

**THE LEVELHEAD
CLARITY CODE**

**5 POWERFUL
RESETS TO QUIT
THE NOISE, FIND
FOCUS AND LEAD
YOURSELF WITH
CLARITY**

LEVELHEAD

WHY CLARITY CHANGES EVERYTHING

Hey Legend,

**You can have all the tools, the to-do lists, the vision boards...
but if your mind's running in chaos, none of it sticks and
procrastination steps in.**

**Clarity isn't about doing more... it's about doing less, but doing it
intentionally.**

**When you calm the noise, you see what actually matters.
That's where direction, energy, and confidence come back.**

**This guide gives you five powerful "reset codes" you can use
anywhere, anytime.**

**Each one reconnects you back to the only place clarity exists:
here, now, in you.**

So let's go.

RESET 1

THE BREATHE RESET

Reclaim control in 60 seconds.

When your breath is shallow, your body's in survival mode.

When your breath is deep and slow, your mind follows.

Try this right now:

The 4-6 Reset Pattern

Inhale through the nose for 4 seconds

Exhale slowly through the mouth for 6 seconds

Do this for 2 minutes

You'll feel your heart rate drop, your shoulders loosen, your thoughts slow down.

Why it works:

The extended exhale activates your parasympathetic nervous system, the part that tells your body, "You're safe."

Use this when:

You're stressed before a meeting

You can't focus on work

You're reacting instead of responding

Bonus:

As you breathe out, silently repeat:

"Release."

Simple. Powerful. Instant clarity.

RESET 2

THE THOUGHT RESET

Break the mental loops that drain your energy.

Every thought you repeat is like a groove in your brain and most people are stuck replaying the same old track.

Here's how to break it fast:

Step 1: Catch the thought.

“I’m behind.” “I can’t keep up.” “What if this fails?”

Step 2: Say this out loud:

“That’s just a thought, not a fact.”

Step 3: Replace it.

“I’m learning to move at my own pace.”

“I’ve handled worse... I can handle this.”

Bonus Rewire Prompt:

Write one recurring thought that’s been holding you back.

Cross it out.

Write your new belief underneath it in bold.

Why it works:

You’re literally rewiring your brain by redirecting attention.

Neurons that fire together wire together... so fire better ones.

RESET 3

THE THOUGHT RESET

Simplify. Prioritise. Execute.

**Clarity dies in clutter and procrastination creeps its ugly head in.
If everything's important, nothing actually gets done**

**Here's the framework I use and teach:
The Rule of 3**

**Write down the 3 most important things you can do today
that actually move the needle and not just fill time.**

Then ask:

**“If I only got one of these done, which one would make the
biggest difference?”**

Start with that one.

That's your needle mover.

Bonus Add on:

At the end of the day, write down:

What got done

What you learned

What you'll do differently tomorrow

Why it works:

**It clears mental clutter, builds momentum, and stops
perfectionism dead in its tracks.**

RESET 4

THE EMOTIONAL RESET

Regulate your state. Reclaim your power.

**Your emotions don't need fixing, they need processing.
When you suppress emotion, you build pressure. When you
breathe through it, you create space.**

Try this 90-second tool:

Pause. Close your eyes and breathe slow (4 in, 6 out).

**Locate. Where in your body do you feel the emotion? Chest, gut,
throat?**

Label. "This is frustration." "This is fear." (Naming it disarms it.)

Lean in. Don't fight it... breathe through it until it softens.

Why it works:

Emotions are energy in motion.

When you let them move, you move forward.

Quick phrase to remember:

"Feel it to free it."

Use this when:

You're anxious before a big decision

You're carrying stress from a client or employee

You're snappy with people and can't switch off

RESET 5

THE IDENTITY RESET

Shift from who you've been to who you're becoming.

Most people try to change their behaviour without changing who they believe they are.

That's why it doesn't last....here's the deeper work.

Ask yourself:

“Who do I need to become to handle this next level of my life or business?”

Write 3 words that describe that version of you.

Example: Calm. Decisive. Consistent.

**Now, every morning before you start work, breathe deep and say:
“Today, I choose to be calm, decisive, and consistent.”**

Bonus Integration:

Visualise that version of you walking through your day, handling challenges with ease, speaking with confidence, staying focused. Your subconscious doesn't know the difference between visualised and real.

Why it works:

When your identity shifts, your habits follow naturally.

You don't “try” to be confident..... you become it.

DAILY USE TEMPLATE

Use this page every morning or night:

RESET	PRACTICE	NOTES
Breath	4–6 pattern, 2 mins	
Thought	Reframe negative loop	
Focus	Top 3 priorities	
Emotion	Label + breathe	
Identity	Repeat 3 words	

Print this or save it as your daily reminder.

