

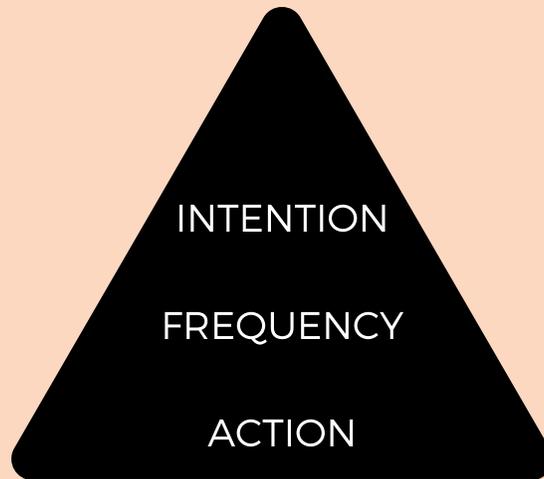
# MIND SHIFT GUIDE

SHIFTING TO A MORE INTENTIONAL LIFE

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Mindset is energy. Everything that manifests first starts with a thought. Energy cannot be destroyed only transmuted. The three pillars that are present when discussing mindset are an intention, frequency, and action.

**Intention:** This is your "why" and the benefit or service you want to give on a larger scale and that is bigger than yourself.

**Frequency:** This has to do with your emotional state regarding your circumstance? Are you feeling grateful or greedy? Your frequency drives the process of attaining any goal.

**Action:** This entails the steps you will have in place to meet the goal you want to attain.

When you get clear about what you want in these three pillars is when you are able to transmute your mindset into something greater. Most think mindset only has to do with thought and frequency but the action is important. Without the "doing" you can't "be".

The best way to analyze your current mindset is by documenting them and evaluating if it's something that you want keep up or not. We all have a paradigm and regardless if you think it is "good or bad" it has served us. The main purpose is expansion and as you continue to learn you will be letting go and adding in new beliefs and pattern systems.

On the next page will be a mind shift guide that includes

**Beliefs and State:** This is where you will include your current beliefs and the state you are feeling. If you aren't feeling your most abundant or gratitude state focus on accomplishing that before moving to action steps.

**Action Steps:** This will include steps you can take to either continue or transmute your beliefs

**Progress:** This is where you will hold yourself accountable and assess what is working.

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BELIEFS AND STATE

ACTION STEPS

PROGRESS