

# Mindset Matters

## CURRENT SITUATION / ISSUE

Write down everything you think you have to do around this situation or issue:

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What are the top three things on that list that feel the hardest or the worst:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now, write those three things down, starting each sentence with "I get to...":

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When you write them down starting with "I get to", how does that change your thought about them?

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What is one thing you commit to do this week to reframe your mindset?

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