

It's All About YOUR Mindset!

*A Mindset Makeover Coaching Mini-Series*

## Book One: Reframe Workbook

The Companion Resource

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## A Note From Me to You

I'm genuinely glad you've taken this step to put into practice some of the insights you may have gleaned from *Book One: Reframe*.

This workbook isn't just a set of exercises, it's an invitation to look inward and gently explore the stories you've been carrying. For many of us, those stories were shaped years ago. Some helped us survive, some kept us safe, while some quietly built walls we didn't even realise were standing.

*Reframe* is the first step in rewriting those stories.

As you work through these pages, I want you to give yourself permission to be honest, curious and human. There is no "right way" to do this, just as there is no right or wrong mindset. Some exercises will feel easy, while others may bring up emotions you didn't expect. That's not failure, that's awareness; this is where meaningful change begins.

This journey isn't about becoming a brand-new person, it's about becoming more yourself; the version of you that feels grounded, capable and clear. The version of you that speaks kindly to yourself, sets boundaries without guilt and knows when to rest. The version of you that understands you're allowed to grow at your own pace.

Take this slowly; let the insights land in their own time. Some shifts will feel immediate, others will unfold quietly in the background; trust both. Every reflection, question and tiny reframe is shaping the foundation you're building.

Thank you for inviting me to walk beside you, as you embark on this meaningful journey. It's an honour to be part of your process and I'm excited for everything you'll uncover about yourself along the way.

Warmly,

*Tope Songonuga*

Founder, Mindset Makeover Mission®

## The Purpose of This Workbook

Before you dive in, I want you to know something important: this workbook isn't here to squeeze answers out of you or turn your life upside down. Its purpose is much simpler and far more meaningful.

This is a space for you, a place to pause, breathe and be honest with yourself in a way you might not always have the time or permission to be.

Reading *Book One: Reframe* will open your eyes to the stories you've carried for years, some helpful, some heavy. However, reflection is what helps those insights land, writing is what makes them real and slowing down is what allows new ways of thinking to actually take root.

That's where this workbook comes in. It is not homework but is a place to pause, make sense of things and take small steps toward the mindset you want to build. You don't need the "right" answers, just enough curiosity, honesty and a bit of personal space to reflect.

It's here to help you:

- Notice the beliefs that have quietly shaped your decisions
- Understand where your fears come from and what they're trying to protect
- Hear the tone of your inner voice more clearly
- Explore patterns you may have been repeating on autopilot
- Create gentler, more empowering alternatives
- Build awareness of who you're becoming

None of this requires perfection or needs to be neat or polished. You'll get the most out of this if you let yourself write honestly, even if it's messy, contradictory or emotional. That's part of the process.

I encourage you to think of this workbook as a supportive companion. It's here to walk with you through each chapter, ask the right questions and help you uncover your own clarity; not force someone else's answers onto your life. Take your time with it. Some prompts will speak to you straightaway, others might take a moment to warm up to, that's all okay. The real purpose of this workbook is for you to learn to understand yourself more deeply and make space for the kind of inner shifts that last; one gentle insight at a time, one honest reflection at a time and one reframe at a time.

## **Section 1 - Your Starting Point**

### **1. Why You Picked Up *Book One: Reframe***

Let's begin at the beginning.

Something in you nudged you to start this mindset transformation journey - a feeling, frustration, hope or just a desire for change. Take a moment to write, in your own words:

- What brought you here?
- What felt "off" or too heavy?
- What would you love to feel more of in your life?
- What do you quietly hope might shift?

Don't edit yourself, let it come out naturally.

### **2. How You're Arriving to This Work**

Before you start reframing anything, it helps to see where you are right now.

On a scale of 1-10, how would you describe your current mindset?

1 - "Everything feels heavy."

5 - "Some good, some stuck."

10 - "I feel open and grounded."

What makes you choose this number today? Be as gentle and real as you need to be.

This is not a judgment, it's a snapshot in time and a baseline for measuring your progress along this journey.

## **Section 2 - Chapter One: The Invisible Wall**

This chapter asks you to notice the subtle barriers you've built over the years, the quiet "no's" you tell yourself without realising it. Let's explore those gently.

### **1. Naming Your Walls**

Think of three places in your life where you hesitate, hold back or second-guess yourself. It might be speaking up, making decisions, starting something, finishing something, taking a risk, or asking for help.

