

MASTERING  
*your*  
MINDSET

SELF CARE HUSTLER



# Welcome!



*Self Care Hustler, Mastering Your Mindset (Workbook)*

Congratulations on choosing to invest in yourself. Taking the time to invest in yourself is one of the wisest choices you can make.

By reading this short e-book, you pledge to complete the steps outlined in this guide.

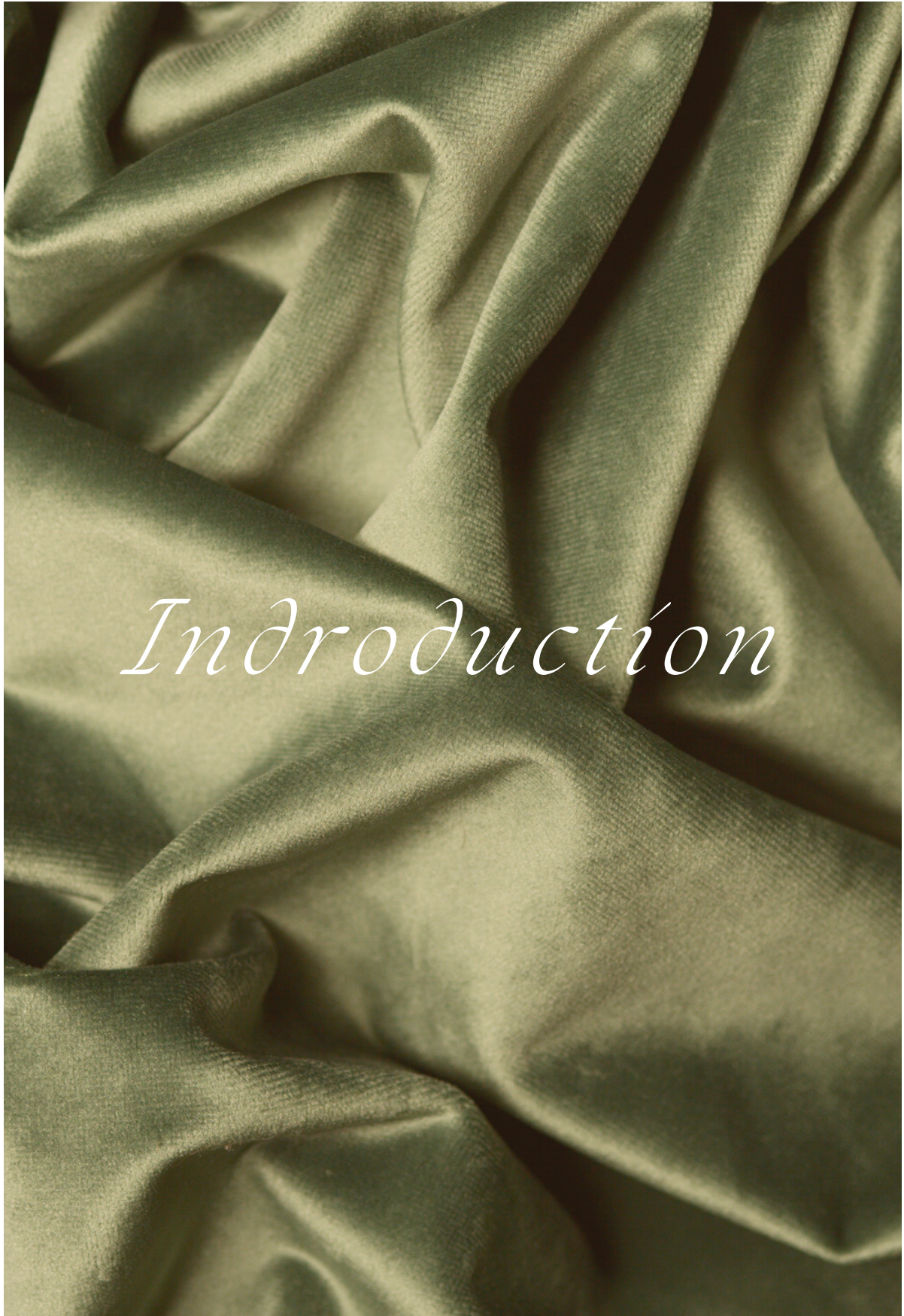
You ended up here for a reason, and I assure you that everything is happening for a reason. The only way you can fail is if you give up.

Therefore, I need you to declare the following statement to yourself: I will work towards my goal until I succeed!

