

THE MINDSET DAILY RESET



Level 10
Learning

3 Steps to Master Your State in Under 5 Minutes



Step 1: The Physical Pattern Interrupt

When you feel overwhelmed, your body is in "Survival Mode." You must break this loop to regain mental control.

- **The Posture:** Stand/sit with your back straight, shoulders back, and chin up.
- **The Breath:** Use the **4-8 Method**.
 - Inhale through your nose for **4 seconds**.
 - Exhale slowly through your mouth for **8 seconds**.
- **The Why:** This stimulates the vagus nerve and shuts down the "fight-or-flight" response instantly.



Step 2: The Cognitive Pivot

Once the body is calm, we must shift the brain from "Problem" to "Process."

- **Identify the "Noise":** Acknowledge the stressor, then ask: *"Is this a fact, or just a feeling?"*
- **The Identity Question:** Ask: *"What would the Level 10 version of me do right now?"*
- **Micro-Action:** Identify the **one** smallest thing you can do in the next 2 minutes to move forward.



Step 3: The Habit Anchor

Success is not a grand gesture; it is the result of repeated, tiny wins.

- **Set the Intention:** "Today, I choose [Focus Word: e.g., Clarity, Patience, or Speed]."
- **Commit to the System:** Remind yourself that you don't rise to the level of your goals; you fall to the level of your systems.
- **Mark the Win:** Check off your first small task to gain momentum!

SAVE THE DATE: [Mindset Mastery Launch Party](#) | Feb 10th @ 6:00 PM (PST) [Check your email](#) for the link to join us live! Mindset Mastery starts with a single step!