List them here:

1.

2.

3.

Now, for each one, answer:

- What's the belief under this hesitation?
- Is this belief actually true or just familiar?
- If this belief wasn't the full story, what else could be possible?

You don't need polished sentences, just raw truth.

## **2. Getting Curious About Your Inner Voice**

Our protective voice usually sounds calm and reasonable. It rarely shouts and typically whispers things that feel "sensible." Tick any that feel familiar:

- "Let's wait until you're more ready."
- "Don't start, you might get it wrong."
- "You're not that type of person."
- "Someone else deserves that more."
- "What if you embarrass yourself?"

Now reflect:

**If this voice was trying to protect you, what would it be protecting you from?**

- Fear of judgement?
- Fear of disappointment?
- Fear of failing publicly?
- Fear of outgrowing people?
- Fear of change?
- Often, protection and limitation look very similar.

## **3. Reframing a Little At a Time**

You don't have to replace a belief overnight. The first step is simply to soften it, to give yourself a little more room to breathe and a lot less pressure to "get it right."

Below are a few examples of how a harsh, limiting thought can shift into something more honest, grounded and supportive:

- *"I can't do this."* becomes *"I don't know how yet, but I'm open to learning."*
- *"I always get this wrong."* becomes *"I'm still figuring this out — and every attempt teaches me something."*
- *"I shouldn't even try."* becomes *"I'm allowed to try, even if it feels uncomfortable."*

Now it's your turn. Take a belief you say to yourself often, especially one that feels heavy or discouraging, and gently rewrite it in a way that feels kinder, more honest or simply less final.

This is how shift happens; not through force but through small cracks in the old walls that once felt solid. Each softened belief is you making space for a new way of seeing yourself.

## **Section 3 - Chapter Two: Failure Isn't Final**

Failure stings, not usually because of the thing that happened but because of the meaning we attach to it. We often turn a single moment into a story about who we are, what we're capable of or what we "should" have done.

This section is here to help you look at those moments with more compassion, honesty and clarity.

### **1. The Five Whys**

When something doesn't go to plan, it can be tempting to stop at the surface explanation: "*We missed the deadline,*" "*The idea didn't land,*" "*I didn't follow through.*"

The Five Whys is a simple way to slow down and understand what was actually happening beneath the surface. It's not about finding someone to blame, it's about getting curious. You just keep asking "why?" until the real issue starts to show itself.

For example, say a project didn't hit its target:

- Why did the project miss its targets? It slipped because tasks were delayed.
- Why were tasks delayed? Tasks were delayed because roles weren't clear.
- Why were roles unclear? Roles weren't clear because expectations weren't appropriately discussed.
- Why were expectations not discussed? Expectations weren't addressed because people assumed everyone already understood.
- Why did people make that assumption? That assumption was there because no one felt comfortable asking questions about the plan.

When you break it down like that, the issue isn't that people didn't work hard, it's that communication wasn't as open as it needed to be. That's a very different thing to address.

The goal isn't to reduce everything to one neat answer but to see what's actually driving the problem so you can make adjustments that matter.

### **2. The 3 Rs of Recovery**

When something doesn't go the way you hoped, it can help to break it down into a few simple steps. This is not to force a lesson out of it but to make sense of what happened and what you want to do next.



**Reflect: Look at what actually happened**

Instead of going straight to self-criticism, take a moment to notice both what worked and what didn't. Ask yourself:

- *What went okay here?*
- *What didn't land the way I expected?*
- *What beliefs or assumptions came up for me?*

This isn't about analysing yourself to death, it's just about getting some clarity.

**Reframe: Shift how you're interpreting the situation**

Rather than defaulting to, "*I'm not good enough*," try something more specific and actionable, like:

- *"What skill do I need to build here?"*
- *"What is this showing me about how I respond under pressure?"*

You're not pretending the situation felt good, you're just looking at it from a more useful angle.

**Recommit: Decide what you want to do next**

Once you've made sense of the experience, pick one small step you can take moving forward. Not a complete plan, just something concrete:

- Send an email
- Try again
- Ask for feedback
- Practise the skill that wobbled

Doing something, even a small thing, usually builds confidence faster than endlessly thinking about it.

