

Want more help from me directly?

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MINDSET CHEAT SHEET

Flip Your Identity

Stop saying "I'm just shy." You act like the label you give yourself, so give yourself a better one.

STEP 1 | START HERE

Watch my quick walkthrough first

Loom video link

Why change keeps snapping back

Think of a hair tie. You stretch for a day, act bold, then snap right back to the old you. That's because you changed the behavior but kept the old label. Change the label and the behavior follows.

1

CATCH IT

Notice the label you say on repeat.
Garbage in, garbage out.

2

FLIP IT

Write the new label like it's already true. Say it out loud and end on the down.

3

PROVE IT

Do one small action today so your brain has evidence the new label is real.

Same guy, two labels

Invited to a party

OLD LABEL

"I'm just not a party guy." Stays home, scrolls, and the label gets a little more true.

NEW LABEL

- 1 Catch: "Not a party guy" is just a habit.
- 2 Flip: "I'm someone who shows up."
- 3 Prove: goes for 45 minutes and talks to two people.

Write it. Say it. Share it.

Grab 5 minutes. Be honest on the first part, nobody else sees this.

3 things I say about myself on repeat

1

2

3

My new identity sentence ("I'm someone who...")

My proof action today (small, doable, today)

One goal for the next 7 days

Make it specific, measurable, and timely. Not "get better at talking." Try "start 3 conversations with strangers by Sunday."

My 7-day goal

Who I'll share it with

- ☐ I said my new sentence out loud, ending on the down
- ☐ I did my proof action
- ☐ I shared my goal with one person or posted it in the community

Day 7 check-in: what worked, and what I'll adjust

Want me to check your goal and tell you exactly what to fix?

Get more help inside our community

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