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SHIFT:

THOMAS GODFREY MINDSET COACH

3 MINDSET SHIFTS TO TRANSFORM YOUR SELF TALK

1: Pay attention.

Simply begin to practice **noticing** each time you say;

“I’m just not...”

“I’m not one of those people who...”

“I’ve never been...”

You are uncovering your **unconscious** fixed beliefs.

2: Assess and challenge.

Remember, all beliefs are just **ideas** that we have stopped questioning, accepted, and internalised. Is this **really** how you are, or is it just how you think you are, or how you used to be? Perhaps it is how you think **others** think you are?

3: What if you can choose?

Take a blank sheet of paper and a pen and write the three character traits of the person you would love to **become**, with no limitations and no blockers. Think of it as an exercise in building your **ideal** character, where you get to choose how you describe yourself. Then, read it aloud every day, reminding yourself “**I am becoming...**” replacing your old self talk.

TGC

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