

# **3-STEP MINDSET RESET**

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**A 3-PART TRAINING SERIES  
WITH MEL ROBBINS**

# TRAINING 1:

## The 5 Traps of Self-Doubt

Trap 1 is \_\_\_\_\_

Trap 1 is triggered by \_\_\_\_\_

\_\_\_\_\_

Where is Trap 1 present in your life?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you know you need to do to that you keep putting off?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Trap 2 is \_\_\_\_\_

Trap 2 is triggered by \_\_\_\_\_

\_\_\_\_\_

Procrastination is example of \_\_\_\_\_

Where do you let Trap 2 run your life?

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When was the last time that you experienced Trap 2?

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Trap 3 is \_\_\_\_\_

Trap 3 is triggered by \_\_\_\_\_

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Perfectionism is a defense mechanism to shield yourself of \_\_\_\_\_

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Where is Trap 3 present in your life?

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The pattern of arguing against yourself keeps you \_\_\_\_\_

because it keeps you from being \_\_\_\_\_

Trap 4 is \_\_\_\_\_

PTSD is all about \_\_\_\_\_

What are things that you don't do because you put everyone else first?

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When you commit to solving your problems, you see \_\_\_\_\_ everywhere.

Why is it important for you to focus on what matters to you?

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Why does reaching your potential matter to you?

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What 3 things do you need to do each morning?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

You don't have to feel like getting out bed, you just have to \_\_\_\_\_

Trap 5 is \_\_\_\_\_

Feeling nervous is \_\_\_\_\_

The body state of being nervous is the same as the body state of being \_\_\_\_\_.

The next time you feel nervous, you should say "I feel \_\_\_\_\_."

The only difference between anxiety and excitement is \_\_\_\_\_.

**HOPE YOU ENJOYED PART 1 OF THE TRAINING SERIES!**

**TURN TO THE NEXT PAGE WHEN YOU START PART 2.**

# TRAINING 2:

## The 3 Mistakes and Truths of Passion

What is an area in your life in which you wish you had more passion?

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Now, make it a statement.

I wish that I had more passion in my \_\_\_\_\_

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Mistake #1 of Passion is: \_\_\_\_\_

Fact #1 of Passion is: \_\_\_\_\_

Passion is a state of \_\_\_\_\_

The definition of passion: Passion is \_\_\_\_\_

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Mistake #2 of Passion is: \_\_\_\_\_

The wrong question we ask is: \_\_\_\_\_

Fact #2 of Passion: The question I want you to ask is: \_\_\_\_\_

\_\_\_\_\_ or \_\_\_\_\_

Now, answer this question for yourself:

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Mistake #3 of Passion is: \_\_\_\_\_

Fact #3 of Passion is: \_\_\_\_\_

You can hate your job and show up at it as a \_\_\_\_\_

To create a job you love, it starts \_\_\_\_\_

You're not going to evolve your life from a state of \_\_\_\_\_

My favorite tool for passion is called \_\_\_\_\_

Throughout the day, pay attention to when you feel \_\_\_\_\_

and when you feel \_\_\_\_\_.

Make a list of people, places, things, foods, or hobbies that deplete you:

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You have an incredible asset that no one else in the world has: \_\_\_\_\_

The secret to living a passionate life is: \_\_\_\_\_

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Today I feel.....

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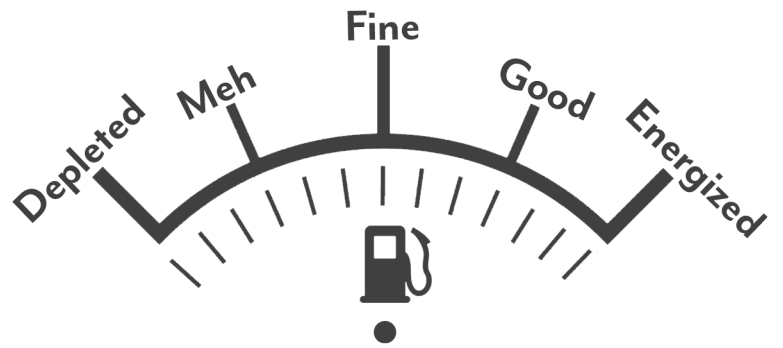
Here's why:

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**THANKS FOR WATCHING PART 2 OF THE TRAINING SERIES!**

**TURN TO THE NEXT PAGE WHEN YOU START PART 3.**



# TRAINING 3:

## Are You Solving the Right Problem?

On camera, I asked "What do you want?"  
Now I'm asking you the same question:

What do you want? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### HOW I PROBLEM SOLVE:

I never try to think from where I'm \_\_\_\_\_.

I try to invent a fictional \_\_\_\_\_.

I come up with as many \_\_\_\_\_.

When I come up with \_\_\_\_\_, it relieves me  
of thinking \_\_\_\_\_.

Jen thought her problem was: \_\_\_\_\_  
\_\_\_\_\_

Her real, immediate problem was actually: \_\_\_\_\_  
\_\_\_\_\_

I want you to spend your time and energy \_\_\_\_\_.

When we get agitated and busy, we usually don't have a conversation about  
\_\_\_\_\_ and I'm not solving \_\_\_\_\_.

I tend to work on the wrong problem when I'm \_\_\_\_\_ and \_\_\_\_\_.

When do YOU find yourself working on the wrong problem? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the hallmark signs when you are not feeling tethered?  
\_\_\_\_\_  
\_\_\_\_\_

**This helped me:**

Have the courage to align what you are doing and who you are doing it with \_\_\_\_\_  
\_\_\_\_\_.

# Thanks for Watching!

Let me know you are putting what you learned into action by reaching out to me on social media.



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# ADDITIONAL NOTES