

Reset Your Mindset in Six Simple Steps

Today's Date: _____

You have control over your mindsets - each and every one of them. Changing a mindset is like creating a new habit. It takes focus, a plan and practice. The end result is well worth the time and effort. You've got this.

Follow the six steps below to reset any one of your mindsets. Once you have one mindset where you want it, you can repeat the process to modify another mindset.

Use the space below to identify your responses and actions for each step. Then get to work!

The Mindset I want to reset is: _____

To reset this mindset, I will:

Step 1: Become Aware (Use self-reflection to identify your current thought patterns and beliefs related to the mindset you are resetting)

Step 2: Understand (Identify where your ideas about how you should act, behave and react relating to this mindset came from)

Step 3: Challenge Yourself (Think about the way you view this mindset - question and reevaluate the assumptions and convictions that may be holding you back)

Step 4: Reframe Your Thoughts (Identify what you want to change and the actions you need to take to make the change. Replace limiting beliefs with more positive and empowering ones relating to this mindset)

Step 5: Make a Point to Practice (Repeat the actions, affirmations or reframing thoughts over and over. Make them a part of your daily interactions so they become second habit and happen naturally without needing any extra thought from you)

Step 6 (Optional): Seek help, if needed (Seek support from a professional, like a psychologist or a life coach, or from a trusted friend, partner or other parent.) Who do you want to team up with to help you make this mindset change?