BRING IT ALL TOGETHER

You've just learned the 5 codes that keep you clear, grounded, and powerful.... even when life gets noisy.

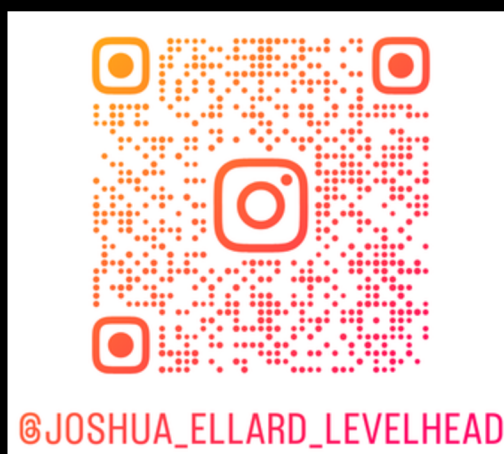
Each one can shift your state in minutes but when you wire them into your subconscious, that's when everything changes.

That's the deeper work we do inside The Mind Ignite Program. If you're ready to go from managing stress, knocking about with procrastination to mastering your mindset and truly hitting your potential.... then let's chat.

Book your free Clarity Call and let's build the mindset that matches your vision.

Instagram: @joshua_ellard_levelhead

Website: levelhead.life



Before we shift anything, we've got to see it.

Grab a paper and pen. Take 5 deep breaths. Slow it right down. Then answer these with honesty - not perfection

1 What's the story I keep telling myself that's keeping me stuck?

2 Where am I letting fear lead the way?

- Relationships
- Work
- Money
- Speaking Up
- Other....

3 What belief about myself feels heavy or limiting?

**4 Where in my life do I feel most disconnected?
(from myself or others)**

5 If I was being brutally honest... What's one truth I'm avoiding?

MINDSET

Reframe

Disempowering self talk pattern	New Empowering Pattern (REFRAME)
<p>Why do bad things happen to me?</p>	<ul style="list-style-type: none"> • What empowering learnings can I learn from this? • What is this experience teaching me? • What is this experience teaching me that is helping me to become even more successful, fulfilled or helping me achieve my goals? • Challenges occur to teach me things I need to learn to excel even more. • Challenges make me stronger
<p>I don't think I can</p>	<ul style="list-style-type: none"> • Who can help me or what do I need to learn? • If I don't think I can, then I must • If I don't believe in me, how can I expect others to? • I believe in myself as I always do ok in the long run • Of course I can
<p>I can't afford it</p>	<ul style="list-style-type: none"> • How can I afford it? • What do I need to learn that will help me to move forward financially? • How can I make this happen? • How can I add value to others?
<p>Nothing good happens to me</p>	<ul style="list-style-type: none"> • Life is about growth and life is challenging me to grow, learn and challenge my potential? • I love a good challenge? • The bigger the challenge the bigger the reward... bring it on, I got this.

MINDSET

Reframe

Disempowering self talk pattern	New Empowering Pattern (REFRAME)
This is tough	<ul style="list-style-type: none"> • Things that are tough are given to tough people to make them strong and I am strong • Tough challenges are given to tough people and I am tough. • There is nothing I can't handle and I can handle this.
I can't do it	<ul style="list-style-type: none"> • If other people can do it, then I can too • This is my opportunity to learn • How can I do it? • If I can't do it, who can help me?
I can't be bothered	<ul style="list-style-type: none"> • If I can't be bothered, then I must • I will get it done • If not now, when?
I'm not good enough	<ul style="list-style-type: none"> • I got this Just because others can't • see my value, doesn't mean I have to play small or not see my own value I create my worth and value by • consistently challenging myself The more I prioritise and live my • values, mission and purpose, the better I feel about myself, the more I see my value

MINDSET

Reframe

Disempowering self talk pattern	New Empowering Pattern (REFRAME)
It's too hard	<ul style="list-style-type: none"> • I love taking on hard challenges as I know it's where I grow the most • Hard challenges create a more powerful mindset • Nothing is too hard. I got this
I'm useless	<ul style="list-style-type: none"> • Everything serves a purpose. I just have to go back to my purpose and mission. • Feeling useless is a reminder to go back to my values and prioritize my values and stop trying to live in other people's values I see my value by seeing the small wins • I have each day and the small steps I take which keeps me moving forward
I'm tired or I'm burnt out	<ul style="list-style-type: none"> • I either need to sleep, think or get on with it. Which one is it? • I need to get back into my flow • When I live my values, my energy is high and I have enthusiasm. My low energy is feedback to get back into my flow and live my values.
I'm stressed	<ul style="list-style-type: none"> • I control my stress, Stress doesn't control me • Stress is just showing me areas where I'm growing and stretching myself • Stress is a sign of growth. Bring on the growth

