

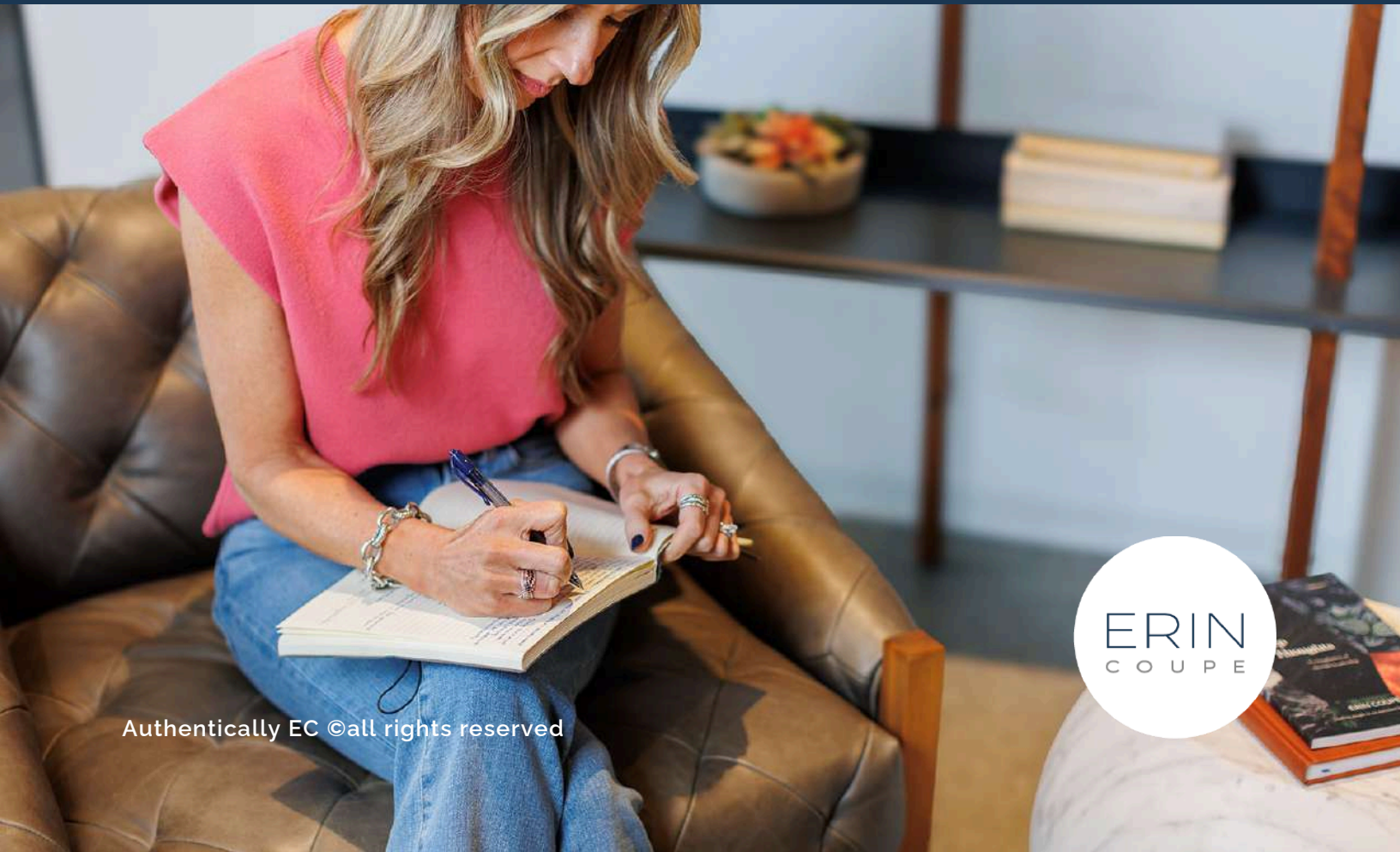
Tools, Prompts & Practices
prepared for YOU

