

The What IF? Mind Shift

What is the goal that you want to achieve or issue you want to resolve?

Brain Static (What are the thoughts you have about this goal or issue?)

Five helpful "What IF?" questions:

1. What IF... ?
2. What IF... ?
3. What IF... ?
4. What IF... ?
5. What IF... ?

Top "What IF?" question (Which one resonates with you the most?):

What IF... ?

Action Plan (What Actions will you take to move closer to your goal?):

Your "Why" (Why is this goal or issue important to you?)

"You can often change your circumstances by changing your attitude."
— Elenore Roosevelt