MINDSET

Reframe

Disempowering self talk pattern	New Empowering Pattern (REFRAME)
I'm anxious	<ul style="list-style-type: none"> • I sometimes get excited about new things • Doing new things is often exciting and uncomfortable at the same time • Anxiety is just fear in disguise. What am I afraid of and how can I use the fear to make better decisions.... Not allow it to stop or slow me down? • Anxiety is just fear in disguise. I just need to breathe deep, stay calm and focus on the best outcome. I got this..... BREATHE
I'm depressed	<ul style="list-style-type: none"> • How is feeling this way benefiting me? • The good thing about hitting the bottom is that I'm on the way back up • My emotions are available to be acknowledged. I can be aware of them. But I don't need to let them define my life, my happiness or my actions. • What are 10 small wins for today? • Each day I look for my wins, no matter how big or small. Small wins lead to bigger wins over time and I will eventually win. • Each day I focus on my mission and my small wins the more I feel like a winner. Keep going!
If only.....	<ul style="list-style-type: none"> • I can't take back the past, But can change the future based on my thoughts and actions now

MINDSET

Reframe

Disempowering self talk pattern	New Empowering Pattern (REFRAME)
I'll do it later	<ul style="list-style-type: none"> • I'll do it now • If not now, when? • The perfect time is now, I'll get it done now • If it's worth doing, it's worth doing now
What if it doesn't work	<ul style="list-style-type: none"> • What if it does work? • I may not always make the right decision, but I can always make bad decisions work for me. • If it doesn't work out, I will learn something empowering and valuable that will help me make a better decision next time • In the long run things always work out for the better
I'm unsure	<ul style="list-style-type: none"> • The only thing I'm sure about in life is death and taxes. The rest it up to me. I'll make it work • I'll make it work • I back myself and believe in myself • I got this • Time never helps make a better decision, only the correct information helps make a better decision. What information do I need to make an effective decision? • What do I need to learn to feel more certain?

MINDSET

Reframe

BONUS FRAMES

THE GOOD FRAME

When something goes wrong or doesn't work out... SAY "GOOD" before saying anything else.

This will automatically change your mental state before tackling the problem

THE OPPORTUNITY FRAME

When there is a problem, challenge or anything that might throw you into a negative or disempowering mindset, ASK "What is the opportunity that is being presented?"

This is a powerful mantra that I teach at my famous Thrive Time® event.

The goal of this mantra is to immediately change your focus, change your posture and prime your autonomic nervous system.

1. Start by lifting your eyes up and looking up
2. Lift your chest up and sit or stand tall
3. Take a big deep breath
4. Say to yourself "I got this"

THE LEVELHEADED MANTRA

- Eyes up
- Chest out
- Breathe deep
- "I'VE GOT THIS"

Repeat until your nervous system and mindset is primed for action and you feel your mental and emotional state change

LEVELHEAD

*DO YOU WANT TO ACHIEVE
MORE?*

Do you want to stay accountable
and maintain a great mindset?

IF YOU ARE SICK OF NOT GETTING THE RESULTS YOU WANT OR YOU KEEP SLIPPING WITH YOUR PERSONAL HABITS AND DISCIPLINE.... THIS IS FOR YOU! MY MIND IGNITE PROGRAM INVOLVES **WEEKLY LIVE GROUP COACHING CALLS** WITH ME PLUS WEEKLY TRAINING VIDEOS TO KEEP YOU PROGRESSING AND BREAKING THROUGH THE STUFF KEEPING YOU STUCK. IMAGINE HAVING ACCESS TO A WORLD CLASS COACH WHO HAS PERSONALLY COACHED SOME OF THE WORLD'S TOP ATHLETES AND RICH LISTERS!

SUCCESS & ACCOUNTABILITY PROGRAM

WEEKLY GROUP COACHING CALL
FORTNIGHTLY ONE TO ONE COACHING
GROWTH CHALLENGES
ACCESS ANYWHERE, ANYTIME VIA APP

BENEFITS

- IMPROVED MINDSET & DISCIPLINE
- **HEALTHIER HABITS** INCREASED
- ACCOUNTABILITY **MASTER YOUR**
- **MONEY** STRENGTHEN YOUR
- RELATIONSHIPS