

REWRITING YOUR

Mindset Blueprint

A simple reflection guide for building a business—and a life—that works for you.

The old blueprint got you here. It does not have to take you where you are meant to go.

NAME _____ DATE _____

01. Awareness

Before you can redesign anything, you have to notice what is quietly running the show.

NOTICE THE PATTERN

What belief about work, success, money, or responsibility did you grow up with?

CHECK THE COST

Where is that belief helping you today—and where is it creating pressure, stress, or exhaustion?

NAME THE FEAR

What decision have you been avoiding because of fear (of disappointing someone, losing income, slowing down, or getting it wrong)?

Try this reframe: “My exhaustion is not proof that I am committed. It may be a sign that my blueprint no longer fits.”

02. Permission

Awareness changes the conversation. Permission gives you the right to act on what you now know.

Confidence does not always come before action. Very often, it grows because you took the action.

Complete each sentence honestly. You do not need anyone else to approve the answer.

I am allowed to charge...

I am allowed to protect...

I am allowed to say no to...

I am allowed to ask for help with...

I am allowed to build my business differently by...

Your value is not measured by how available, overextended, or exhausted you are.

ONE BRAVE CHOICE

What is one decision you would make this month if you trusted yourself fully?

MY PERMISSION STATEMENT

I give myself permission to

03. Redesign

Small, intentional choices become a new way of leading. Choose what will make your business support you, not drain you.

BUILD SUPPORT

What is one task, decision, or responsibility you can delegate, automate, or ask someone to help with?

SET ONE BOUNDARY

What boundary would create more space, clarity, or energy for you? Be specific.

CHOOSE A BETTER QUESTION

Instead of “How do I get more done?” what question would help you build a business that works for you?

USE THE TOOLS

What system, technology, or new approach could save time or improve your client experience?

MY NEXT 7 DAYS

One action I will take: _____

I will take it by: _____ The support I need is: _____

Progress, not perfection is the goal. Every boundary, system, and intentional choice becomes another line in the blueprint you are creating.

The blueprint can change. You have the ability to redesign it intentionally.