

Mindset  
&  
Motivation  
Guide

BEGITTA X THE ATELIER

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# Mindset & Motivation

*Sometimes in life we need a little reset. We tend to go through life and the motions of it without being fully aware or present in the direction we're heading. Every now and then I find myself feeling a little bit lacklustre, like I've lost my direction or purpose. Ultimately I do believe that we'll get to where we want to be or where we should be eventually but I am a huge believer in manifesting what we want our future to look like and living consciously in taking the steps to get there. That's why I love answering these questions to help me get clear on where I am at in my life, where I want to be and what is truly most important to me. Each season of my life these things will shift and change and new achievements and directions might then set me on a completely new path or even just a slightly different trajectory.*

Before we begin turn off distractions and set a timer of 30 minutes. You want this to be a super quick questionnaire that doesn't add more to your plate, just offers you some clarity and connection with yourself and your life mission

*-Take 3 deep breaths – 5 seconds in - 5 seconds out-*

## Question 1

When you get to the end of your life, what do you want people to be saying about the kind of life you lived, the kind of person you were and the kind of things you achieved?

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## Question 2

Think about the kind of things people would say about you now? Is it similar to what you would like in question 1?

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## Question 3

If you knew you could not fail, what would you choose to do?

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## Question 4

What do you really love to do in your personal life?

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# Mindset & Motivation

Question 5

I am at my best when...

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Question 6

What inspires you & makes you happy?

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Question 7

My natural talents & gifts are...

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Question 8

What are your values?

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Question 9

What do you really love to do at work?

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Question 10

What is most important to you?

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# Mindset & Motivation

*When I get clear on what's important to me I find I feel less stuck in the daily grind and have a clearer picture of where I am and where I want to be.*

Now set 3 goals you want to achieve  
1 this week

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1 this month

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1 this year

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*Just being clear on what I want to achieve helps me move towards it both front of mind and also subconsciously.*

Now take 3 deep breaths (5 seconds in, 5 seconds out) to clear out all the negative energy you've been holding onto, sort of like a defrag for your body. With each breath out follow these

- INHALE LOVE
1. EXHALE - Release any extra thoughts that aren't serving you  
INHALE LIGHT
  2. EXHALE - Release any negativity you are holding onto  
INHALE PEACE
  3. EXHALE - Release the tension in your body

I love to follow up by choosing a mantra or affirmation

A few I love:

- I ask kindly for help and guidance
- I can and I will
- I am worthy of success
- I can do hard things
- I am worthy
- I surrender all
- I have abundant faith in my ability to succeed
- I believe in ME

Or if you're a bit new to affirmations and it seems a bit silly (don't worry we've all been there!) then just choose a word that resonates with you

- TRUST
- BELIEVE
- SUCCEED
- SURRENDER
- WORTHY

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