**3. Exploring the Failure Loop**

Use this whenever something knocks the wind out of you. Through introspection, capture the following details about the situation:

- A description of the event.
- The emotion(s) which came over you during the event.
- What story did you tell yourself about the event?
- Is that story entirely true?
- What is another way of seeing the situation?
- What will you do next?

This is not about being positive, it's about being fair to yourself.

**4. The Rebound Plan**

When something goes wrong, it can be easy to just move on and pretend it didn't happen or to sit with the frustration without knowing what to do next. A rebound plan

is simply a way of turning that moment into something beneficial rather than leaving it hanging.

1. It starts with naming what you actually learned from the experience, not in a tidy “silver lining” way but in a way that feels honest. Maybe it’s realising you needed clearer expectations at the start, that you took on too much alone or that you rushed because you didn’t want to ask for help.
2. From there, decide on one small action that reflects what you’ve learned. Nothing huge, just something you can realistically do next time. For example, booking a quick check-in before a project kicks off, writing down roles instead of assuming them or asking for feedback earlier.
3. It can help to give yourself a timeframe, otherwise it just becomes another good intention that fades. And if it feels supportive, share the plan with someone else so you’re not holding it alone.

The point isn’t to force a positive spin, it’s simply to move from “that was hard” to “here’s what I’ll do differently now,” so the experience has somewhere to go.

## **5. Your Failure Loop Journal**

If something recently didn’t go the way you hoped, you might take a moment to write about it, not to analyse but just to see it more clearly.

1. Start by describing what actually happened, as plainly as you can, without adding meaning or judgement.
2. Then note what came up for you emotionally. You might also write down the story you attached to the moment, what you told yourself it meant about you, other people or the situation.
3. Once that’s on the page, you can sit with the question: *“Is there another way I could look at this?”* Not to find a silver lining, just to see if there’s more than one interpretation available. From there, you can explore what you might want to do differently next time, not as a fix but as an experiment.

If you do this regularly, even briefly, you may start to see themes in how you respond to setbacks, which can make it easier to choose a different response when the moment comes again.

## **Section 4 - Chapter Three: Fear & Freedom**

Fear isn’t the enemy, it’s merely a messenger. However, when we don’t listen to it properly, it can run the show. Let’s look at fear with kindness.

### **1. The Fear Audit**

Something that can be helpful is checking in with yourself at the end of the week and noticing where fear showed up and how you responded to it. Not to fix anything but to build awareness.

Here's a simple way to approach that, think of one moment this week where fear showed up, loudly or quietly:

1. Start with the moment: Think of one situation this week where you felt resistance, worry or hesitation. What triggered it?
2. Name the type of fear: Just name what happened, without analysing it yet. Ask yourself what the fear was really about; was it fear of failure, rejection, uncertainty or change, getting it wrong, being judged, being seen, losing control, or something else?
3. Notice the intensity: Give it a number from 1–10 (1- lowest, 10-highest), not as a score but to help you see how it changes over time.
4. Consider how you responded: Did you step back? Push through? Ask for help? Avoid it? There's no right answer, just notice the pattern.
5. Reflect on what happened next: What did that response reveal about you? Did the action you took help in any way? Did it escalate the fear, reduce it or simply give you more information?

No perfection required, just curiosity. This kind of reflection helps you spot patterns in how you relate to fear, so you can make more intentional choices rather than reacting on autopilot. Fear does tell the truth, it just doesn't always tell *the whole* truth.

## **2. Your Courage Ladder**

Sometimes a goal feels too big to tackle all at once, and that can make it easy to delay or avoid it. One way around that is to break the thing you're trying to do into much smaller pieces, almost like climbing a ladder one step at a time instead of trying to jump to the top.

Choose something that genuinely matters to you, something you want but that also feels a bit intimidating when you think about it.

Write it here:

The meaningful thing:

Now, instead of seeing it as one huge jump, break it down into smaller steps. Steps that help you build confidence as you go:

- Step 1: almost comfortable; the smallest action you could take to move toward this goal.
- Step 2: a little uncomfortable; something that stretches you gently but still feels doable.

- Step 3: noticeably stretchy; a step that makes you take a breath, because it asks more of you.
- Step 4: scary but possible with support; the action you might not take alone, yet could with encouragement, structure or accountability.

Remember: Courage isn't a dramatic leap, it's a collection of small, steady steps that slowly build trust - in your abilities, resilience and the person you're becoming.

