

MINDSET MEDICINE

REMEDIES FOR A "STUCK MINDSET"

STUCK -----> **UNSTUCK**

MINDSETRx

ANGER

GRATITUDE

What is one thing I am
THANKFUL for right now?

ANXIETY

EXCITEMENT

What EXCITES me about
this situation?

COMPLAINTS

DREAMS

What do you REALLY want that is
hiding beneath the complaint, and
what is ONE small step you can take
towards it?

FAILURE

LEARNING MOMENT

What did I LEARN (or relearn)
from this situation?

NEGATIVITY / PESSIMISM

POSITIVITY / OPTIMISM

What's at least one small thing
that is GOOD about all this?

OBSESSING ABOUT
THE PAST

FOCUS ON NOW

What would it look like to be
fully PRESENT in this moment?

SCARCITY

ABUNDANCE

What good thing do I have
A LOT of in my life right now?

STUBBORNNESS

OPEN-MINDEDNESS

What's possible if I
LISTEN to other ideas /
perspectives / people?

VICTIM

EMPOWERED

What is one simple thing I
CAN DO right now?