



EMPOWER *True Life*
coaching

A
BALANCED MINDSET
THIS
HOLIDAY SEASON





3-Day Mini-Course to Renew Your Energy and Mindset

Welcome to your **3-day quick-start guide to mindset transformation!**

This mini-course is a free version of our full 7-day program, “Change Your Energy and Mindset in 7 Days.”

In these three days, you’ll gain practical tools to break free from negative thought patterns, regain your energy, and take control of your mindset.

Why This Works

Neuroscience shows that small, intentional actions can rewire your brain, creating lasting change. By focusing on awareness, gratitude, and action, you’ll develop new neural pathways that support positivity and resilience.

Day 1: Reflect & Release

- **Objective:** Identify and let go of negative thoughts.
- **Instructions:**
 - a. Take 5 minutes to reflect on recurring negative thoughts or challenges. Write down three of them.
 - b. Rate their impact on you from 1-10.
 - c. Reflect: Are these thoughts factual or based on assumptions?
- **Takeaway:** Awareness is the first step to change.



Day 2: Reframe with Gratitude

- **Objective:** Shift your perspective to focus on the positive.
- **Instructions:**
 - a. Start your day with 2 minutes of quiet reflection. Think of one positive thing that happened yesterday.
 - b. Reframe a negative moment as a lesson or opportunity.
 - c. Write down three things you're grateful for.
- **Takeaway:** Gratitude helps rewire your brain to focus on what's working.

Day 3: Take Small Positive Action


- **Objective:** Build momentum with achievable actions.
- **Instructions:**
 - a. Choose one of the negative thoughts from Day 1.
 - b. Ask yourself: What small, actionable step can I take today to address it?
 - c. Reflect on how taking action made you feel.
- **Takeaway:** Action builds confidence and breaks negative patterns.

What's Next?

If these three days have helped you feel lighter and more empowered, imagine what you could achieve in seven days!

We would greatly value your feedback and insights on how the 3-Day program has impacted you.

Our 7-day program goes deeper, teaching you advanced techniques to transform your mindset and energy for lasting results.

 **Ready to go further?**

Pre-register for the full program now and take the next step toward a **brighter future!**



EMPOWER *True Life*
coaching

CONGRATULATIONS
ON COMPLETING THE 3-DAY MINI COURSE!

WE HOPE THIS JOURNEY HAS PROVIDED YOU WITH
VALUABLE TOOLS TO REFLECT, REFRAME, AND TAKE
POSITIVE STEPS TOWARD A BRIGHTER MINDSET.

REMEMBER, EVEN SMALL CHANGES CAN CREATE A RIPPLE
EFFECT IN YOUR LIFE.

WISHING YOU CONTINUED SUCCESS, CLARITY, AND
POSITIVITY AS YOU MOVE FORWARD
BECAUSE YOU DESERVE NOTHING LESS!

