

Pocket

# SHIFT:

THOMAS GODFREY MINDSET COACH

## 3 MINDSET SHIFTS TO REFRAME YOUR IDEA OF STRESS

### 1: Respond, don't react.

Reacting is habitual and unconscious, responding is conscious and intentional. When you are about to react, practice deploying a simple circuit breaker of - observe - allow - breathe - before choosing your response. Often no response is perfectly valid.

### 2: Grateful reflection.

Reflection is the other side of intention, too often we fall into the trap of always looking ahead at what's next that we forget to appreciate just how far we've already come, how much we've learned. Enjoying the journey becomes easy when reflecting along the way.

### 3: Inner becomes outer.

Your inner world - of thoughts emotions and beliefs - colours your outer world, to the extent that the reality we experience, is filtered through our own personal lens. So to some degree we continually encounter the world that we believe exists. If then you expect to find stress in a situation, event, person, you likely will.

TGC

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