



User Guide: IGNITE Your Business – SPARK Mindset Reflection Tool

How to Use the SPARK Mindset Reflection Tool: Download the *Mindset Reflection Tool* (PDF, Digital PDF, or Google Doc) at phillipmatthew.com/ignite/resources/.

Action:

Use the Mindset Reflection Tool to reflect daily or as needed, reframing limiting beliefs with the UYP Formula.

Track Your Progress:

- Google Forms: Create a form with 1. Date (MM/DD/YYYY), 2. Limiting Belief, 3. Reframed Belief, 4. Daily Actions, 5. UYP Mentorship Impact (Optional), Save in Google Sheets.
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- Alternatives: Google Docs, Sheets, Notion, or paper journal
- Example: Date: 01/06/2025; Limiting Belief: I lack confidence in public speaking; Reframed Belief: I can build confidence through practice; Daily Action: Join Toastmasters
- UYP Mentorship Impact: Coaching clarifies my vision.

Next Steps:

Share insights with Phil at phillipmatthew.com/book-a-call.

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