



FrameShift Foundation Kit

Build your Base, Align Your Mind,
Sustain Your Shift

A FRAME
LIFE/VISION/SUCCESS

FrameShift Foundations

» **Your first Shift:**
Your first step with the
FrameShift Starter Kit.

◇ **The truth:**
A decision alone doesn't
change your life.

✓ **What changes your life:**
The daily habits that reinforce
that decision until it
becomes who you are.

I am becoming the person
I want to be.

FrameShift Foundations

» **Your first Shift:**
Your first step with the
FrameShift Starter Kit.

◇ **The truth:**
A decision alone doesn't
change your life.

✓ **What changes your life:**
The daily habits that reinforce
that decision until it
becomes who you are.

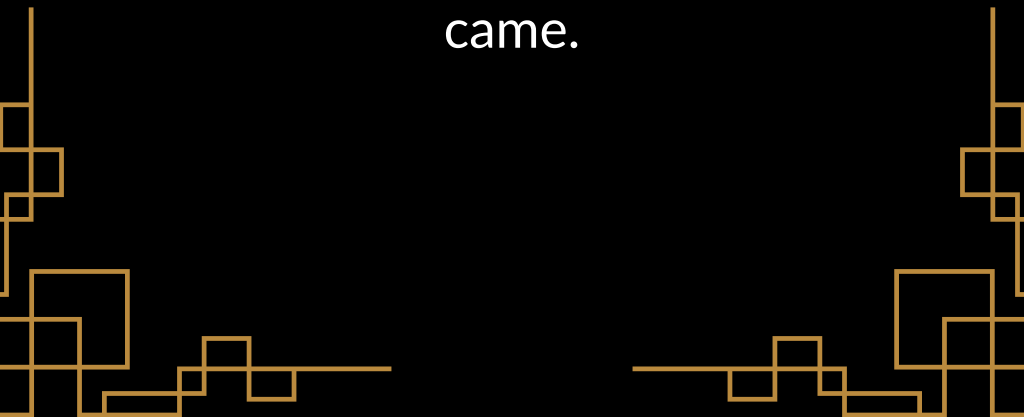
I am becoming the person
I want to be.



My Story

Not long ago, I was stuck in cycles that drained me — overworking, overthinking, distracted, disconnected. On the outside, I was “managing,” but inside I felt trapped.

For years, I relied on unhealthy coping habits, just to get through the day. I told myself that “one day” I’d finally shift. But that “one day” never came.





My Story

Then I realized something that
changed everything:

One big decision starts the path.
But *every little choice* after that
is what builds it.

Awareness in the small moments
creates the **bigger picture**.



My Story

There is no future without
the choices of the **present**.

Resistance will always show up.
That's the game.



Small wins, stacked daily,
become the shift.



➤ That's why I created the Frame Shift Foundations — **not as theory**, but as the exact daily support system I wish I had when I first decided to change my life.

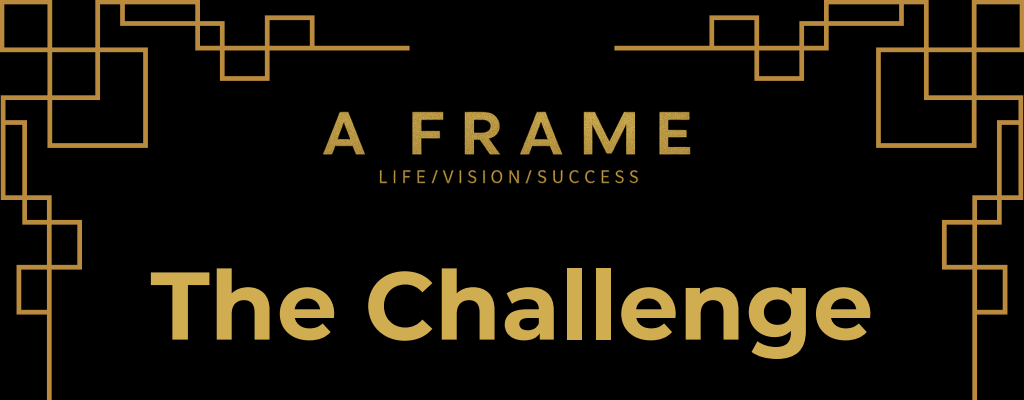
These are the habits that made my **Frame Shift real** — and they'll do the same for you.



