

Section 2

Limiting Belief Reflection (Identify one mindset barrier and reframe it)

Example: Identify one mindset barrier (e.g., “I’m not ready to lead”) and reframe it (e.g., “I’m developing leadership daily”).

Section 3

Progress Tracker

| Daily Actions | Outcome |
|---------------|---------|
| | |

Example: Log 5–7 daily actions (e.g., “Posted on Instagram”) and outcomes (e.g., “Gained 5 followers”).