

IGNITE Your Business: Igniting Your Inner Leader **SPARK Mindset Reflection Tool**

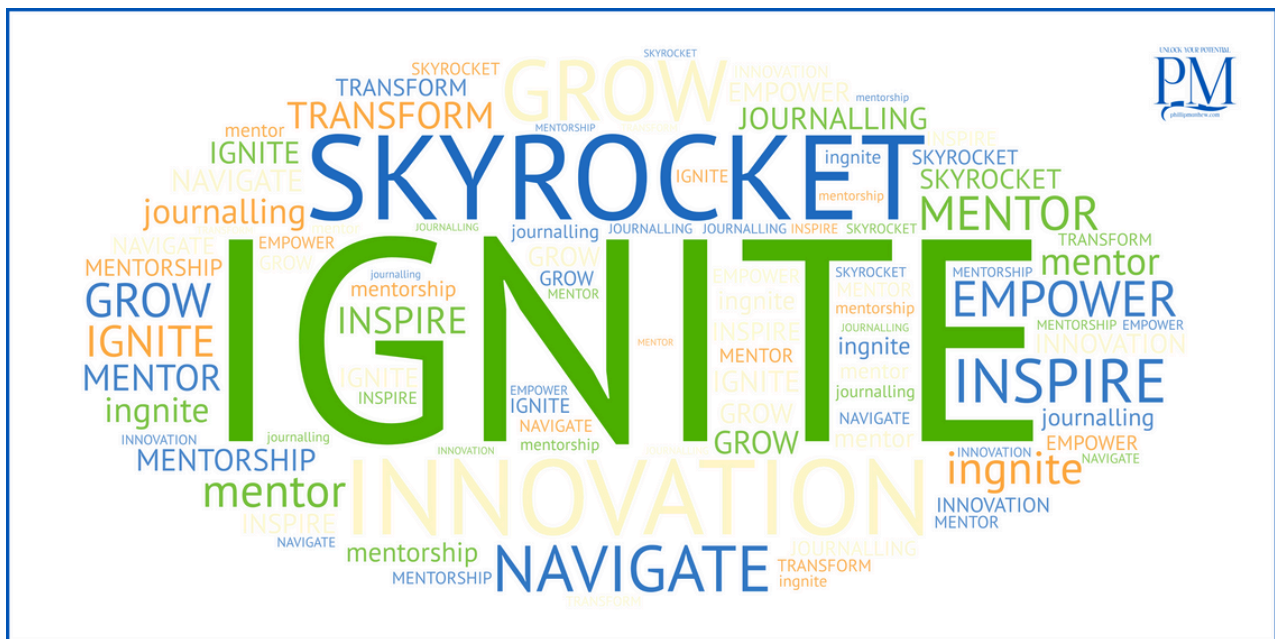
SPARK

(Strength, Purpose, Adaptability, Resilience, Knowledge).



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Mindset Reflection Tool

Reflect on your mindset to ignite leadership with the *Mindset Reflection Tool*, inspired by *Igniting Your Inner Leader*. Use the UYP Formula to identify and reframe limiting beliefs, aligning with your vision. Complete daily or as needed, track progress independently, and review in the *SPARK Progress Tracker*. Example below. Discuss insights with Phil at phillipmatthew.com/book-a-call. Download resources at phillipmatthew.com/ignite/resources/.

Example Entry:

- **Limiting Belief:** I lack confidence in public speaking.
- **Reframed Belief:** I can build confidence through practice and UYP coaching.
- **Daily Action:** Join Toastmasters and practice a 5-minute speech weekly.
- **UYP Mentorship Impact:** Coaching clarifies my leadership vision, guiding my growth.



Reflection Entries - What mindset shift will ignite your leadership today?

Date

Limiting Belief:

Reframed Belief:

Action Step:

UYP Mentorship Impact - Optional



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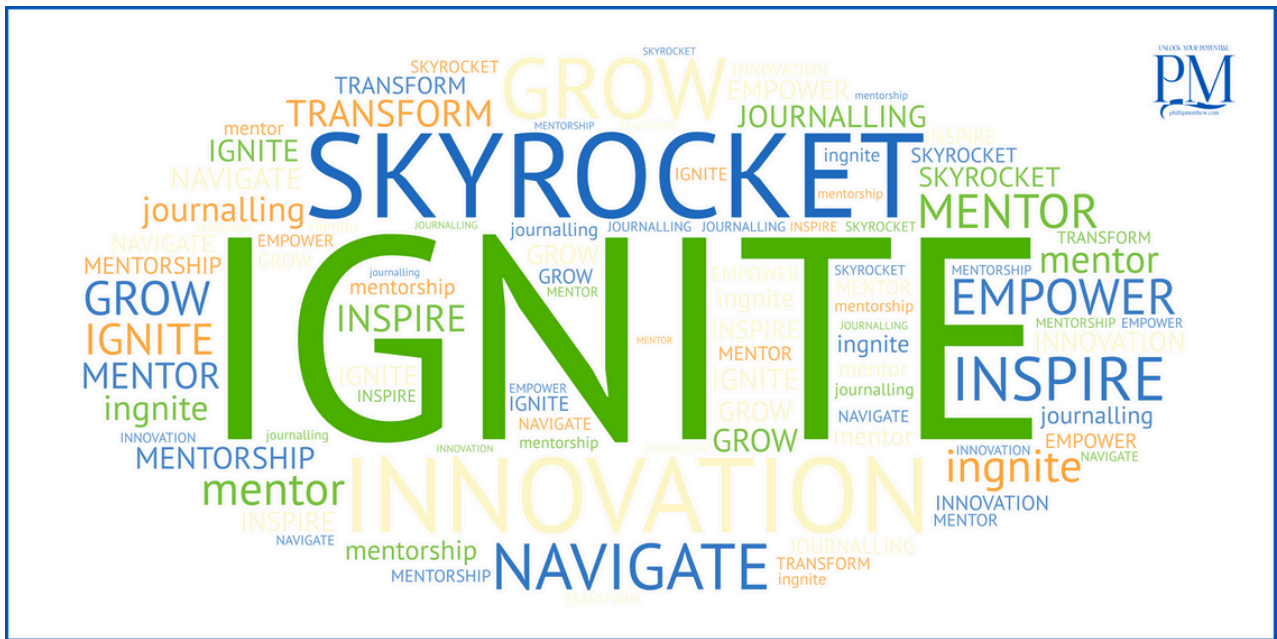
Date

Limiting Belief:

Reframed Belief:

Action Step:

UYP Mentorship Impact - Optional



"Unlock your potential with daily clarity." – UYP Philosophy

Call To Action:

"Write one sentence about how UYP mentorship can shape your leadership."

Discuss with Phil at phillipmatthew.com/book-a-call

Find more resources at phillipmatthew.com/resources