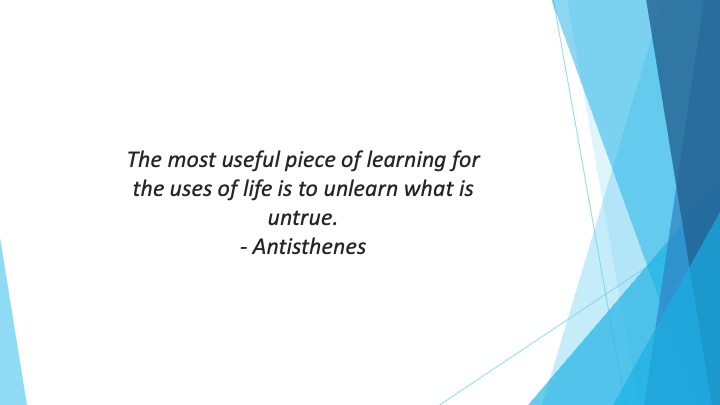
**Chapter 1: How Do Habits and Past Experiences Shape Our Mindset?**

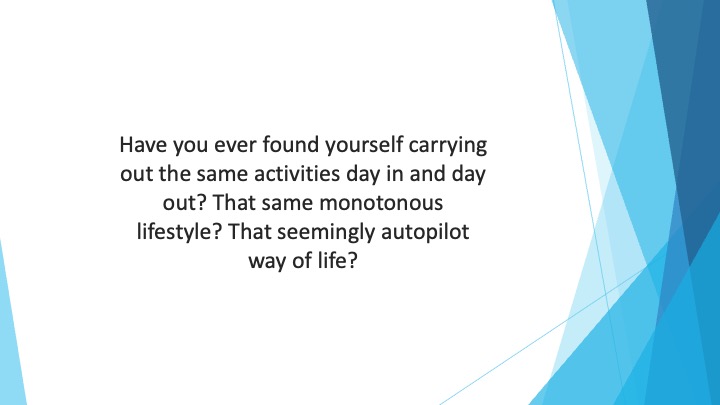
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**S1** : In this video, we’ll discover about “How Do Habits and Past Experiences Shape Our Mindset?”