### **3. Your Courage Map**

Try this when you're working through something that feels intimidating or uncertain, not to force confidence but to understand what the fear is really asking of you.

1. Start by naming the fear clearly: Just one sentence is enough. The aim isn't to justify it or argue with it, simply acknowledge what feels hard.
2. Explore a few possible outcomes: Instead of jumping straight to worst-case thinking, look at the full range:
  - What's the outcome you're afraid of?
  - What's the best version of how this could go?
  - What's a neutral or realistic middle ground?

Often, seeing all three laid out takes the intensity out of the fear.

3. Notice what you'd need in each scenario: Think about skills, support, boundaries, preparation or mindsets that would help you handle whatever comes up, not to eliminate fear but to feel steadier with it.
4. Choose one small step to take this week: Something that moves you forward without overwhelming you. It can be as small as sending one email, asking a question or doing five minutes of prep.
5. Reflect afterwards: Compare what actually happened with what you feared might happen. The gap between the two is often where the learning sits.

This isn't about being brave on command, it's about gradually building trust in your ability to handle discomfort.

### **4. Your 90-Second Reset**

Sometimes fear shows up in the body before we've even had time to make sense of what's happening. Your heart races, your shoulders tighten, your thoughts speed up. Instead of trying to talk yourself out of it straight away, it can help to just give your body a moment to settle.

One simple way to do this is to pause for about a minute and a half, that's roughly how long an emotional response tends to run through the body if we don't keep fuelling it with new thoughts.

Here's how you might try it:

1. Pause and name what you're feeling: Something simple like, *"I'm feeling anxious right now,"* rather than, *"Something's wrong with me."*
2. Breathe slowly for the next 90 seconds: Focus on the physical sensation of the breath rather than the thoughts that want to rush in.
3. Bring your attention to something neutral around you: A sound, a texture, your feet on the floor, anything that helps you come back to the present moment rather than the fear story.

This isn't about suppressing fear or forcing calm. It just gives your nervous system space to settle so that you can respond more intentionally rather than react automatically.

## **Section 5 - Chapter Four: The Language Of Growth**

Your words say a lot about how you see yourself, especially the quiet ones you don't say out loud. They're the lines that slip through when you're tired, frustrated, doubting yourself, or trying to keep it together. This part of the workbook is really just an invitation to listen in and see what's going on beneath the surface.

### **1. Noticing Your Language**

For a week, pay attention to the phrases you say to yourself, especially the ones that sound harsh, final or limiting. For instance, "I'm useless at this," or "This always happens to me." Don't correct them in the moment, just note them down somewhere.

When you have time, look back at what you wrote and see if there's a version that feels more accurate rather than self-critical. For example:

- instead of "I'm terrible at this," maybe "I haven't practised this much."
- instead of "I never have time," maybe "I haven't prioritised this yet."
- instead of "Everything goes wrong for me," maybe "This didn't go the way I wanted."

You're not trying to be positive, just more honest. At the end of the week, review the patterns, notice where your language closes things off and where small tweaks might give you more space to act, rather than shutting down before you start.

### **2. Reframe Journaling**

Time to practise some reframing. In the evening, take a couple of minutes to write about something that felt uncomfortable or didn't go how you hoped. Keep it short and simple; two or three lines are enough.

First, write the honest, raw version of how you felt in the moment, then write a second version that gives the situation a bit more context or fairness.

Examples:

- *"That presentation was awful. I just froze."*
- *"I got flustered because I wasn't ready for the questions. Next time I'll plan for that part."*

The point isn't to sound positive, just to notice when your first reaction is harsher than it needs to be. You're simply giving yourself another way of seeing what happened.

### **3. Identity Declarations**

Many people speak about themselves in extremes, either quite harshly ("*I always mess things up*") or in big statements that don't actually feel true ("*I am fearless*"). Both can be hard to work with.

Instead, try noting a few things about yourself that are already true when you're at your best. Nothing dramatic, just accurate. You could consider things like:

- "I think things through before I act."
- "I show up for people even when I'm unsure."
- "I learn by doing, not by rushing."

These aren't about convincing yourself of anything, they're more like reminders you can come back to when you're doubting yourself.

You don't need to say them every morning or turn them into a ritual, just keep them; you'll actually see them - maybe in your notes app or scribbled on a Post-it near your desk. The point is to ground yourself in what's already true, not to manufacture a new identity from scratch.

