

Mini Mindset Audit

Where Are You Stuck—and Where Can You Start?

"Every transformational shift begins with clarity."

Clarity in 5 Minutes or Less

Step 1: See the Stuck

Check any box that resonates with how you've been feeling lately:

EMOTIONAL STATE

- ☐ I feel overwhelmed or emotionally drained
- ☐ I'm stuck in a cycle of stress or burnout
- ☐ I doubt myself even when others believe in me
- ☐ I feel like a fraud

FOCUS & ENERGY

- ☐ I have goals but keep procrastinating
- ☐ I am being pulled in too many directions
- ☐ I seem to be chasing all the shiny objects
- ☐ I'm busy... but not fulfilled

LEADERSHIP & INFLUENCE

- ☐ I support others but often have no support
- ☐ I'm not showing up the way I want to
- ☐ I know I'm capable of more, but something's blocking me
- ☐ People are following but I'm unclear where we're going



Step 2: Name the Pattern

Circle the one area where you feel a mindset block most often:

Fear • Doubt • Impostor • Comparison • Pressure to Perform • Isolation • Perfectionism

Step 3: Choose Your Starting Point

What do you most need right now?

- A foundation — to get grounded and centered
- A breakthrough — to push past what's holding me back
- A guide — to help me move forward with courage and clarity
- A community — for inspiration, accountability, and connection

Bonus: Your First Shift

Write one small shift you could make this week to move forward:

"I could..." _____