



# 30 DAY MINDSET CHALLENGE

For the next 30 days, I challenge to re-shape your identity positively. From this moment on and for the next 30 days, I challenge you to change the way you answer the question, "what do you do?"

Instead of saying I am a\_\_\_\_\_ (insert the healthcare profession you studied) now insert what you'd like to identify as. I suggest either business owner or CEO.

"I am the CEO of \_\_\_\_\_"

Mark each day that you've completed the challenge

How do you feel?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>DAY 5</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>DAY 10</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>DAY 15</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>DAY 20</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>DAY 25</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>DAY 30</b>

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Summarise & reflect on the experience

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