### **4. Your Self-Talk Patterns**

Start by writing down five things you often say to yourself. Not the polished version, the real stuff. The lines that come up when you're stressed, disappointed or trying to push through something hard.

Go on, be brutally honest with yourself:

- 1.
- 2.
- 4.
- 5.
- 6.

Now, look back at what you wrote. If someone you cared about said those things, how would you respond? What tone would you use with them? Rewrite each one in that tone, the tone you reserve for people you want to see win. Not sugar-coating or pretending, just fair and kind enough that it doesn't shut you down.

- 1.
- 2.
- 3.
- 4.
- 5.

This will show that your internal voice is shifting, not by forcing positivity but by removing that harsh edge you've carried for years.

## **5. Try to Identify Statements That Feel True**

Forget the big affirmations for a minute because you don't need to tell yourself you're unstoppable, brilliant or anything that feels fake. What actually helps is connecting to the version of you that already exists, the version that shows up when you feel steady and a bit more yourself.

Complete these in whatever way naturally comes up:

When I'm grounded, I tend to...

When I'm at my best, I handle things by...

A part of me I want to bring forward more often is...

These aren't slogans but reminders of the real you, the one you sometimes forget.

## **6. Renovating Your Script**

We all pick up old lines along the way, things we never consciously agreed to but somehow absorbed. Maybe someone said it to you once and it stuck, perhaps it came from a difficult chapter in your life or you're not even sure where it came from but you just know it's been echoing in your mind for far too long.

Let's take a few of those old lines, the ones you're honestly tired of hearing in your own head and rewrite them into something truer. Something that actually fits who you are now, not who you were when that line first took root.

1. Think of a phrase you often use about yourself, maybe something you say when you're frustrated or explaining your behaviour. Write them down.

When you've written it, say it out loud to yourself. Yes, really. Even if it feels strange or clunky or "not like you," just notice: How does it land in your body? Do you feel a tiny bit lighter? A bit uncomfortable? A little unsure? Maybe a mix of all three?

2. Ask yourself, *Where did that come from?* When did you first start saying it and does it still feel accurate now?
3. Now, write a few alternative ways of saying it, ones that feel honest but give you a bit more room to grow.
4. Say one of those new versions out loud each morning for a week. Not to “manifest” anything, just to notice how it feels to speak about yourself differently.
5. At the end of the week, see if anything shifted, not just how you feel but how you behave.

You’re not trying to erase a script that’s been in your head for years, you’re simply loosening its grip, making space for something more honest to take its place. This isn’t about forcing positive language, it’s about making sure the words you use actually reflect who you’re becoming, not just who you used to be. Your goal is to create a new version of you that feels more accurate today; that’s the work.

This is how real change begins, gently, quietly, one softened story at a time.

## **Section 6 - Chapter Five: The Power Of Perspective**

Your interpretation of a situation often shapes your experience more than the situation itself.

Here’s how to widen your view.

### **1. The 10-Minute Altitude Shift**

When something feels intense or overwhelming, try giving yourself a bit of distance, not to disconnect from the situation but to see it more clearly.

Here’s a simple way to do that, think of a situation that feels stuck or emotionally charged:

- What happened (facts only):
- What else could be true?
- Step away for a few minutes (a short walk, a different room or just closing your laptop). How did you interpret it:
- Ask yourself, *"What would future-me say about this?"*, *"If I look back on this in five years, what will actually matter here?"*
- Notice at least one part of the situation that could be useful, even if it’s uncomfortable.
- Then choose a small action based on that wider view, not the initial emotional reaction.

The aim isn’t to be detached or overly logical, it’s just to create enough space to think rather than react. Perspective doesn’t erase the challenge, it just gives you more options.



## 2. Three Ways to Widen Your Perspective

When you're stuck in your own head, sometimes the goal isn't to feel better, it's just to see more of the picture. Here are a few ways you can do that in real life:

- Choose a situation.
- Write it from three viewpoints:

Where's the new insight?

### 1. Your current viewpoint: Take a Pause Before You Decide What It Means

When something triggers you, instead of jumping straight to interpretation, take a breath and ask yourself things like:

- *What am I assuming here?*
- *Is there another way to look at this?*
- *What might I be missing?*

You're not trying to talk yourself out of how you feel, you're just giving yourself room to see what else might be going on.

