

# MINDSET RESET

A 5-minute weekly reset for bold, intentional leadership

## RECENTER

*What's one belief I need to release today?*

- ☐ "If I'm not grinding, I'm not growing."
- ☐ "If I slow down, I'll fall behind."
- ☐ "I have to do this alone."
- ☐ Other: \_\_\_\_\_

## REFRAME

*What's one empowering belief I'm choosing instead?*

- ☐ "Rest is strategy."
- ☐ "Success can feel good."
- ☐ "Asking for help is leadership."
- ☐ Other: \_\_\_\_\_

## REFLECT

*What's one challenge I faced this week? What did it teach me?*

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## RECOMMIT

*How will I lead with clarity this week?*

- ☐ Setting boundaries
- ☐ Delegating / saying no
- ☐ Celebrating progress
- ☐ Other: \_\_\_\_\_

## RESOURCES

*Who or what supports my mindset right now?*

- ☐ Podcast: \_\_\_\_\_
- ☐ Book: \_\_\_\_\_
- ☐ Person: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

**NO CEILINGS**

**NO CEILINGS. JUST CLARITY.**  
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