

# Mindset Reset Worksheets

These worksheets are to be used as a tool following viewing the Mindset Reset video. They can also be used in a group setting.

# Mindset Reset Model Steps 1 & 2

## Self-Awareness



10 Seconds

**Step one** of this model helps you be aware of what you are thinking.

- Are you above-the-line or below-the-line with your thinking?
- If you are above-the-line, your energy is at least 7 or higher.
- You are then in the most productive state of mind to accomplish your tasks/goals.
- If you are below-the-line, then taking the time to use this model to reset your mindset will assist you in creating new levels of being self aware.
- This will lower the effects of stress, and allow you to refocus and increase your effectiveness to execute on your responsibilities.

Respond to the question below:

1 = Low Energy / 5 = Medium Energy / 10 = High Energy

Where would you rate your energy level?

1

3

5

7

10

10
9
8
7
6
5
4
3
2
1

- Abundant mentality
- Power to choose
- Accountable
- Can do attitude
- Positive belief



Center Point Line

- Negative beliefs
- Negative attitudes
- Excuse-Maker
- Blame
- Victim mentality



## Deep Breathing

54 Seconds

**Step Two** – If you drop below the Center Point Line, **STOP** what you are doing, **DROP** your current focus, and **BREATHE**.

STOP



DROP



BREATHE

1. Breathe slowly through your nose for the count of 6
2. Hold that breath for the count of 4
3. Breathe slowly out through your nose for the count of 8
4. Repeat steps 1-3 three times for a total of 54 seconds



# Mindset Reset Model Steps 3 & 4

## Focus statements

20 Seconds

- **Step three** - Focus statements are powerful with specific instructions to the subconscious mind designed to help you feel better and increase your energy.
- The general statements shown below help you to feel better *“in the moment”* and lifts your energy from below-the-line thinking.
- Simply, a focus statement puts you back in control of your thought process.
- Repeating the focus phrase one time is powerful, repeating the focus phrase three times and saying it out loud is even more powerful!

Example One

I choose ----- to focus ----- joyfully in this moment!

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Example Two

I let go ----- of what ----- I can't control!

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Example Three

I focus----my attention----on the things I can control. If I cannot affect it or direct it ----- I accept it!

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## Visualize

36 Seconds



**Step four** – The final step in the Mindset-Reset model is a critical step.

- It has been proven that visualization (picturing) helps to clear the mind and reduce below-the-line thinking.
- It also assists in creating higher self-confidence and inspires you to take action. Take another deep breath and picture how you want to feel!
- Feel the confidence you want to create.
- See the event (homework, sports, friends, etc.) going how you want it to go!
- **Where attention goes, energy flows!**
- It is very important for these few seconds to focus only on what you want to be, have, or do!

*“If I talk to myself, I can feed myself with the words and encouragement I need to finish the race.” Jon Gordon*