

TOOL #6: THE MENTAL SHIFT REMEDY

HOW TO USE IT STEP BY STEP:

Step 1

Acknowledge the disruption out loud

- E.g.: Say "The plan changed. I woke up late/my coffee ran out/I had an unexpected visitor."

Step 2

Say the permission statement

- "It's ok that this happened. I'm allowed to take some time to adjust."

Step 3

Ask the pivot question

- "What's the new version of today/this task?"

Step 4


Write down ONE adjusted action

- Not a whole new plan - just the next single thing you'll do

Step 5

Do that one thing

- Prove to yourself you can move forward



Example in Action

Your morning routine is: coffee, shower, work. But you ran out of coffee. Your brain freezes—"This ruins everything." Stop. Say out loud: "I ran out of coffee. It's okay. I'm allowed to adjust." Ask: "What's the new version?" Answer: "Shower first, then go get coffee on the way to my desk/go out for coffee/have tea instead." Write it down. Do it. You've pivoted without shutting down.

What The Mental Shift Ritual Does:

Creates a structured "reset moment" that helps your brain let go of the original plan and adapt to a change without getting stuck or shutting down.

When to Use The Mental Shift Ritual:

Use this when something disrupts your plan or routine and you feel stuck, frustrated, or unable to pivot—your brain is locked onto "how things were supposed to go."

