

Pocket

# SHIFT:

THOMAS GODFREY MINDSET COACH

## 3 MINDSET SHIFTS TO MEET PRESSURE WITH PRESENCE

### 1: Your triggers are gifts.

It is never about the person, thing, situation or event triggering you, and always about what it is pointing to **within** you. Your triggers are opportunities for growth and will keep on presenting themselves until you learn the **lesson** about yourself that they bring.

### 2: Listen, pause, respond.

Practice giving others **space** to communicate. Particularly if they're challenging your beliefs. When you think they're done, give **another** few moments pause. Often that extra space allows them to share the **answer** to the question you were about to ask.

### 3: You are not your thoughts.

You are the **observer** of thought. Notice how the mind continually sweeps you away on thought trains replaying past events, or into some hypothetical future timeline. Your mind is there to be **mastered** by you, not the other way around. Remain the observer, choose with deliberate **intention** which thoughts to act upon, practice letting the rest simply float on past.

TGC

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