

WORKING ON YOURSELF

Mind Your Mindset



Flip The Switch

Ignite transformational change
to *Live a Life you Love*

Joan Robison
partners



Your **thoughts** and **beliefs** establish your mindset.

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A H A

MOMENT

Which ideas stood out to you?



**What is
on your mind
today?**



**Q & A
Discussion**

Reframing



Reframing

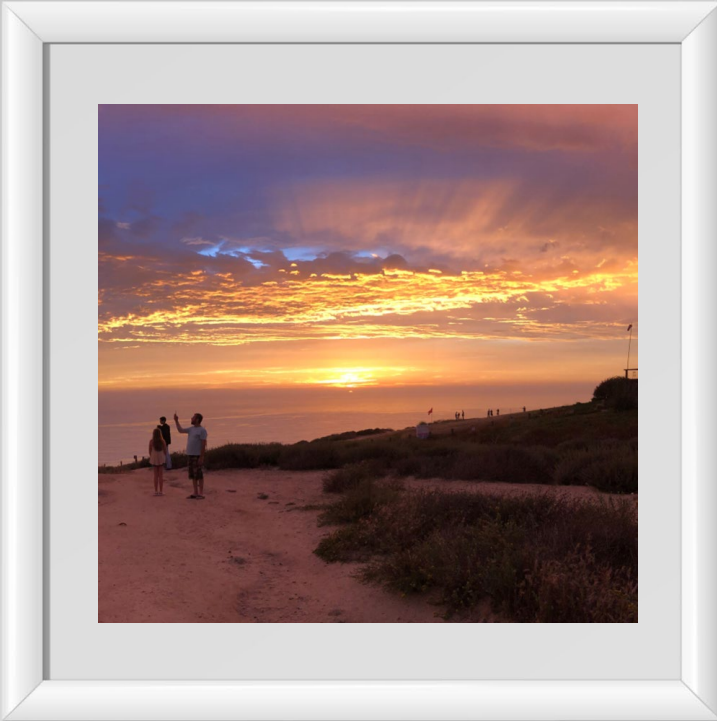
We **can't control** outside influences.

We **can control** how we choose to look at them.



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Reframing

Low Vibration Statement

I am so busy!

Elevated Vibration Statement

**I am blessed with
an abundant life.**

Reframing

Low Vibration Statement

Elevated Vibration Statement

Rituals



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How do you begin your days?

Rituals

How could a morning mindset ritual
elevate your well-being each day?

Rituals

What new habits
are you thinking about
to cultivate a more positive mindset?

Rituals

What new habits

~~are you thinking about~~

to cultivate a more positive mindset?

Rituals

What new habits

will you **begin** this week

to cultivate a more positive mindset?

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H.A.L.T.



H.A.L.T.

Hungry

Angry

Lonely

Tired

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Eat foods that fuel you.

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Help someone.

Tired

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Move! Rest!



**Q & A
Discussion**

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