

MINDSET TRANSFORMATION MP3 WORKSHEET

CREATING YOUR OWN MINDSET MP3.

01

Get relaxed.

02

Beliefs about the result.

03

Attitude towards the actions.

04

Set up habit hooks

05

Mental Rehearsal

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01

Get relaxed.

"Take a few deep breathes in. Relax your legs, your arms etc."

02

Beliefs about the result. P.A.W.

You have all the resources you need to accomplish (your goal).

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03

Attitude towards the actions.

Leadership conversations are simple.
I do everything with confidence.

04

Set up habit hooks

When _____ You (think, act, feel) _____.

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05

Mental rehearsal.

Imagine yourself in (scenario). Visualise yourself (doing, speaking, doing an action) with confidence/ like a ___ . Watch it through again. And again.
