

The Leadership Toolbox

How to Improve your Mindset

Tick all of the following mindset blocks that apply to you

- You question yourself
- You compare yourself to others
- Negative self talk
- Self doubt
- Lack of confidence
- Feel like an imposter

Tick all of the following ways that this comes up for you:

- Excuses
- Feeling resistant
- Self Sabotage
- Being a martyr
- Being too busy

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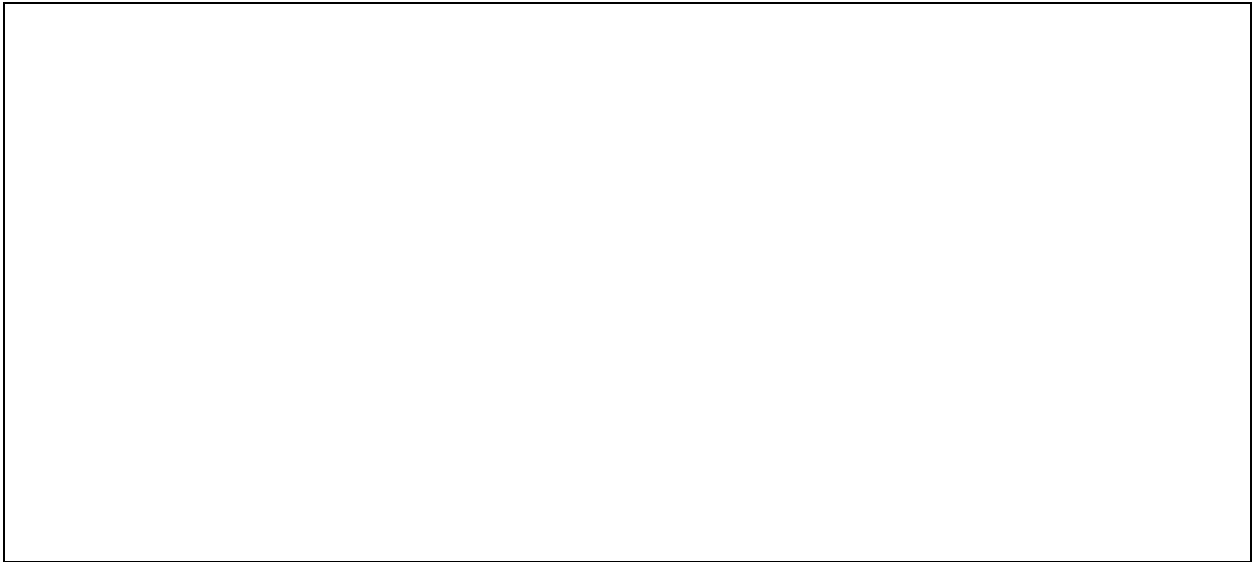
Add some more detail here about what these mean for you

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Tip #1 _____

Where in your life could do with a de-clutter?

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How did de-cluttering make you feel?

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Tip #2 _____

(Don't forget to download your guide to give you more information)

Tip #3 _____

Part 1

Negative things you say to yourself	Positive Statement

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Part 2

When you catch yourself saying your negative statements, replace it with your positive statement.

What have you noticed?

Tip #4 _____

Make a note of how you're planning to disconnect, and what you need to do to achieve it.

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Tip #5 _____

Start your celebration journal here. For the next 5 days write down at least 3 positive things from your day. Remember they don't have to 'big' things.

Day 1

1.
2.
3.

Day 2

1.
2.
3.

Day 4


1.
2.
3.

Day 5

1.
2.
3.

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Notes

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