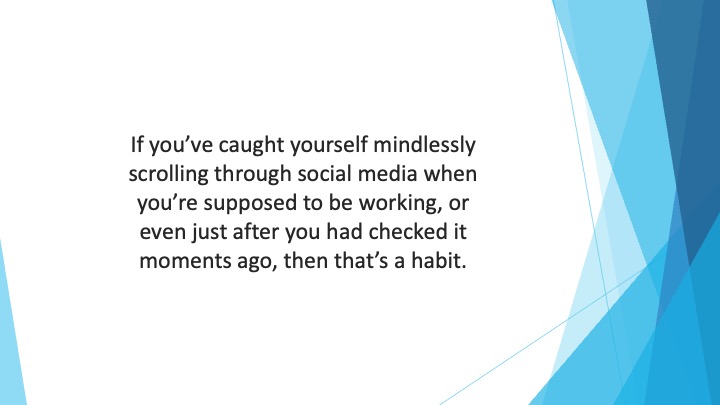


**S2 :** The most useful piece of learning for the uses of life is to unlearn what is untrue.

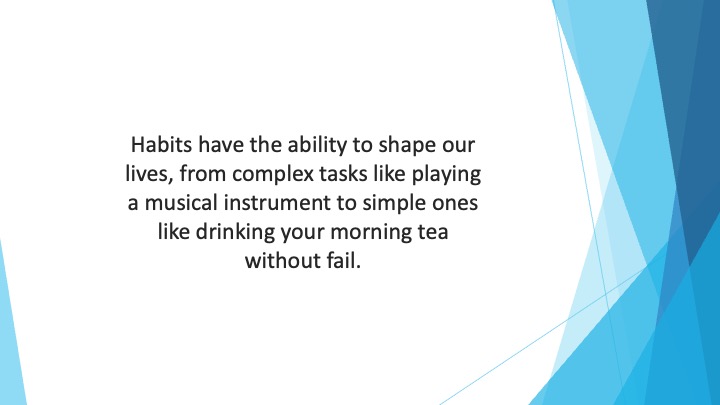
- Antisthenes



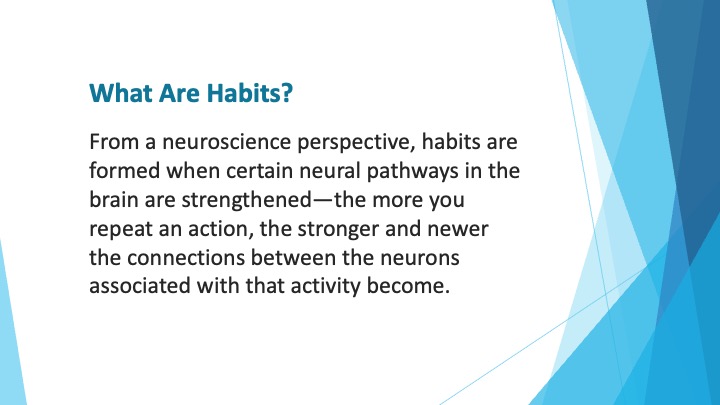
**S3** : Have you ever found yourself carrying out the same activities day in and day out? That same monotonous lifestyle? That seemingly autopilot way of life? Yep, that’s a habit, in full flesh and manifestation.



**S4** : If you’ve caught yourself mindlessly scrolling through social media when you’re supposed to be working, or even just after you had checked it moments ago, then that’s a habit. The reason behind all of these subconscious behaviors is the awesome power of habits.

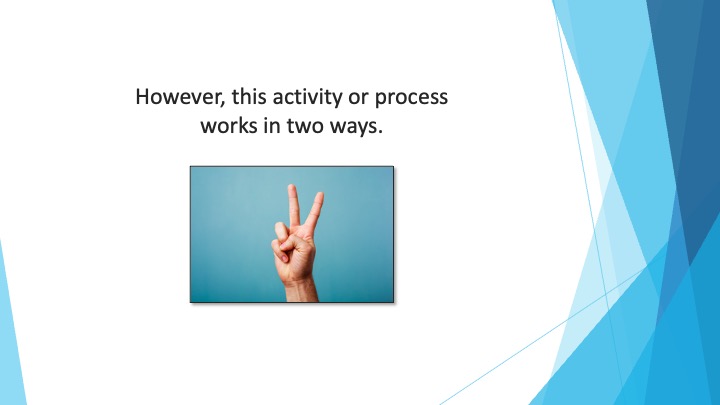


**S5 :** Habits have the ability to shape our lives, from complex tasks like playing a musical instrument to simple ones like drinking your morning tea without fail.

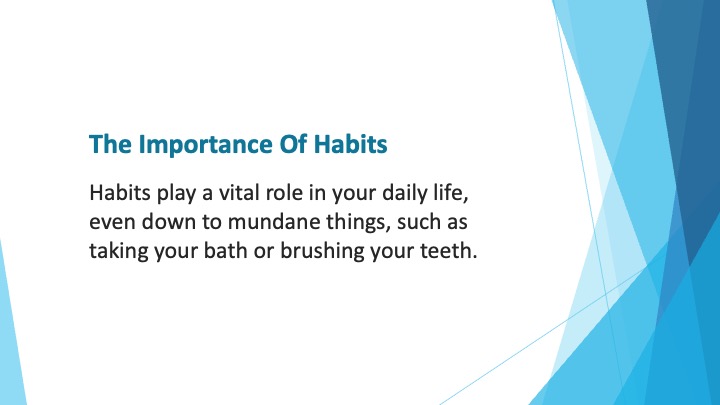


**S6 :** What are Habits?

Habits, simply put, are behaviors that have been learned and have now become automatic over the years. From a neuroscience perspective, habits are formed when certain neural pathways in the brain are strengthened—the more you repeat an action, the stronger and newer the connections between the neurons associated with that activity become.