If you commit to even 1 habit
today, you'll feel the shift:

- ⚡ More focus.
- ⚡ More energy.
- ⚡ More clarity.
- ⚡ More confidence to build
the business & life you want.

This is how **momentum** begins.
And once it starts rolling—
it's unstoppable.



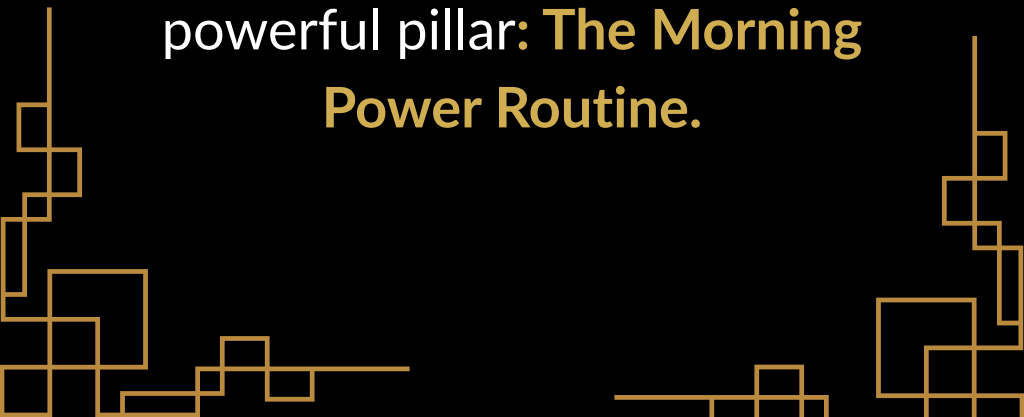
A FRAME
LIFE/VISION/SUCCESS

The Challenge

- ✓ Pick one habit today.
- ✓ Install it this week.
- ✓ Build on it next week.

This is your foundation. This is how
your Frame Shift becomes
unshakable.

Let's start with the first and most
powerful pillar: **The Morning
Power Routine.**





Pillar 1 – Morning Power Routine



Why It Matters

How you start your morning determines how you live your day.

If you wake up reactive — checking your phone, scrolling, rushing — your brain locks into stress mode before you even begin.



**High performers do the
opposite:**

They prime their mornings to set
their state, so the day works for
them, not against them.

Gratitude, focus, and presence in
the morning shift you into
abundance — and that carries
through everything you do.



Morning Priming Protocol (10–15 min)

Step 1 – Gratitude (2 min)

- Write down 3 things you're grateful for.
 - Focus on small wins, people, or opportunities.
-



Step 2 – Visualization (3 min)

Close your eyes.

- Picture your #1 goal as if it's already real.
- Feel the emotions — excitement, pride, certainty.





Step 3 – Breathwork & Movement (3–5 min)

- 10–20 deep breaths OR 2 min box breathing.
- Quick body reset: 15 squats, 10 push-ups, or stretches.





Step 4 – Intentional Focus

(2–3 min)

- Write down your MIT (Most Important Task) for today.
- Affirm: “No matter what, this gets done.”

⚡ Tip: Don't worry about making it perfect. Even 5 minutes of this routine will shift your energy and mindset for the day.



Pillar 2 – Energy & Sleep Mastery



Why It Matters

Energy is your real currency.
Without it, even the best ideas
or plans can't be executed.

Most people burn out by
treating energy as random —
sleeping whenever, eating
whatever, pushing through
exhaustion.

⚡ Energy fuels everything.



High performers do it differently.

They protect sleep, fuel their bodies like athletes, and create recovery rituals that keep their focus sharp.

⚡ Manage energy like money — and your output multiplies without burnout.



