

SESSION 2: MIND YOUR MINDSET

WORKBOOK

THE FEARLESS LEADER DIGITAL COURSE WITH JOAN ROBISON



Joan Robison is equal parts **innovator, business strategist, and leadership coach**. With a mission of igniting transformational change, Joan works with individuals and teams who want more. With kindness, insight, and coaching expertise, Joan helps people quickly ***Flip the Switch*** from a problem to a solution. She challenges others to become the people they are meant to be, and to live a life they love.

Joan brings twenty years of experience as a top producer in network marketing. She has established and grown three multi-million dollar sales organizations. Joan views all that she does as a way of serving others, a mindset that started with her career in management at Nordstrom. Joan is known for her exceptional ability to develop and build leadership skills in others. She encourages others to rise by empowering them to be their best selves. Joan is a DSWA Certified Coach and Trainer, and helps leaders and sales organizations improve their organizational growth and leadership development.

When Joan isn't working, you can find her hiking or climbing mountains in Arizona. She enjoys traveling, and is always ready for the next adventure.

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Your _____ and _____ establish your mindset.

REFRAMING



We _____ outside influences.

We _____ how we choose to look at them.

Low Vibration Statement

- I am so busy!
- _____
- _____
- _____

Low Vibration Statement

- I am blessed with an abundant life.
- _____
- _____
- _____

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RITUALS



How do I begin my days?

☐ Calm _____

☐ Chaos _____

A morning ritual ...

Habits I am thinking about:		Habits I will begin this week:
• _____		• _____
• _____		• _____
• _____		• _____
• _____		• _____

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H.A.L.T.



H _____

A _____

L _____

T _____

In the next week, what will I do to ignite transformational change in my life?



What makes this important to me right now?