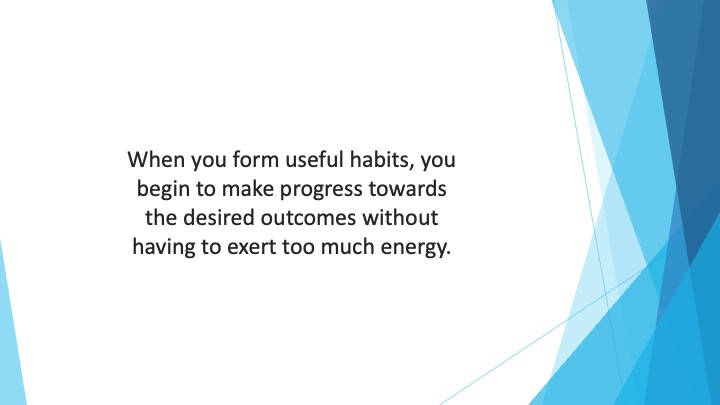


**S7 :** However, this activity or process works in two ways. If we repeatedly engage in unhealthy activities, such as negative thinking or smoking, then the neural pathways and neurons associated with that activity can also be reinforced and strengthened.

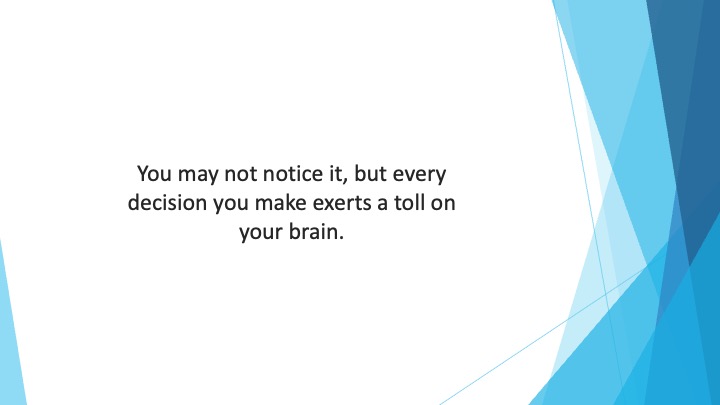


**S8 :** The Importance of Habits

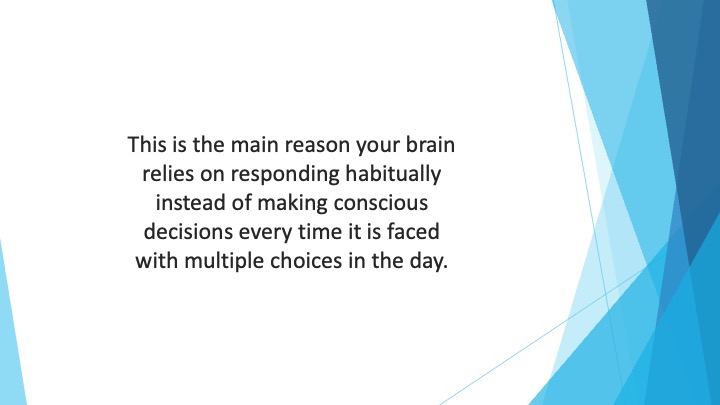
Habits play a vital role in your daily life, even down to mundane things, such as taking your bath or brushing your teeth. On a larger scale, when utilized effectively, habits help you achieve your goals and attain success.