ERINCOUPE.COM

Mastering Your *Mindset*

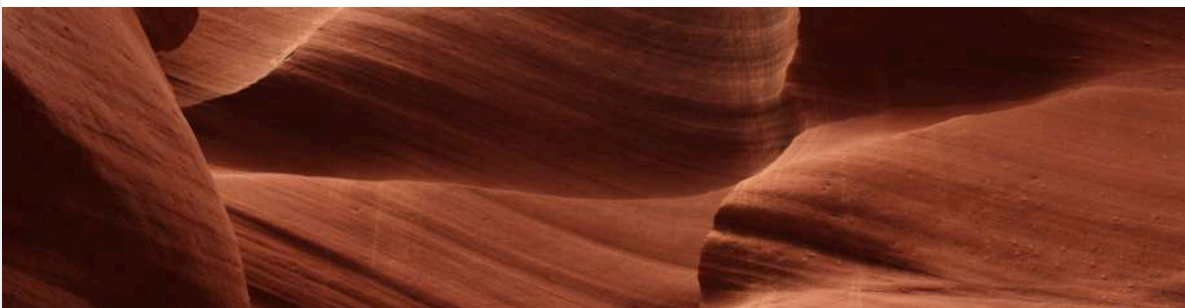
BY ERIN COUPE

A Guide for Authentic, Intentional Growth



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Hi! It's an honor to share the tools and practices with you that have changed my life, and lives of thousands I've worked with, for the better. Whether you're just beginning your journey of personal development or you're here to deepen the journey, welcome to this guide to mastering your mindset. With this self-work you'll come to know yourself more deeply and authentically engage with yourself, others and life itself.

Maybe you're here because you feel stagnant in your career, or your life seems to feel redundant (groundhogs day!), or maybe you've been seeking growth for some time but aren't quite making the progress you'd hoped for. Trust me, I get it. I've been in all of these frames of mind, and then some.

This guide is full of the game-changing practices, tools and prompts that are designed to enhance your self-awareness, take control of your thoughts and emotions, and shift habits toward your goals. It's key is to engage with the practices and build a cadence around them. Repetition and attention is necessary to make these new skills organic. With time, they become natural.

I trust that you'll feel my energy and passion behind every word I write in this guide, in my emails, and in the video/podcast content I create to support your continued personal development and professional growth.

Practicing these tools will help feel more grounded, cultivate skills to lead yourself intentionally and empower you to connect with the world more authentically.

Welcome to the journey of authentic, intentional growth!



Erin

This guide is designed as a resource for those who choose to practice the mindset tools within for their own benefit. It is not medical advice, clinical practice nor therapy and not to be used or intended for use in any manner other than individual personal growth and development.

First a commitment.

Making a written commitment to your own growth will serve as an anchor for you to keep track of how far you've come. Change happens by design or by disaster. Let this be a time where you no longer wait for positive change to arrive, you instead design your life around it. The opportunity is yours and there's no better time than now to believe in you!

What have I wanted to change about my life or self, yet not pursued it historically?

Where can I make simple steps toward this change starting now?