Energy & Sleep Reset

Step 1 – Sleep Cycles

- Go to bed and wake up at consistent times (even on weekends).
 - Aim for 7–8 hrs of quality sleep.
-



Step 2 – Evening Wind-Down

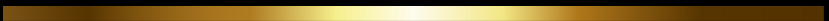
- 30–60 min before bed: no screens, no heavy work.
- Replace with reading, journaling, or light stretching.





Step 3 – Morning Light & Movement

- Get sunlight exposure within the first hour of waking.
- Move your body — even a 5-min walk boosts alertness.





Step 4 – Fuel & Hydration

- Drink 1 glass of water immediately upon waking.
- Base meals on real fuel (protein, veggies, healthy fats).
- Reduce junk/sugar → protect stable energy.

⚡ Tip: Don't try to overhaul everything at once. Pick one habit (e.g., fixed bedtime) and stick to it for a week. **The compound effect will surprise you.**



Pillar 3 – Productivity Habits



Why It Matters

Most people don't fail because they lack talent — they fail because they scatter their focus.

Busyness isn't progress.
Productivity isn't about doing more — it's about doing what matters most with clarity and consistency.



High Performers Do the Opposite:

They master focus like a skill.

They prioritize, plan, and
systemize their work so energy
goes into progress — not noise.

⚡ Productivity isn't about time
management — it's about energy
+ focus management.



Execution Framework

Step 1 – The Rule of One

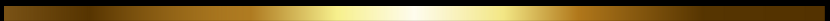
- Define the 1 most important task (MIT) for today.
- Attack it first — no distractions, no excuses.





Step 2 – Daily 3 MITs

- Alongside your #1, write down your top 3 priorities for the day.
- Keep them visible. Anything else is secondary.





Step 3 – Deep Work Blocks

- Block 60–90 mins for your most demanding task.
- Eliminate distractions: phone off, notifications off, door closed.

⚡ Tip: Don't overthink journaling or affirmations. Consistency beats complexity — even one sentence daily builds momentum.



Step 4 – Weekly Review

End each week with 3 questions:

- What worked?
- What didn't?
- What's next?

⚡ Tip: When in doubt, return to your Rule of One. If you do the most important thing daily, momentum is inevitable.



Pillar 4-Growth Mindset Practices



Why it Matters

Your business and life will never
outgrow your mindset.

Skills matter, but perspective
determines how you use them.
Most people spiral into doubt
and self-sabotage when
challenges hit.

⚡ High performers master
perspective: they pause, reframe,
and grow stronger



Why it Matters

By training your mind daily — through journaling, affirmations, and learning — you create a feedback loop of growth.

These practices hardwire resilience and align you with the identity you're building.

⚡ Master your mindset, and you master your outcomes.



Mind Fitness Habits

Step 1 – Daily Journaling (5–10 min)

- Morning: brain dump →
“What’s on my mind right
now?”
 - Evening: reflection → “1 win,
1 lesson, 1 focus for
tomorrow.”
-



Step 2 – Affirmations / Identity Statements

- Write 1–2 “I am” statements aligned with your future self.
 - Example: “I am the type of person who takes consistent action.”
 - Repeat them morning & evening with conviction.
-



Step 3 – 1% Daily Growth

- Dedicate 15–20 min/day to learning (book, podcast, mentor).
 - Capture 1 key insight daily:
“What did I learn? How can I apply it?”
- ⚡ Tip: Don’t overthink journaling or affirmations. Consistency beats complexity — even one sentence daily builds momentum.
-



Pillar 5 – Wealth & Lifestyle Anchors



Why It Matters

Wealth isn't built by chance — it's
built by habits.

Most people earn and spend in a
loop, always chasing the next
paycheck.





High performers flip the script:

They invest first, manage their cashflow, and grow their value by mastering new skills.

By aligning your daily habits with wealth creation and lifestyle mastery, you remove financial stress and create freedom to grow in business and life

💡 Money is energy. Control the flow, and you control your future.



