

PEAK SEASON SUCCESS

The Healthy Mindset

"Your focus determines your reality." – Qui Gon Jinn

Thought Habits affect:

- How we think
- What we feel
- What we do

Fixed vs. Growth Mindset

Thoughts have:

- Energy
- Vibration
- Manifestation

Next Level Awareness

Pay Attention to Your Thought Life

- Write down your thoughts
 - Identify the Trigger
 - Look at the Problem/Situation from a Distance
 - Define why you are Frustrated
 - Reframe your Thoughts to the Positive

Healthy Mindset Thought Prompts

- What beliefs are limiting me?
- What action can move me forward?
- What believe better serves my vision?
- What if this could be easy?
- What else is possible?