### 2. Someone else's possible viewpoint: Try Writing It From the Other Person's Point of View.

If someone's behaviour is bothering you, write a short paragraph as if you were them. For example: "I'm waiting for feedback and I'm not sure where I stand." You don't have to agree with their perspective; sometimes, just imagining another angle softens the intensity and makes problem-solving easier.

### 3. You in five years looking back: Zoom Out a Little

Once a week, take something that's stressing you and write about it as if you're looking back on it from a few years in the future, not in a "everything works out perfectly" way, just with the benefit of hindsight. For example: "Looking back, this was the point where I learned to speak up sooner."

Sometimes distance gives you clarity that isn't available in the moment.

## 3. Language Shifts for Perspective

Sometimes, the smallest shift in wording can open up a completely different way of seeing a situation. You're not trying to be positive or pretend things feel good, you're just giving yourself a bit more space and clarity.

Here are a few examples to play with:

"It's all gone wrong." becomes *"There's at least one part of this I can still work with."*

"There's nothing I can do." becomes *"I might not like my options, but I do have some."*

"This is the whole story." becomes *"This is one chapter — not the whole book."*

These shifts aren't about denying how you feel, they're about reminding yourself that there is always more to the picture than the moment you're in.

#### 4. The Reframing Cycle

When something feels off or emotionally heavy, don't rush to fix it, just start by noticing what's happening. Here's a gentler way to work with it:

1. Notice the reaction: Pay attention to the thought or tension that shows up rather than pushing past it.
2. Name what you're feeling: Something simple like, *"Right now I feel overlooked,"* or *"This feels unfair."* Naming it helps separate the feeling from the whole situation.
3. Look for another angle: Ask yourself, *"How might someone outside this situation describe what's going on?"* Not to invalidate how you feel—just to widen the frame.
4. Choose wording that gives you room to move: For example, shifting from *"I've failed,"* to *"This didn't work the way I hoped—so what now?"*
5. Take a small action based on the wider view: One step is enough; the goal is movement, not resolution.

This isn't about turning everything into a positive spin, it's about giving yourself more options than the first, most emotional interpretation.

## Section 7 — Chapter Six: Becoming The Architect

This is where you step into choice, intention and personal ownership. It's not about reinventing yourself, it's about becoming more *you*.

### 1. Five-Minute Morning Intention Setting

Instead of letting the day just happen to you, you can give it a bit of direction in a few minutes. Each morning, try this simple practice:

1. **Pick a word for the day:** Choose one word that describes how you'd *like* to move through today. Something like "steady", "present", "focused", "light", "kind".
2. **Jot down three small actions:** Note three things you can do that would support that feeling. For example, if your word is "steady", your actions might be:
  - take a proper lunch break
  - finish one thing before starting another
  - go for a short walk between meetings

3. **Name one likely snag:** Think of one thing that might throw you off - running late, a difficult meeting or tiredness - and write a more helpful way to meet it. For instance: *"If I'm feeling rushed, I'll slow down for 60 seconds and reset before reacting."*
4. **Write a simple anchor sentence:** One line you can come back to during the day, like:
- *"Today I respond, I don't rush."*
  - *"Today I give myself permission to go one step at a time."*
  - *Today, I want to feel....*
  - *To support that feeling, I will:*
    - 1.
    - 2.
    - 3.

If something throws me off, I'll remind myself that this is about direction, not perfection.

That's it; five minutes, a pen and a bit more direction for how you want to show up, without needing the day to be perfect. This simple routine empowers you to thrive.

## 2. Weekly Check-in

At the end of the week, take a few minutes to look at how things went, to slow down and be honest with yourself, not to judge yourself but just to notice what's going on. You might ask yourself:

- What felt heavy or messy this week? The things that drained you, weighed on you or took more energy than you expected.
- What felt surprisingly good? The small wins, small joys or moments that landed better than you planned.
- Where did I choose growth? Where did I say "yes" when I wanted to say "no"? Even tiny moments count, choosing the harder truth, setting a boundary or trying something new.
- What did I avoid that probably needs attention? Where did I slip into autopilot? The places you reacted out of habit instead of intention.
- What do I want to carry into next week? A mindset, a habit, a feeling, a learning or anything that supported you.
- Write down one or two small changes you want to try next week. Keep it practical, something you'll actually do, not a significant overhaul.