Money & Growth Habits

Step 1 – Pay Yourself First

- Save or invest 10%+ of every euro/dollar you earn before spending.
 - Automate it if possible (separate account or app).
-



Step 2 – Track Cashflow

- Weekly: review income, expenses, savings.
- Awareness = control. Use a simple spreadsheet or app.





Step 3 – Skill Stacking

- Identify 1 high-value skill to develop (sales, writing, tech, psychology).
 - Dedicate time weekly to practice.
 - Ask: “What skills make me rare + indispensable?”
-



Step 4 – Compounding & Leverage

- Small, consistent investments (money + skills) compound over years.
 - Look for scalable income sources — digital assets, automation, systems.
- ⚡ Tip: Even small amounts saved, tracked, and invested create massive difference when compounded with discipline.
-



Pillar 6 – Leadership & Presence



Why it Matters

Leadership isn't a title — it's
energy.

Every day, you influence the
people around you: your team,
your family, your clients, your
friends.



High performers master leadership energy:

They set the tone instead of reacting, they shape the environment instead of absorbing it.

⚡ When you raise your presence, you raise your impact.



Leadership Habits

Step 1 – Proactive Listening & Presence

- Put distractions aside.
 - Listen to understand, not to reply.
 - Ask 1 clarifying question before you speak
-



Step 2 – Give More Than You Take

- Daily acts of value:
encouragement,
introductions,
sharing resources.
- Express gratitude to at
least one person each day.





Step 3 – Model & Multiply Energy

- Ask: “Am I showing up as the thermostat or the thermometer?”
 - Choose to bring vision, positivity, and certainty to your environment.
 - Lead by example — people rise to the standard you live.
-

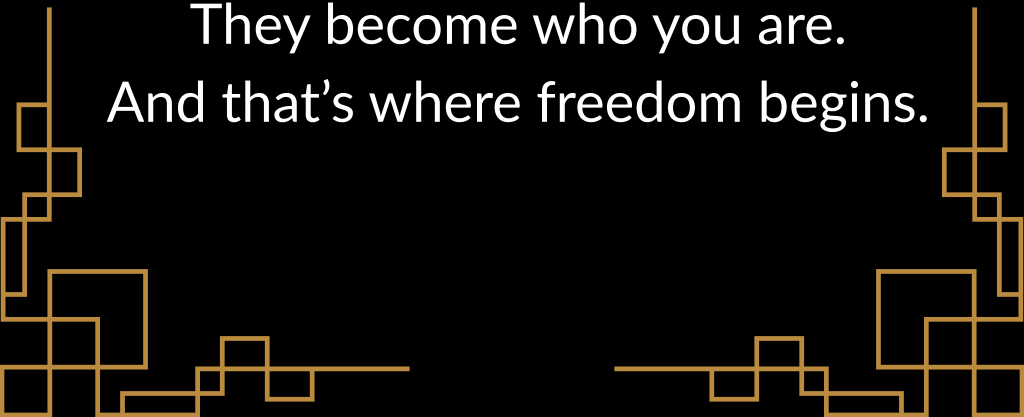


Your Foundations for Life

You've made your Frame Shift.
Now the Foundations are yours to
keep— daily habits that anchor
clarity, energy, and focus into every
part of your life.

With consistency, they stop being
routines.

They become who you are.
And that's where freedom begins.





Your Next Step

Success doesn't come from
intensity.

It comes from consistency.

- Pick **1 habit** today.
- Commit to it for the next
7 days.
- Then add the next one.

This is how momentum
compounds.

This is how your Frame Shift
becomes **who you are**, not just
something you do.

Final Words

Big shifts aren't made once.

They're built every day.

Gratitude. Discipline. Focus.

Presence.

Stack them. Live them.

That's your FrameShift —
unshakable, unstoppable, yours

**There is no better time to
start than now.**



DAILY TRACKER

MORNING FOCUS

ENERGY CHECK



EVENING REFLECTION



I act with clarity, energy, and purpose.

Monday	Tuesday	Wednesday	Friday	Sunday
Notes				

[illegible]