By reading on you agree to dedicate yourself to finishing this workbook and seeing your success through to the end.







# *Introduction*

MASTERING YOUR MINDSET

SELF CARE HUSTLER

# MASTERING your MINDSET

This workbook is designed to help you develop the habits and practices necessary to master your mindset. It contains exercises, activities, and prompts that you can use to build your mental toughness, emotional intelligence, and positive thinking skills.



Mastering your mindset is an essential skill that can help you achieve your goals, overcome obstacles, and improve your well-being. Your mindset is a set of attitudes, beliefs, and values that shape your thoughts and behavior. By mastering your mindset, you can learn to think more positively, adopt a growth mindset, and cultivate the resilience and grit needed to succeed.



# MASTERING your MINDSET

Your mindset is the lens through which you experience the world. It shapes your reality and influences your actions, so choose it wisely.

## WAYS TO INFLUENCE YOUR MINDSET:



READING



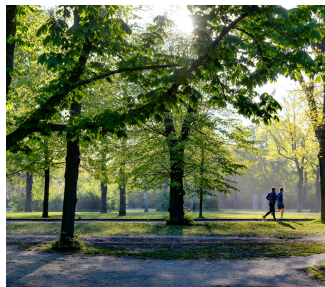
MEDITATION



CREATING



JOURNALING



OUTDOORS



WORKOUT

It's essential to consider what is most beneficial for you. Establishing control over your sense of well-being and contentment is paramount. Self-care plays a significant role in creating a successful business and a healthy mindset. Prioritizing one's pleasure lays the groundwork for the *realization* of prosperity.

# CHAPTER 1: Developing a Growth Mindset

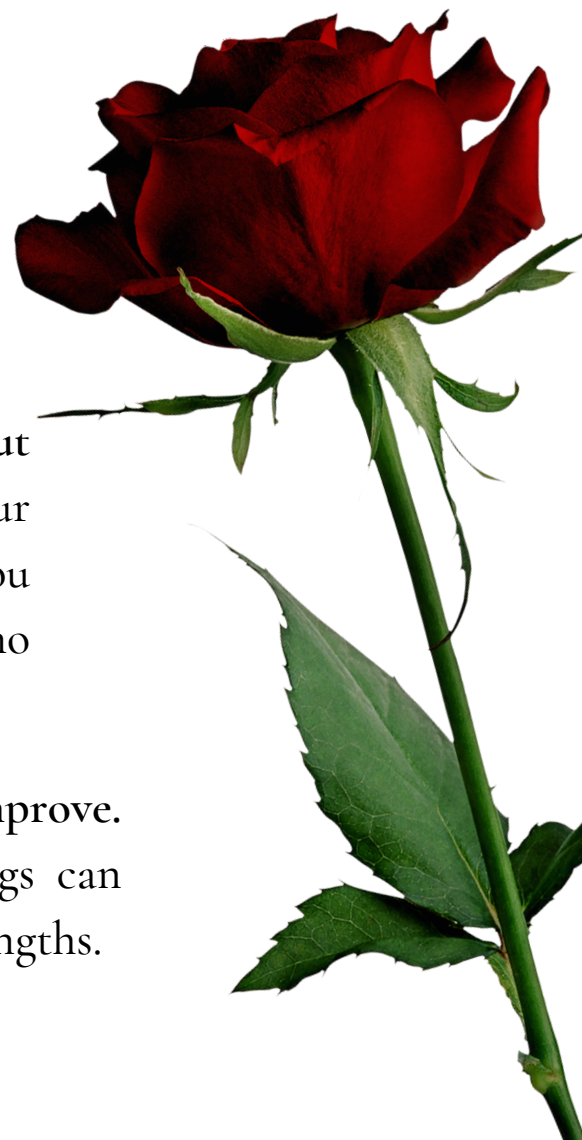
The first step in mastering your mindset is to develop a growth mindset. A growth mindset is a belief that your abilities and intelligence can be developed through redirecting your energy and devotion to self.

People with a growth mindset are more resilient, adaptable, and successful than those with a fixed mindset. In this chapter, we'll explore some exercises and activities to help you develop a growth mindset.

Explore and practice positive self-talk. By realizing the power of your thoughts and words, you can eliminate any negative, self-limiting beliefs that you may have.

Make a list of positive qualities about yourself. Reminding yourself of your strengths and limitations can help you recognize your progress and appreciate who you are.