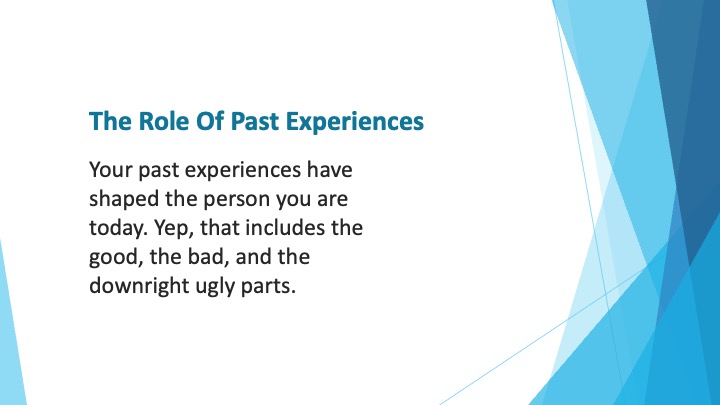
**S9 :** When you form useful habits, you begin to make progress towards the desired outcomes without having to exert too much energy. In a way, it becomes second nature to you. This not only helps you save energy but also time, and it reduces the fatigue that comes with decision-making.



**S10 :** You may not notice it, but every decision you make exerts a toll on your brain.

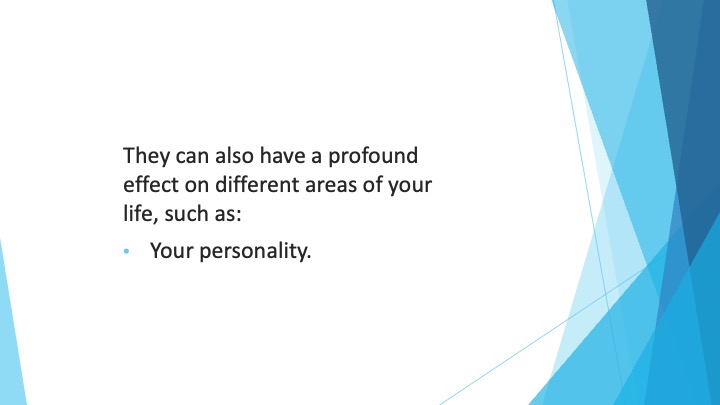
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**S11 :** This is the main reason your brain relies on responding habitually instead of making conscious decisions every time it is faced with multiple choices in the day. This simple technique allows you to focus more of your mental capacity and energy on tasks that require more creativity and deeper thought.



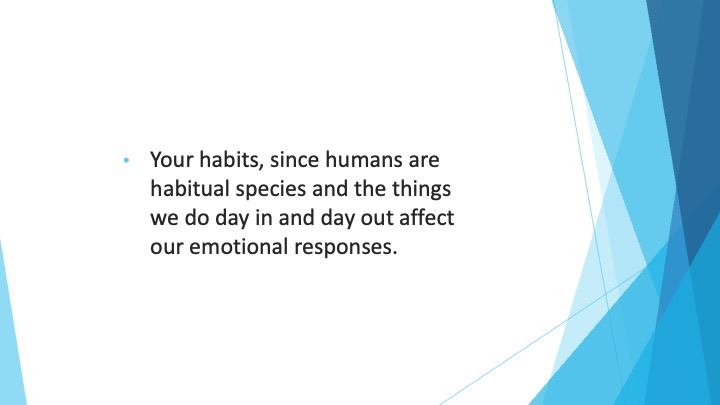
**S12 :** The Role of Past Experiences

Your past experiences have shaped the person you are today. Yep, that includes the good, the bad, and the downright ugly parts. How you view your past experiences, either consciously or subconsciously, shapes how you approach life.

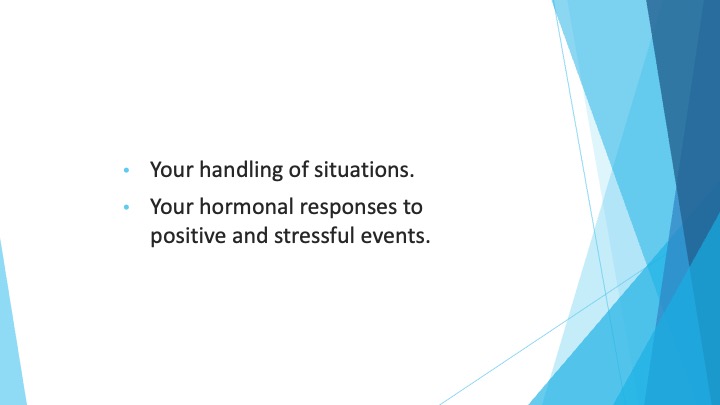


**S13 :** They can also have a profound effect on different areas of your life, such as:

• Your personality.

