

CRYSTAL MCLAIN CREATIVE

Presents

THE DELUXE MINDSET MAKEOVER KIT

The first key to creating self-care independence and living a healthy, balanced life, is having a GROWTH mindset. This guide will take you to the steps to transform self-sabotage into self-empowerment.

INCLUDED WITH THIS GUIDE:

- Growth vs. Fixed Mindset PDF
- The Guide to Achieving a Growth Mindset
- Language Transformation Chart
- Manifesting the Life You Want Worksheet
- From Fixed to Growth, a 3 Week Activity Chart
- Reclaiming Your Power Guide
- 30 Days of Intention Setting
- The Awesomeness Audit
- 4 - Mini Mantra Printables
- 2 - 8x10 Empowerment Prints

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GROWTH vs. FIXED MINDSET



A mindset, in short, is your attitude. It's your thoughts, feelings, beliefs, ideologies, assumptions, and expectations. And it's important to have a good mindset when it comes to, well, anything really. But when it comes to your wellness, holy shit, it's the Holy Grail.

There are two different types of mindsets that folks tend to hang out in; either fixed or growth (though sometimes we fade in and out of both).

FIXED MINDSET

A fixed mindset is more rigid and judgmental. It believes that a person is either good or bad at something, and that one's abilities, talents, and intelligence are fixed.

GROWTH MINDSET

A growth mindset is just the opposite. It's more flexible and understands that with effort a person can evolve their abilities. They believe in possibilities.

Which do you think is more helpful when navigating self-care?
You betcha.

There are lots of ways to loosen up a fixed mindset, but they all boil down to one thing: Language. Our brains are lumpy grey computers that work on algorithms. And our default settings are based on how we've been programmed. But, like any other computer, we have the ability to be reprogrammed. Switching up the narrative from self-limiting verbiage to something more positive and empowering will transform your algorithm, and set you up for growth.

THE GUIDE TO ACHIEVING A *Growth Mindset!*

Step 1 - Become Aware

The real trick to transforming your mindset is to first become aware of any restrictive language you may be using in your thoughts or conversations.

DISEMPOWERING language is:

- Controlling
- Manipulative
- Assuming
- Condescending
- Belittling
- Hindering
- Projecting
- Restrictive
- Disapproving
- Hurtful

EMPOWERING language is:

- Encouraging
- Liberating
- Supportive
- Accepting
- Inspiring
- Motivating
- Reassuring
- Strengthening
- Forgiving
- Caring

Step 2 - Swap Out The Verbiage

You've spent years programming your brain to operate the way it currently does. So, reprogramming that noodle of yours is going to take time, patience, and a bit of practice.

Once you're aware of any unsupportive language you may be using, practice swapping out the disempowering verbiage with something more empowering.

The next page will provide lists of words and phrases to watch out for, as well as examples of more supportive options.

From Harrumph To Huzzah!

THE LANGUAGE TRANSFORMATION CHART



WATCH OUT FOR:

- I should/shouldn't
- I can't
- I'm dumb
- I'm stupid
- I don't know how
- If
- I don't know how
- I'm/it's just
- If only
- It's too hard
- Someday
- Bad things happen to me
- It's not fair
- I wish
- I have to
- Never
- Impossible
- I'm not worth it
- There's no use
- I'll never
- It doesn't matter
- I'm weak
- I'm not supposed to

REPLACE WITH:

- I could
- I can try
- I'm learning
- I'm smart
- I don't know how, YET
- When
- I'm a beginner
- *just* don't say this
- How can I make it happen?
- With practice I'll get it
- I'm starting now
- What can I learn from this?
- Life has challenges
- I will
- I get to
- Eventually
- It's possible
- I'm deserving
- Why not try?
- I haven't, YET
- It's worth it
- I'm resilient
- I'm allowed

MANIFEST THE LIFE YOU WANT WITH A *Growth Mindset!*



Who do you want to be?
How do you want to live your life?

What actions would you have to take to achieve it?

What kinds of feelings support these actions?

What thoughts or beliefs encourage these feelings?

WEEK ONE: *The Investigation*

Directions

For one week you're going to be a language detective. Pay close attention to the words you use and the thoughts you have. Write down any self-limiting verbiage that pops up.

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WEEK TWO: *The Swap-Out*

Directions

Now that you're aware of the language that's holding you back, it's time to start practicing replacing it with something more supportive. Write down your transformations. Refer to the Word Chart if you need ideas.

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WEEK THREE: *The Declaration*

Directions

Now that you've been practicing swapping out disempowering language for something more empowering, it's time to start making declarations.

Every day write down a present-tense statement that solidifies your power, abilities, intelligence, capacity for love, or any other badassery!

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RECLAIMING MY POWER

Humans have power amnesia. They forget what they're truly capable of. We forget that everything we're able to do today was once something we couldn't do before. We forget that we've successfully worked through challenging times. Make a habit of going through this checklist when you need a mindset boost.

- What's something I can do that I once couldn't?
- When am I at my best?
- What's a challenge I've worked through?
- What's one of my strengths?
- What's something I like about myself?
- When was a time I felt proud?
- What's something that inspires me?
- What's something that motivates me?
- When was a time I extended kindness?
- What's something I can do RIGHT NOW to feel better?
- Why is a growth mindset important to me?



Create Your Own

- _____
- _____
- _____
- _____

30 DAYS OF INTENTION

Choose a word or two that will set your intentions for your mindset for the day

DAY 1		DAY 16	
DAY 2		DAY 17	
DAY 3		DAY 18	
DAY 4		DAY 19	
DAY 5		DAY 20	
DAY 6		DAY 21	
DAY 7		DAY 22	
DAY 8		DAY 23	
DAY 9		DAY 24	
DAY 10		DAY 25	
DAY 11		DAY 26	
DAY 12		DAY 27	
DAY 13		DAY 28	
DAY 14		DAY 29	
DAY 15		DAY 30	



THE AWESOMENESS AUDIT

Take moments in your life to think about all the things you're able to do, things you appreciate about your life, and admire about yourself. Even the seemingly simple things are encouraged (like the ability to read these words - seriously, not everyone can do that). Write these things down. This list will never be complete, so keep this page where it's handy and print additional pages as you need them.

When you're feeling low, refer back to this list.

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MINI MINDSET MANTRA PRINTABLES

Perfect for the bed stand, make-up mirror, car visor, fridge, bookmark, anywhere!



TRUSTING
THE
Process

100%
*That
Bitch*

GOING
Slowly
IS STILL GOING
Forward



(I'M)POSSIBLE

I AM
WORTH
MY TIME
ENERGY
LOVE

STRONG
MIND
BODY
SPIRIT