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THOMAS GODFREY MINDSET COACH

3 MINDSET SHIFTS TO MAINTAIN FOCUS

1: Decision is growth.

Every decision you ever made has brought you to this moment. We can never truly quantify the decision we didn't make, since it only exists on a [hypothetical](#) timeline. There are no wrong decisions, just decisiveness, and [learning](#).

2: Self-care is not selfish.

Investing in our own physical, mental and spiritual health and resilience is one of the greatest [gifts](#) we can ever give to those around us.

The [standards](#) you keep when no one else is looking, is how others will find you.

3: Truth does not require consensus.

Your personal standard is your [foundation stone](#) to becoming the person you would like to become.

Don't allow [apparent](#) consensus opinion of others to derail your focus. Just because everyone else is doing something, does not mean it's right for you.

Conformity is the opposite of [courage](#)!

TGC

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