Look for ways to learn, grow, and improve. Learning new skills and trying new things can help you discover new capabilities and strengths.





# MASTERING your MINDSET

## 1.1. The Power of "Yet"

The word "yet" can be a powerful tool in developing a growth mindset. Whenever you encounter a challenge or obstacle, add the word "yet" to the end of your sentence.

For example, "I can't do this... yet." This simple practice can help you reframe your thinking and see challenges as opportunities for growth.

## 1.2. Embracing Failure

Failure is an essential part of the learning process, but many people are afraid of it. In this exercise, write down three things you've failed at in the past and what you learned from each experience.

This exercise can help you reframe failure as an opportunity for growth and learning.

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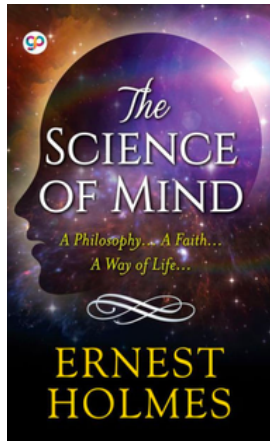
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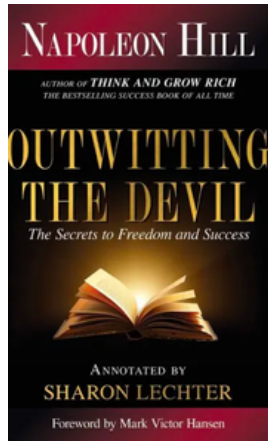
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# MASTERING your MINDSET

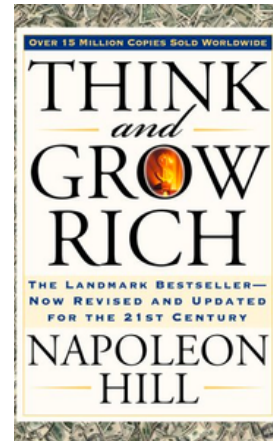
## RECOMMENDED BOOKS



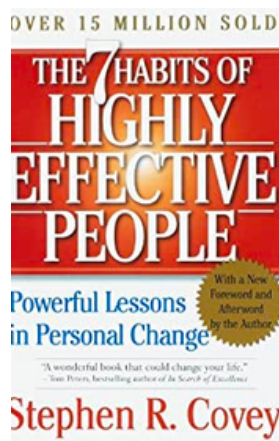
The Science of  
Mind  
–Ernest Holmes



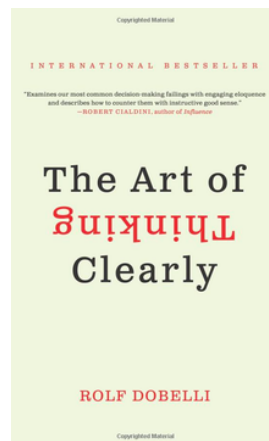
Outwitting the  
Devil  
–Napoleon Hill



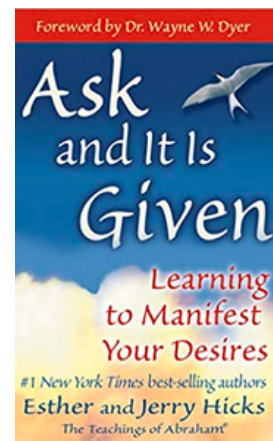
Think and Grow  
Rich  
–Napoleon Hill



The 7 Habits Of  
Highly Effective  
People  
–Stephen R. Covey



The Art Of  
Thinking Clearly  
–Rolf Dobelli



Ask and It Is Given  
–Esther Hicks and  
Jerry Hicks



# CHAPTER 2: Building Resilience and Grit

Resilience and grit are essential traits for success in life. Resilience is the ability to bounce back from setbacks, while grit is the perseverance and passion needed to achieve long-term goals.