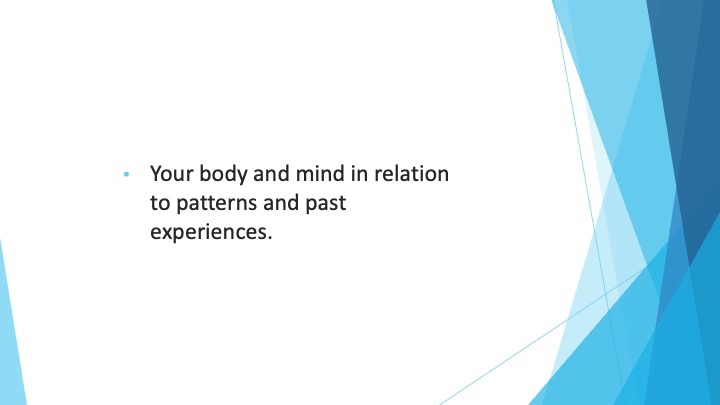


**S14 :** • Your habits, since humans are habitual species and the things we do day in and day out affect our emotional responses.

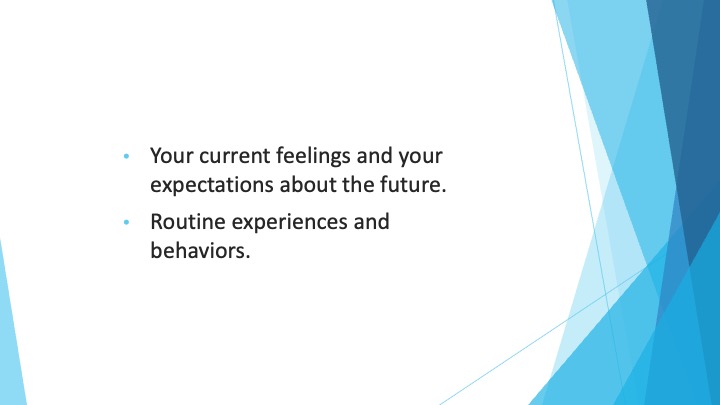


**S15 :** • Your handling of situations.

• Your hormonal responses to positive and stressful events.

