MINDSET MOMENT

What you're not changing, you're choosing.

TODAY

1 Mindset shift
A simple way to see your patterns clearly.

2 Practical tool
A repeatable method for making change stick.

3 One next step
A 7-day challenge you can actually do.

What you’re not changing,
you’re choosing.

Not changing isn’t neutral.

When I don’t change…	I’m choosing…
my bedtime	→ **exhaustion**
my boundaries	→ **burnout**
my reactions	→ **regret**
my conversations	→ **distance**

WHY WE AVOID CHANGE

Three reasons: (no shame…just awareness)

1. **Comfort is convincing**
   Familiar feels safe, even when it's costly.

2. **Identity attachment**
   We build a personality around the pattern.

3. **Motivation myth**
   Commitment beats emotion. Every time.

MIRROR MOMENT

Write this down (private):

What's one thing I keep saying I'll change…but haven't?

Then ask: "What is it costing me to keep choosing it?"

Optional chat: "I'm ready to change ____."

FRAMEWORK

1 AWARENESS

Call it what it is.

2 OWNERSHIP

Stop negotiating
with the truth.

3 ACTION

Make it smaller.
Make it repeatable.

The goal isn't perfect. It's progress you can repeat.

STEP 1

AWARENESS

Call it what it is. Clarity creates power.

You can’t change what you won’t name.

“It’s not a phase. It’s a pattern.”

STEP 2

OWNERSHIP

Stop negotiating with the truth.

Replace:	**with:**
“I can’t”	**“I haven’t yet”**

Accountability is self-respect in action.Ownership is freedom.

STEP 3

ACTION

Make it smaller. Make it repeatable.

Small things done consistently beats big things done occasionally.

Tiny actions. Daily. Non-negotiable. Repeatable standards.

BIGGER THAN WORK

Ask yourself: **Who am I becoming with the habits I'm keeping?**

Your energy (what you bring into rooms)
Your relationships (how present you are)
Your patience (how you respond under pressure)
Your example (what you model for others)

Your kids won't remember your job title… they'll remember your tone.
Your partner won't remember your workload… they'll remember how safe it felt to be around you.
What you practice at work shows up at home.
What you avoid at home leaks into your leadership.

7-DAY CHALLENGE

Pick ONE. Keep it small. Do it daily.

OPTION A

2-Minute Reset

Every morning: “Today, I choose _____.” (peace, patience, discipline, gratitude, kindness, focus)

OPTION B

One Change Rule

For 7 days, change ONE thing you’ve been avoiding.

OPTION C

Pause Practice

Before you react: Pause 3 seconds. Ask: “What will I respect later?”

If nothing changes… nothing changes.
And if you're not changing it… you're choosing it.
What are you ready to choose on purpose?

You don't need a new year to become a new person.
You need a new decision… and a repeatable standard.

I'm grateful for you. I believe in you. And I'll see you out there.

You always have the power and the choice to choose your mindset.

Thank you letting me be a part of your journey.

This could be your year. I believe in you.

With gratitude, TJ Sweet