

# MINDSET *Reframe*

## 20 SIMPLE, YET POWER PACKED MINDSET REFRAMES...

...that you can immediately use to shift your negative or disempowering self talk and help **RESPARK YOUR ENERGY** and **MOTIVATION**.

### REFRAME MEANING

A change in perception which enhances our nature, knowledge, and behaviour. Making changes in our habits, routines, behaviours and thoughts.

### HOW TO USE

- ✓ **CATCH YOURSELF**  
Catch your negative or disempowering self talk
- ✓ **EMPOWERING REFRAME**  
Use one of the below Empowering Reframes to change your thought habits (Thought patterns)
- ✓ **CONTINUE REFRAMING**  
Keep reframing your negative self talk until you create new **EMPOWERING** self talk habits.

# MINDSET

## Reframe

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

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

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It's too hard	<ul style="list-style-type: none"> <li>• I love taking on hard challenges as I know it's where I grow the most</li> <li>• Hard challenges create a more powerful mindset</li> <li>• Nothing is too hard. I got this</li> </ul>
I'm useless	<ul style="list-style-type: none"> <li>• Everything serves a purpose. I just have to go back to my purpose and mission.</li> <li>• 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</li> </ul>
I'm tired or I'm burnt out	<ul style="list-style-type: none"> <li>• I either need to sleep, think or get on with it. Which one is it?</li> <li>• I need to get back into my flow</li> <li>• 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.</li> </ul>
I'm stressed	<ul style="list-style-type: none"> <li>• I control my stress, Stress doesn't control me</li> <li>• Stress is just showing me areas where I'm growing and stretching myself</li> <li>• Stress is a sign of growth. Bring on the growth</li> </ul>

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I'm anxious	<ul style="list-style-type: none"> <li>• I sometimes get excited about new things</li> <li>• Doing new things is often exciting and uncomfortable at the same time</li> <li>• 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?</li> <li>• Anxiety is just fear in disguise. I just need to breathe deep, stay calm and focus on the best outcome. I got this..... BREATHE</li> </ul>
I'm depressed	<ul style="list-style-type: none"> <li>• How is feeling this way benefiting me?</li> <li>• The good thing about hitting the bottom is that I'm on the way back up</li> <li>• 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.</li> <li>• What are 10 small wins for today?</li> <li>• 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.</li> <li>• Each day I focus on my mission and my small wins the more I feel like a winner. Keep going!</li> </ul>
If only.....	<ul style="list-style-type: none"> <li>• I can't take back the past, But can change the future based on my thoughts and actions now</li> </ul>

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I'll do it later	<ul style="list-style-type: none"> <li>• I'll do it now</li> <li>• If not now, when?</li> <li>• The perfect time is now, I'll get it done now</li> <li>• If it's worth doing, it's worth doing now</li> </ul>
What if it doesn't work	<ul style="list-style-type: none"> <li>• What if it does work?</li> <li>• I may not always make the right decision, but I can always make bad decisions work for me.</li> <li>• If it doesn't work out, I will learn something empowering and valuable that will help me make a better decision next time</li> <li>• In the long run things always work out for the better</li> </ul>
I'm unsure	<ul style="list-style-type: none"> <li>• The only thing I'm sure about in life is death and taxes. The rest it up to me. I'll make it work</li> <li>• I'll make it work</li> <li>• I back myself and believe in myself</li> <li>• I got this</li> <li>• 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?</li> <li>• What do I need to learn to feel more certain?</li> </ul>

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## 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 in my Mind Ignite program

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 THRIVE TIME MANTRA

- Eyes up
- Chest out
- Breathe deep
- "I 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 will be by your side to truly make lasting change.

## 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



IGNITE Growth  
INSPIRE Change  
EVOLVE Lives