

MINDSET SHIFT

THE AUTOMATIC THOUGHT

"I'm not good enough for this."

"This is a total failure."

"It's too late to start now."

"I have to do everything perfectly."

"Why is this happening to me?"

"I am stuck."

THE CONSCIOUS REFRAMING

"I am currently learning and growing into this role."

"This outcome provides data for my next attempt."

"The best time to start is today."

"Consistent progress is better than elusive perfection."

"What is this situation trying to teach me?"

"I am pausing to evaluate my next small step."

The Growth Principle

Our brain creates neural pathways based on repetition. By consciously replacing a limiting belief with a constructive alternative, you physically rewire your response to stress and opportunity. Focus on curiosity rather than judgment.