

A SIMPLE MINDSET EXERCISE

START WITH THE CORE

At the core we all have innate characteristics that make you -> YOU.
Write down your top 3 core characteristics below.

- 1.
- 2.
- 3.

FUNCTIONAL CHECK-IN

What is functioning well for you in this moment?

RELEASE

What no longer serves you?

ASSESSMENT

What is the new truth or energy you want to bring into existence?

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MAINTENANCE

Name 3 ways you can maintain this new existence on a daily basis.

(Examples: setting an alarm with a daily reminder, counting 3 wins at the end of your day, journaling daily for 10 minutes)

1.

2.

3.

EVALUATION

Set a date to review your frame: Example: review in 7 days.

I will reevaluate my FRAME on:

Any new thoughts or ideas come to mind?

Repeat the exercise as needed and follow the steps above.

INTELLIGENT TIPS

- Remember to breathe, be open and be flexible.
- All parts of this process are connected to each other.
- The frame, like a picture, captures a moment in time and can always change.
- During this process if you feel lost, refer back to your core.