

THE

10

MOST COMMON

MENTAL
BLOCKS



WITH

(MINI)

20

SCRIPTS

to help you SHIFT

to a more

positive & productive

DIRECTION





Hi, I'm Karen.

As a Resilience + Growth Mindset Coach, I teach goal-getters how to develop & maintain a healthy mindset so they can maximize their potential and their impact.

My focus is on helping women improve their mindset so that they can be their best when it matters most. I teach tactics that help them develop the skills needed to build and maintain confidence, perform well under pressure, develop mental resilience, stay in the moment, etc.

Why am I a fanatic about this work? Because tapping into the power of the mindset and developing mental skills helped me shift from feeling stuck to taking bold action. Once I got clear on what I wanted, nothing could stop me from building my dreams.

Today, I am a TEDx speaker and sought-after mindset-coach and strategist. I love championing people, just like you, who need to declutter their minds, improve their mental performance, and take action to live out their purpose!

Helping high achievers overcome mental barriers to tap into their maximum potential is my passion, mission, and promise. If you want to learn more about my approach to mental strength training I have a page for that, [just click here.](#)



OVERWHELM



SO MUCH TO DO AND NOT SURE WHERE OR HOW TO START.

SHIFT ONE

I can literally only do one thing at a time, so right now I'm going to focus on this because it's most important at the moment.

SHIFT TWO

There will never be enough time to get everything done, but at this very moment I am going to concentrate on what's in front of me and give it my best. The rest will have to wait.



STRESS

THOSE UNEXPECTED MOMENTS THAT THROW A WRENCH
IN YOUR PLANS (I.E. TRAFFIC).

SHIFT ONE

Well I didn't see that coming. But, it's completely out of my control so I'm going to do what I can where I am and maintain my calm.

SHIFT TWO

This is temporary. The only thing that I am responsible for at this very moment is how I choose to respond to the situation I'm in.





FRUSTRATION



FEELING LIKE YOU WANT TO BE FURTHER ALONG
OR GET TO YOUR GOAL FASTER.

SHIFT ONE

There's nothing I can do to speed up this process, but what I do today impacts my tomorrow so I'm going to do my best in the moment I'm in right now.

SHIFT TWO

This is temporary. The only thing that I am responsible for at this very moment is how I choose to respond to the situation I'm in.



DISAPPOINTMENT

WHEN SOMEONE LETS YOU DOWN.

SHIFT ONE

I am responsible for my words and actions, not other people's.

SHIFT TWO

I can't control what people say or what they do, but I can control how I respond to it. That is my power.





MOM-GUILT



FEELING LIKE YOU'RE NOT DOING ENOUGH FOR YOUR KIDDOS.

SHIFT ONE

I'm not perfect, no parent is perfect, what matters is that I am doing my very best.

SHIFT TWO

The majority of the things I panic, worry, or fret over with my kids, they won't even remember next week.



SELF-DOUBT

QUESTIONING WHO YOU WERE CREATED TO BE OR
SECOND GUESSING YOUR ABILITIES.

SHIFT ONE

I am uniquely created, qualified, and able to live out what God has put in my heart. There's nothing I can't do. Nothing.

SHIFT TWO

I fully recognize that doubt is just a distraction that keeps me from living out my whole self, my best self.





COMPARISON



FEELING YOUR LIFE IS NOT AS GOOD AS SOMEONE ELSE'S.

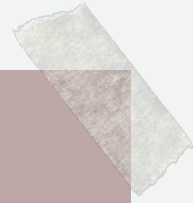
SHIFT ONE

I may not have their life, but I also don't have their problems.
Everyone is going through something.

SHIFT TWO

Everyone's story is different, and everyone's in a different chapter.

VICTIM MENTALITY



WHEN HARSHIPS FEEL INSURMOUNTABLE.

SHIFT ONE

I am not defined by what has happened to me, I'm defined by how I respond to it. My reality is created in my mind and I have the power to control my reality.

SHIFT TWO

My problems and struggles are real, but they're not impossible to overcome.





SCARCITY

BELIEVING YOU DON'T HAVE ENOUGH.

SHIFT ONE

Instead of focusing on what I don't have, I will focus on all of the blessings I do have.

SHIFT TWO

I may not have everything I want, but I have everything I need.

FEAR OF THE UNKNOWN

AT THE ROOT OF WORRY AND ANXIETY IS FEAR
AND LACK OF CERTAINTY

SHIFT ONE

I refuse to be paralyzed by anxious thoughts, they only rob me from
being fully present in this moment.

SHIFT TWO

There's no way to control the future, period. I will not dwell there.





NOW, YOUR TURN...

WRITE DOWN A THOUGHT OR FEELING THAT HAS
BECOME A MENTAL BARRIER FOR YOU:



WRITE DOWN A PHRASE TO HELP YOU SHIFT INTO
A MORE POSITIVE + PRODUCTIVE DIRECTION:

key words here!



3 ways TO **ENHANCE** WHAT YOU JUST LEARNED IN THE NEXT 30 MINS

1. Pick one shift script and write it on your bathroom mirror.
2. Record these on your phone for easy & quick access.
3. Book a clarity call so I can help you move further faster.

BOOK YOUR CALL



Let's be social!