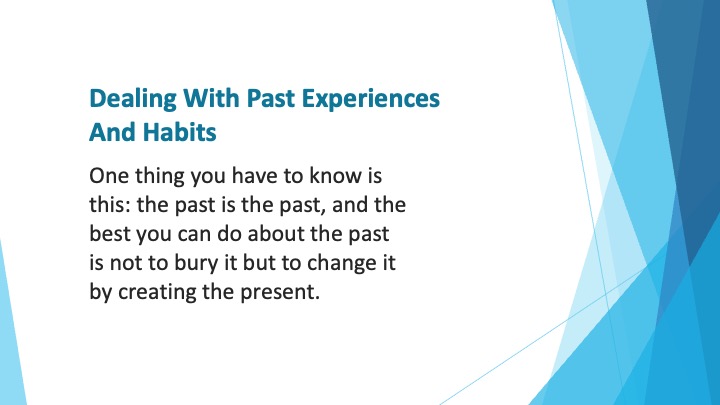


**S16 :** • Your body and mind in relation to patterns and past experiences.



**S17 :** • Your current feelings and your expectations about the future.

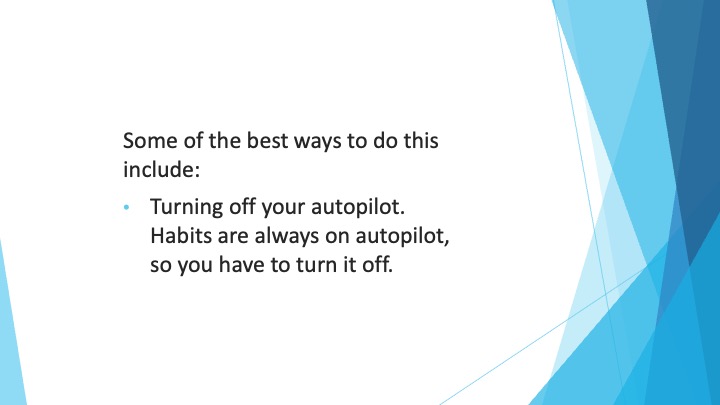
• Routine experiences and behaviors.



**S18 :** Dealing With Past Experiences and Habits

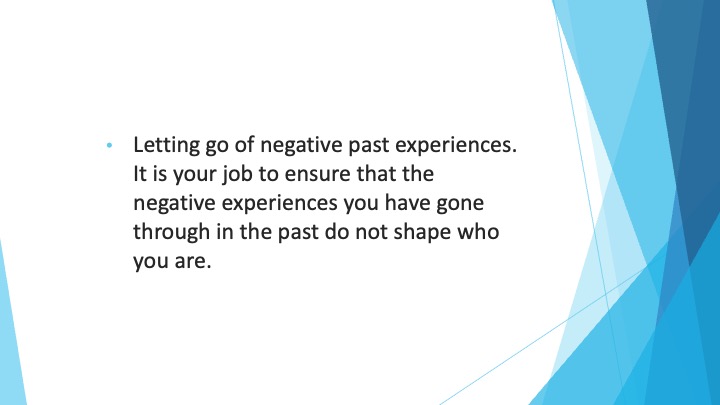
One thing you have to know is this: the past is the past, and the best you can do about the past is not to bury it but to change it by creating the present.

There are many ways to let go of the past, and this includes controlling and reframing your views of negative experiences.

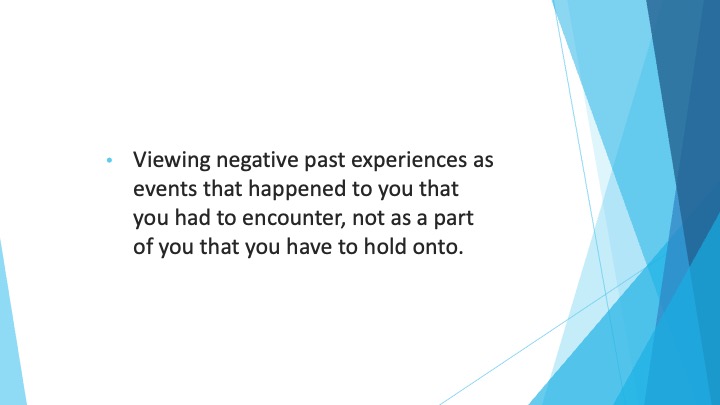


**S19 :** Some of the best ways to do this include:

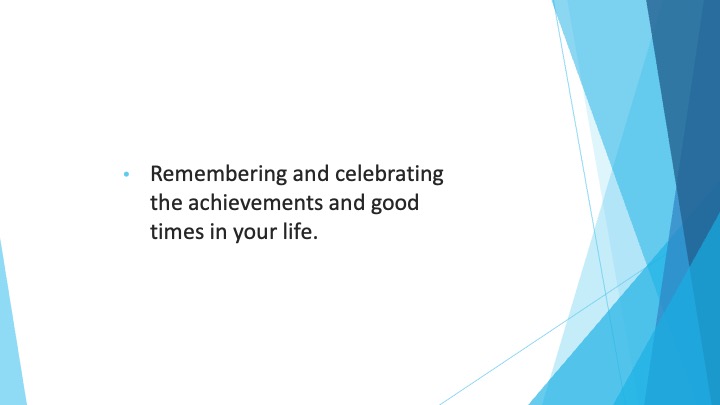
• Turning off your autopilot. Habits are always on autopilot, so you have to turn it off. Your mind is automatically conditioned to respond to a number of scenarios that come as a result of habit, and it is much easier to just sail through on autopilot and not really live.



