

# Mindset Transformation Coaching®

## ANCHORS OF MINDSET TRANSFORMATION

Challenging yourself with questions like these will condition your mind in critical areas of mindset transformation. Keep this page with you and revisit it several times per day, or when you are faced with a challenge.

### Self-Awareness

***Am I honoring my needs and speaking my truth today?***

Are my actions, words, and values congruent?

### Wellness

***Am I taking care of myself first?***

Am I eating clean, balanced and with frequency? Am I getting at least 2 quarts of water daily? Do I support my energy needs with adequate sleep?

### Productivity

***What is my main goal today?***

What key elements must I accomplish today to advance my life?

### Distraction

***Am I creating boundaries and limiting distractions today?***

What strategies will I implement to stay focused?

### Presence

***Am I active and engaged with the people and things in front of me?***

How can I lift my spirit and energy?

### Judgment

***Am I practicing tolerance today?***

Am I being open-minded to new ideas and thoughts? Do I recognize that we all have different life experiences shaping our model of the world?

### Modeling

***Am I living in the way that I want to be remembered?***

Whose life can I positively influence today?