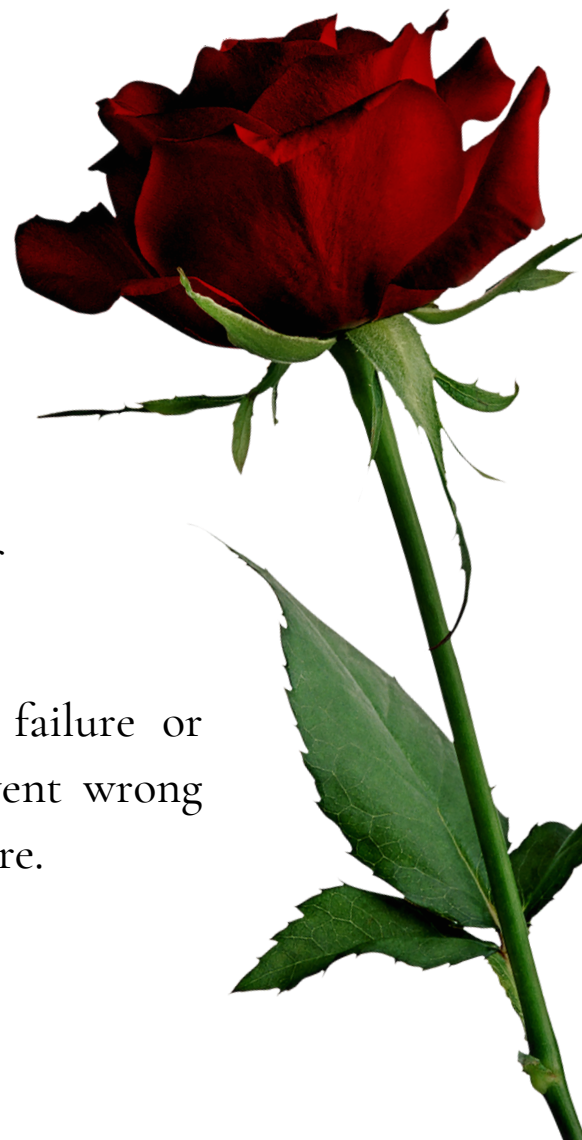
In this section, we'll explore some exercises and activities to help you build resilience and grit.

Here are some exercises and activities that can help you build resilience and grit:

**Mindfulness meditation:** Regular practice of mindfulness meditation can help you cultivate a greater sense of calm, clarity, and resilience in the face of life's challenges.

**Gratitude journaling:** Write down things you are grateful for each day to shift your focus to the positive and build a sense of resilience and optimism.

**Learn from setbacks:** When faced with failure or setbacks, take time to reflect on what went wrong and what you can do differently in the future.



# MASTERING your MINDSET

## 2.1. Reflecting on Adversity

In this exercise, reflect on a difficult experience you've had in the past. Write down how you felt at the time and how you overcame the challenge. This exercise can help you develop a sense of strength and remind you of your ability to overcome obstacles.

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## 2.2. Developing a Personal Mission Statement

A personal mission statement is a statement that defines your purpose and values. In this activity, write down your mission statement. This exercise can help you develop a sense of direction and purpose, which can help build soundness and determination. *Ex: I am dedicated to continuous self-improvement,*

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# MASTERING your MINDSET

## 2.3. Embracing Discomfort

Many people avoid discomfort, but it's an essential part of building resilience and grit. In this exercise, choose a daily habit that you find uncomfortable, such as waking up early or exercising.

Commit to doing this habit for one week and write down how you feel at the end of the week. This exercise can help you build resilience and grit by developing your ability to tolerate discomfort.

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# CHAPTER 3: Cultivating Positive Thinking

Positive thinking is an essential part of mastering your mindset. Positive thinking can help you reduce stress, improve your mood, and increase your overall well-being. In this chapter, we'll explore some practices to help you cultivate positive thinking.

## 3.1. Gratitude Practice

Gratitude is the practice of focusing on the good things in your life, rather than the negatives. In this exercise, each day, write down three things you're grateful for. This exercise can help you cultivate a more positive mindset by focusing on the positives in your life.

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# MASTERING your MINDSET

## 3.3. Positive Visualization

Visualizing is a powerful tool for developing a positive mindset. In this exercise, visualize yourself achieving your goals and living your ideal life, focusing on the details of the scene and the positive emotions you feel.

This practice can help you develop a more positive mindset by concentrating on the possibilities rather than the limitations. Start with 5 minutes each and gradually work your way to at least 30 minutes a day dedicated to visualization meditations



# MASTERING your MINDSET

## **Conclusion:**

Mastering your mindset is an ongoing process that requires practice and dedication. By developing a growth mindset, building resilience and grit, and cultivating positive thinking, you can achieve your goals, overcome obstacles, and improve your overall well-being. Use the exercises and activities in this workbook to building the habits and practices necessary to master your mindset and achieve success in life.







THANK  
YOU!

REMEMBER, YOU ARE THE CO-CREATOR OF YOUR  
LIFE!

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