SPIRITUAL DEVELOPMENT ACADEMY

Your Module 1 Mindset Toolkit

Seven tools, and exactly when to reach for each one

1

Return to Your Why

For lost motivation

Reread the reason you began. Motivation isn't forced, it's restored by remembering.

2

Check the Three Legs

For a goal that isn't moving

Clear vision, genuine desire, firm belief. Find the missing leg and rebuild it.

3

Real Obstacle, or Excuse in Costume?

For feeling stuck

Look at it directly. Real obstacles can be planned around. Excuses dissolve when seen.

4

Catch the Thought, Choose the Thought

For negative spirals

The mind holds one thought at a time. The catch is the win, and the choice is yours.

5

Be Kind to Yourself First

For the harsh inner voice

Mirror, your own eyes, out loud: I love myself. Loving kindness begins at home.

6

Step One Inch Outside the Comfort Zone

For feeling flat or confined

One unfamiliar inch is enough. Growth lives just past the familiar, and so does joy.

7

Tend the Garden, and Keep Planting

For impatience and stumbles

Seeds take time. The restart is scorekeeping, never a verdict. Keep watering.

None of these requires talent, money, or permission. Only your attention and your honesty.

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