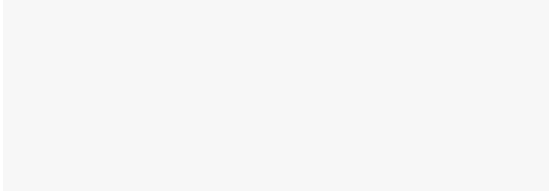
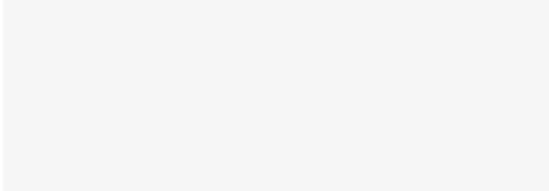
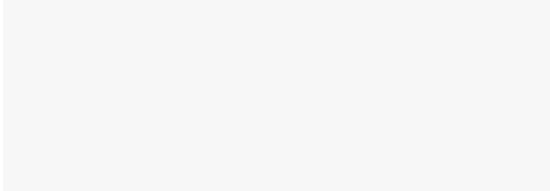
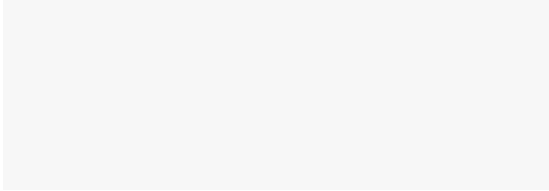
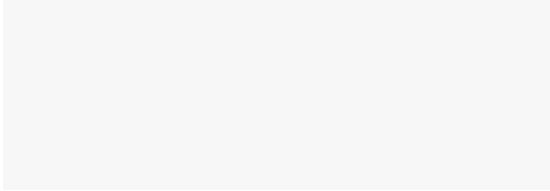
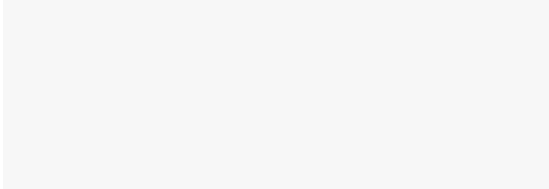
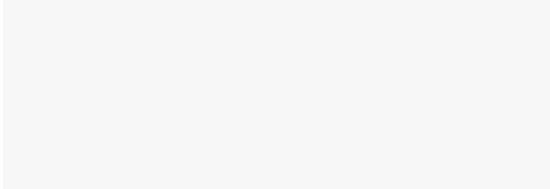
Who can I talk to from work or in my personal life to help me stay accountable?

If I don't pursue this will i be happy? If I do pursue it how will my future self feel in 6 months?

What I'm most excited about in the next six months of my life is...

Reframing negative thoughts.

Take note of negative thought(s) that you seem to have repeatedly. These repetitive thoughts create beliefs and ultimately ways of being are formed that do not serve you. If left unchecked these can limit your actions toward your goals and hinder your confidence to pursue what you really want for yourself. Turn these thoughts into more positive statements (affirmations) then read and recite them three times in a row every day. You're training your brain to form new neural pathways around the positive statements, so your mind can start to believe they are true. Positive thinking dramatically increases your chances of success in any endeavor.

Negative Thought	Positive Affirmation
	
Negative Thought	Positive Affirmation
	
Negative Thought	Positive Affirmation
	
Negative Thought	Positive Affirmation
	

Tame your inner critic.

Your inner critic is not YOU. It's just the voice of the wounded ego conjuring up negative thoughts that keep you trapped in a comfort zone. Give it a name and start to speak back to it from the quieter voice within, that of your heart. Especially when it feels controlling and loud.

You have the power to quiet this inner critic or to help it grow. You can choose the thoughts you listen to and believe. Be mindful where you give away your energy and attention to the thoughts that do not serve you. The messages in our minds and how we relate to them shape our self-worth.

Give your inner critic a name. It can be a person or a thing.

What does this voice say to you on repeat?

How does this make you feel?

What do you want to believe and feel instead?

What do you notice when you speak back to the inner critic in your mind from the quieter, kinder voice of your heart?

Regulate emotions with 3 A's.

Use this as a tool to regulate your emotions. The key is to be present to what you're experiencing and allow the emotions to pass through you. Focus on breathing (box breath, belly breathing or the 4-7-8 technique work wonders to calm the nervous system).

If you don't acknowledge emotions you can't learn from them. Pushing them down, numbing and projecting only hurts you. Hint: Use "I feel" for intense emotions, not "I am." Use "I am" with emotions you want to feel more of!



AWARENESS

I feel {insert emotion} and it's showing up in my body {where}. I pause to create space so I can breathe, get present, and observe the thoughts that arise



ACCEPTANCE

I accept the discomfort in feeling this intense emotion. I do not resist it nor do I let it control me. I'm curious what it is teaching me



ACTION

I choose to be compassionate toward myself while directing my thoughts and responding in a way that is aligned with my truth and values

Drop the Comparisons.

It is the thief of joy...and creativity, motivation, fulfillment and so much more. It's a waste of energy. Comparing ourselves to others no matter what they have materially or where they are in their careers is the road to nowhere. You're not going that way!

When you notice something in someone else that you hope you had or wish you were, instead of projecting feelings of insecurity or inferiority, ask yourself these questions. See how you can stay in your power to then make new choices or take inspired actions toward what you want.

