



MINDSET RESET

2019

GUIDE

 MELROBBINS

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#MindsetReset

WELCOME TO MINDSET RESET

Welcome and congratulations! You are now enrolled in a fun, powerful, and life-changing experience!

For the next 35 days, I'll be teaching you how to reset your mindset. You will practice simple and easy ways to worry less, quiet anxiety, get rid of your limiting beliefs and build a more positive and happy mind. And once you learn how to do it, the skill of resetting your mind will be yours forever.

Here's how the 35-day experience works. You get:

- A DAILY EMAIL FROM ME. Every day, for 35 days, I'll send you an email that has something new, easy and inspiring to learn. The email will also link to a video from me that explains the topic of the day in greater detail.
- A DAILY VIDEO FROM ME. Every day I'll email you a link to a video where I walk you through a concept in the #MindsetReset experience. These videos will be broadcast live on my social media channels, but to make your life easy, I'll email you the link every day!
- THE #MINDSETRESET FAMILY. For the next 35 days, you will be part of a global community of people who are doing the #MindsetReset program right along with you and me! Use the hashtag #MindsetReset on your social media posts so we can find you, cheer for you, and feature you on our social media stories.

And speaking of community, it's not too late for your family and friends to sign up! Just send them over to www.melrobbins.com/MindsetReset so they can join!

In the first few emails I send you, I will send you links to videos where I walk you through this #MindsetReset Guide in detail. In the meantime, there's nothing to do but feel proud of yourself for jumping in! I am proud of you and I am excited to share this experience with you!

Xo,



Mel Robbins

WHAT YOU NEED TO KNOW

WHAT IS THE #MINDSETRESET EXPERIENCE?

It's a simple training program for your mind.

BEING A PART OF THIS EXPERIENCE MEANS YOU GET:

- 35 days of emails with daily tips and reminders
- 35 days of snack-size coaching
- 35 days of Mel cheering for you
- 35 days of tools designed to change your habits for good
- Live question & answer sessions
- A 10-page guide specially designed with you in mind
- A global social media community moving through the changes right along with you

HOW CAN I GET THE MOST OUT OF THIS EXPERIENCE

Include your partner, kids, friends, team, or students. Forward this email or use the prompts to start a meaningful conversation. If you intend to use this with a group, feel free to print out as many copies of the guide as you need.

WHAT ARE MY FIRST STEPS?

- Print out the guide or follow with your phone and a journal. You choose!
- Make sure you've added mindsetreset@melrobbins.com to your contacts list to ensure you receive the daily emails. If you're not sure how to do that, a quick online search will show you how.

HAVE A QUESTION ABOUT YOUR GUIDE?

Reach out to us in the comments section of Instagram or Facebook and we'll try to get your question answered!

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2018

LET'S RECAP THE YEAR

2018

WRITE DOWN OR CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL ABOUT EACH PART OF YOUR LIFE IN 2018 AND THEN EXPLAIN WHY YOU FEEL THAT WAY.

MY BODY HATE IT  LOVE IT
1 2 3 4 5 6 7 8 9 10

WHY:

MY WORK/SCHOOL HATE IT  LOVE IT
1 2 3 4 5 6 7 8 9 10

WHY:

MY MONEY SCARED  PREPARED
1 2 3 4 5 6 7 8 9 10

WHY:

MY LOVE LIFE DISCONNECTED  CONNECTED
1 2 3 4 5 6 7 8 9 10

WHY:

MY FRIENDSHIPS EMPTY  FULL
1 2 3 4 5 6 7 8 9 10

WHY:

MY SELF-WORTH HATE MYSELF  LOVE MYSELF
1 2 3 4 5 6 7 8 9 10

WHY:

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2018

NOW THAT YOU'VE RANKED HOW YOU FEEL IN THESE CATEGORIES, USE YOUR ANSWERS TO HELP WITH THE FOLLOWING QUESTIONS:

1. What are 3 good things that happened this year and how did they make you feel?

2. What are 3 low points of this year and how did you handle them?

3. What is the big lesson you learned this year?

4. What did you do this year that you are proud of?

5. What are your hopes and dreams for next year?

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LET'S PLAN YOUR BEST
YEAR EVER

2019

WHAT IS THE **ONE** THING YOU WANT TO CHANGE OR IMPROVE IN EACH CATEGORY OF YOUR LIFE:

MY BODY

MY WORK / SCHOOL

MY MONEY

MY LOVE LIFE

MY FRIENDSHIPS

MY SELF-WORTH

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What **SCARES** you about the changes you want to make in your life?

What **EXCITES** you about the changes you want to make in your life?

BONUS Question:

ASK THIS OF YOUR STUDENTS, EMPLOYEES, CHILDREN, SPOUSE, OR FRIEND.

What's one thing I could do to be a better (teacher, manager, parent, partner, or friend)?

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