



MINDSET REFRAME WORKSHEET

Shift from Fear → Possibility

NAME THE FEAR (*What fear, worry, or limiting thought is showing up?*)

I might fail, No one wants what I offer, what if I fail? _____

WHAT TRIGGERED THIS (*an event, thought or situation?*)

WHAT IS THE STORY YOU'RE TELLING YOURSELF?

example, "If I make a mistake, everything falls apart". _____

TRUTH CHECK

Is this fear 100% True? YES or NO

What evidence do I have? _____

REFRAME THE NARRATIVE (*what if...*)

With a shift from fear to possibility, what new story could be true? _____

ANCHOR INTO STRENGTH

What strength, past successes, or resources do you already have? _____

EMPOWERING QUESTION (*what is possible if I trust myself?*)

Replace "what if something goes wrong?" _____

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Participant Handout

Limiting Belief About Myself

I am shifting FROM _____

My New Belief about Myself

I am shifting TO _____

AND Trust Myself TO _____

Embody the Shift

How will I remind myself of this new mindset today?



One Small Brave Step

One DoAble Action I commit to in the next 24hrs: _____