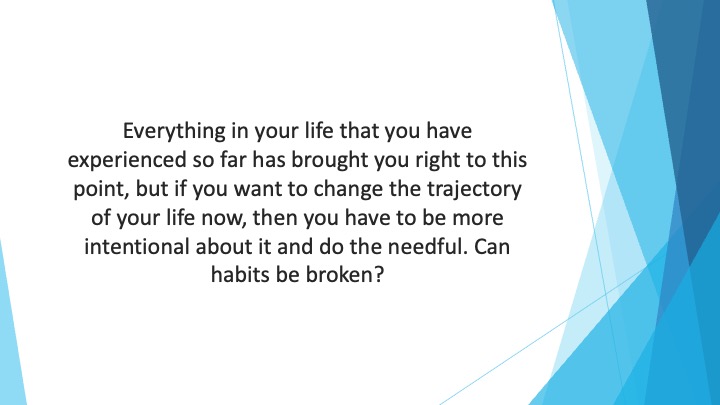
**S20 :** • Letting go of negative past experiences. It is your job to ensure that the negative experiences you have gone through in the past do not shape who you are.

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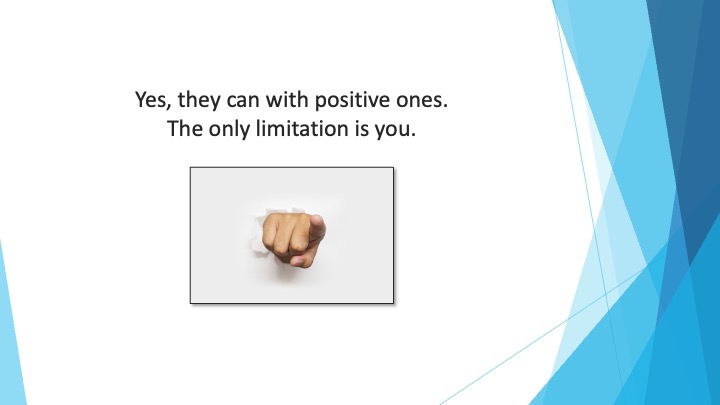
**S21 :** • Viewing negative past experiences as events that happened to you that you had to encounter, not as a part of you that you have to hold onto.



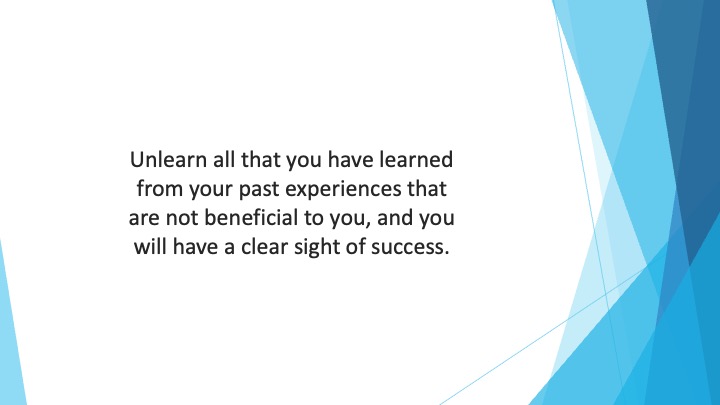
**S22 :** • Remembering and celebrating the achievements and good times in your life. Let them be the source of all the inspirations that you will have in the future.



**S23 :** Everything in your life that you have experienced so far has brought you right to this point, but if you want to change the trajectory of your life now, then you have to be more intentional about it and do the needful. Can habits be broken? Yes, they can be replaced with healthier habits. Can negative past experiences be reframed?

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**S24 :** Yes, they can with positive ones. The only limitation is you.

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**S25 :** Unlearn all that you have learned from your past experiences that are not beneficial to you, and you will have a clear sight of success.