

### Mindset Shift Exercise

	Reality of Your Experience	Your Ideal Experience
<b>What is your current intention to create this year?</b>		
<b>What are the current thoughts you think about this situation?</b> <b>What is the underlying mindset statement?</b>		
<b>What feelings do those thoughts create?</b>		
<b>What behavior do you demonstrate as you think and feel these thoughts and feelings?</b>		
<b>What is the impact of continuing this mindset and behavior?</b>		
<b>What are one or two actions you can take to get closer to the Ideal Experience?</b>		
<b>What support do you need to make these changes?</b>		

Focus on these actions for the next 2 weeks and see what you experience.

Focus on 1-2 actions every 2 weeks until you have created your ideal experience.

Have a coach or accountability buddy to check in with every two weeks to keep you on track and focused on the shift you desire to make for each intention you are holding for your year.