

Module 1 Success Mindset: The True You

Now that you have completed The Present You exercise, it is time to start shifting into The New You. Don't skip over this step, thoughts are sneaky and we need to do the hard work to dissolve them and replace them with something that is ultimately going to be more successful for you.

PART 1A: Take each untrue (not helpful) thought you have from the previous worksheet and simply turn it around to the opposite.

E.g. 'I am not good enough to be a successful entrepreneur', becomes, 'I am good enough to become a successful entrepreneur'.

PART 1B: Under each new thought, come up with an example in your life of how this turned around thought is actually true.

E.g. 'I am good enough to become a successful entrepreneur'.

- I am extremely talented and passionate about what I want to do

PART 2: In reviewing your turn-arounds and now a series of helpful thoughts to replace the old negative ones, I want you to create a Success Mindset Mantra to use each and every day. Hint, keep it short and sweet, you want something you can repeat!

My Success Mindset Mantra is:

I.e. "I am truly capable of creating success", "I am passionate and unstoppable", "I believe in myself"