Keep this small and realistic. One gentle adjustment that nudges you toward who you're becoming.

### 3. Your Blueprint Audit

Some beliefs were inherited, some were protective and some no longer fit.

Create your belief inventory:

- Beliefs I inherited:
- Beliefs I've outgrown:
- Beliefs that still support me:

Understanding the foundation helps you redesign the house.

### 4. The Blueprint Vision Board

Instead of creating a vision board full of pictures that look good on Pinterest, build one that reflects how you want to *live*, not just what you want to achieve.

Grab a page and break it into a few areas that matter to you. It doesn't have to be perfect, just headings that help you think clearly. For example:

- What matters to you at a deeper level: Things you want to keep in mind when you make decisions, not just goals.
- What keeps you grounded day-to-day: The small actions you know help you stay well rather than run on autopilot.
- What helps you see things differently: People, experiences, books, conversations, anything that expands your thinking.
- Where your time and energy are going right now: Work, friendships, family, creative projects, whatever is taking space.
- What helps you recover when you're stretched: Rest, space, connection, routines, anything that helps you reset.

Create it in a way that feels usable, not "perfect." It's something you'll look at and adjust every so often, not a masterpiece for your wall.

The point isn't to create an aesthetic board, it's to give yourself a clearer sense of what matters and how you want to show up. Be sure to update this every quarter, it's an excellent way to watch your growth unfold.

### 5. The Quiet Room Practice

Before you end your day, give yourself a bit of quiet, nothing structured or dramatic. Just five minutes without distractions. Find a spot where you won't be interrupted, take a breath and ask yourself a few simple questions:

- *What actually went well today?*
- *What didn't feel great and why?*

- *Is there something I want to carry into tomorrow?*

No journaling template and no pressure to be wise, just paying attention. The point isn't to analyse yourself, it's to give your mind space to slow down and make sense of the day instead of rolling straight into the next one.

Even a short pause can help you end the day with a clearer head, rather than carrying everything to bed with you.

## Section 8 — Monthly Reflection Prompts

Here are a few gentle questions to keep you connected to yourself over the month. Use them whenever you feel a bit stuck, curious or in need of a reset.

- Which belief has been quietly steering my choices lately? Sometimes it's subtle, notice what's underneath your decisions.
- What's one thing I've been avoiding, and what's sitting behind that avoidance? Fear? Fatigue? Uncertainty? Be honest with yourself.
- What would "1% braver" look like for me today? Not a big leap, just a small, doable shift.
- How do I want to speak to myself this week? What tone would actually support me right now?
- What perspective would give me a bit more breathing room? Even a tiny shift in viewpoint can change how something feels.

There's no pressure to answer them all, choose one or two that stand out and spend some time with them. Remember that the goal here isn't to produce perfect insights, it's simply about staying aware, open and connected to yourself.

## Section 9 — Your Reframe Commitment

To close out *Book One: Reframe*, reflect on this:

- What belief am I choosing to gently loosen this month?
- What small action will help me practise this reframe?
- How do I hope life will feel as this shift embeds itself?

If it feels right, sign below:

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

This isn't a contract, it's a declaration of intention to hold yourself to account.

## A Closing Note

As you reach the end of this workbook, I want you to pause for a moment and acknowledge yourself, not for having “finished” something but for showing up. For thinking, reflecting, writing, noticing, questioning and for being willing to look a little more closely at your inner world. That takes courage, Quiet courage. The kind that doesn’t always get celebrated but absolutely deserves to be.

None of the shifts you’ve made here need to be loud or dramatic. Real change often starts in the small moments, a softened belief, a kinder sentence, a clearer breath, a different choice. These are the things that stack over time and start to change how you see yourself.

As you move forward, keep giving yourself permission to:

- grow at your own pace
- rest when you need to
- question old stories
- practise new ones
- take small steps instead of big leaps
- and come back to yourself whenever you feel lost

Nothing in this workbook was meant to “fix” you, it was meant to help you see yourself more clearly and you’ve done that. If you ever feel yourself slipping back into old patterns (and you will, because you’re human), just return to a page, a question, a prompt or a reframe. You can begin again as many times as you need to.

Thank you for letting me be part of this chapter of your growth. I’m proud of the work you’ve done here and I hope you are too.

Keep taking one small but intentional step at a time; you’ve got this!

Warmly,

Tope Songonuga