What is it about this person that I want or feel like I could be?

Am I triggered by this person and if so what in me feels inadequate? i.e. Usually something we judge in another person is actually something we are meant to look at and accept in ourselves.

Can I accept myself for where i am? can i choose to offer myself grace and compassion? Can I give myself credit for motivating myself to do one thing today that aligns with any of my goals?

What do you want to believe and feel instead?

Rather than focus on what I don't have or who I am not, where can I put my energy and attention that will feel good for me and does not waste it?

Shifting Habits.

You likely find yourself with habit(s) of distraction you know do not serve you. A habit becomes comfortable since it's familiar and easy, even if it's not what's best for you. Choosing your health and mental sanity over what's easy and mind-numbing will boost your energy levels and enrich your well-being.

As you reflect on your daily habits, consider where you can make small shifts. It doesn't have to be cold turkey, just start to make new choices to amplify your energy in the times you would otherwise choose to distract yourself with an old habit.

Energy DETRACTORS

Dark Content
on TV / news

Scrolling &
Social Media

Drinking /
Substances

Shopping,
Gambling & Gaming

Addiction to
Busy-ness

Stress
Eating

Energy AMPLIFIERS

Express Gratitude
& Appreciation

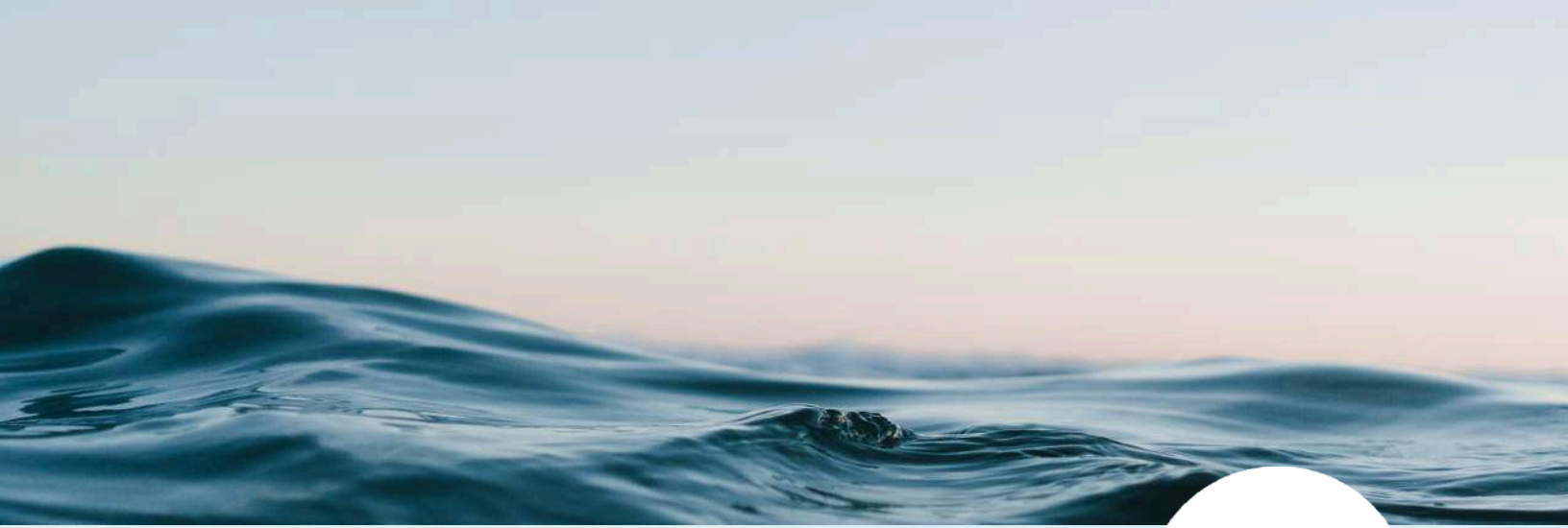
Breathe & Spend
Time in Nature

Meditate
& Journal

Read & Engage
in Learning

Cook Your Meals

Take Care of
Your Body



THANK YOU

Don't wait for
clarity in order to
take action.

Clarity comes from taking action.

ERIN COUPE