

Self-Help Reminders: An Easy Way to Cultivate Awareness

Do you set reminders on your iPhone or PC, so that you do not forget about work meetings, medical appointments, relatives' birthdays and other important tasks?

And what about self-help reminders that help you to stay grounded, optimistic, creative and focused throughout the day?

I have plenty of these around my house. They might not make sense to anyone except for me, but they help me to cultivate awareness and stay focused on things I would most likely forget to do.

For example, I have a note by my laptop that says, "*Remember to blink*". I put it there after I read that we tend to blink less when we look at a computer screen or a TV monitor, which makes our eyes feel tired and irritated and strained. Reminding myself to take a few minutes and just blink rapidly is one of my resolutions to keep my vision from declining again.

There is also a big poster in my bathroom that says, "*The poor long for riches, the rich long for heaven, but only the wise long for tranquility*". It is hard to explain why, but this quote by Swami Rama leaves me feeling peaceful and relaxed at the end of the day.

Maybe you have such reminders around your house as well?

I attached to the wall that said, "Find a way". Chris told me that whenever he was facing a problem or had to make an important decision, staring at the blank wall in front of him, made him feel even more stuck.

Having a sign there that said "*Find a way*" had helped him to stay focused on possible solutions and stay more productive.

This is not as strange as it may seem at a first glance.

Psychologists have long known that such reminders, catchphrases, positive affirmations and inspirational quotes hold the power to influence our subconscious beliefs, boost our mood and develop better lifestyle habits.

If you have never tried incorporating them into your daily life, I suggest you give it a try and see if they work for you.

Below is a list of catchphrases and self-help reminders I like using:

- "*Life is what you make of it.*"
- "*There is plenty of time.*" - I have to repeat this when I feel rushed and start making stupid mistakes.
- "*Order and clarity*"
- "*Will I regret not trying it?*"
- "*It's a meditation*" - I often say it to myself when I have to do the tasks around the house I do not particularly enjoy.
- "*I can do anything for 15 minutes*"
- "*Find a way!*" - Thank you Chris. I borrowed this one from you.
- "*There is no bad weather, just wrong clothing*"
- "*Remember, everyone's doing their best all the time.*" - I read this quote in a book a long time ago and it was a revelation to me.
- "*Don't worry, be happy*"
- "*I'll think about it tomorrow*" - A little inspiration from Scarlett O'Hara that does not let the level of my stress affect the quality of my sleep.
- "*All things come to an end*"

- **"Arguments achieve nothing"** - This one saves me from many 'speeches' I know I would regret.
- **"Practice what you preach"** - Not always easy to do, but very motivating.
- **"Pay attention!"** - I like saying it to myself when I am doing something out of habit, like turning off the stove, locking the door or riding a bike to the nearest supermarket.
- **"Be easy to please"** - This one is from Gretchen Rubin, an author of the wonderfully-contagious [Happiness Project book](#).
- **"Simplify!"**
- **"Serve rather than help"** - This is what my mentor always reminds me of. There is a great difference between the two and keeping it in mind helps me to do things for others with a completely different attitude.
- **"It's a beautiful day!"**