



Mindset Mastery

**HOW TO MASTER YOUR MIND
USING THE THINK METHOD**

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INTRODUCTION

WHY THE THINK METHOD WORKS

Never allow someone else's words to become your truth.

- Laure Herbers

I used to be at war with my own mind. I thought my fears were facts. I thought my doubts meant something. I thought that if I felt incapable, it must be true. If someone said I was a failure; I would never amount to anything, over and over, it must be the truth.

Then one day, I asked myself a question that **changed everything**:

"What if this isn't true?"

What if I wasn't stuck?

What if I wasn't incapable?

What if I wasn't behind or failing?

What if the only thing holding me back was the belief that I was held back?

That single thought cracked my entire mindset wide open.

Because if I could **choose to believe I was stuck**, then I could also **choose to believe I was free**.

And so can you.

The Power Already Inside You

You have more power than you realize. Your mind is the key to shaping your reality, your experiences, and the life you create for yourself. Right now, whether you see it or not, your thoughts are leading you somewhere. The question is: *Are you the one directing them, or are they leading you by default?*

If you've ever felt stuck, frustrated, or unsure of what's holding you back, you're not alone. Maybe you've tried to change before, only to end up right back where you started. Maybe you've told yourself, *"This is just how life is,"* or, *"Some people are just lucky, and I'm not one of them."*

I know what that feels like. I also know those thoughts? They're lies. And they don't have to define you.

This book is about learning how to *take back* control—how to become the master of your own mind instead of being at the mercy of whatever thoughts, emotions, or external influences try to shape you.

Now, let's address something up front.

I believe in you. I believe in God. I believe in myself. It does not matter what I believe for you. What matters is what you believe.

Maybe you're not sure what you believe. That's okay. This book isn't here to force anything on you. It's here to give you *tools*, tools that will work regardless of where you stand in your beliefs. What I'm about to share with you isn't about religion. It's about *truth*. And truth is powerful whether you recognize its source or not.

You *are* powerful. Your mind is powerful. And if you learn how to harness that power, everything in your life will begin to shift. This is not just truth; it is science.

This isn't about a quick fix. It's not about repeating empty affirmations and hoping for the best. It's about learning how to align your mind with truth, truth that brings clarity, peace, confidence, and results.

That's why I created this method. It's not just something I read about—it's something I've lived. I've seen the transformation happen in my own life and in the lives of those I've helped. And now, I want to show you exactly how to do it, step by step.

You don't need to have all the answers right now. You just need to be *open*, open to the idea that your thoughts are not set in stone, that your patterns can change, and that a new way of thinking can lead to a new way of living.

This journey is yours, and it starts now.

Let's dive in.

CHAPTER 1

STEP ONE: T - TAKE OWNERSHIP OF YOUR THOUGHTS

We cannot solve our problems with the same thinking we used when we created them.

- Albert Einstein

For a large chunk of my life my thoughts were a swirling mess of guilt, shame, doubt, and fear. My thoughts directed me, consumed me, and mastered me. I had no idea that I could change them. No idea that my mind could be changed. No idea of who I was or what I wanted because my thoughts were a dark cycle of failure, unworthiness, and powerlessness. Every thought was repeatedly shouting out failure and the thoughts kept pointing out how my life was always going to be a place of regret and zero success. My thoughts told me that nothing would or could ever change.

Lies.

Every single one of those thoughts is a lie. Thoughts that are lies are a vicious cycle twisting you up inside, wreaking havoc on your subconscious, and dictating your belief system.

Did you know that self worth is decided as early as age 5? And that by age 7, core beliefs are already formed! To top all of this is it is not until age 12 to 15 is when the cognitive system and brain development allows logic to be taught. Logic is not a natural ability for humans, it is only acquired through learning.

What does this mean?

It means that you already decided on your core beliefs many years before you were capable of learning the logic necessary to know if what you are believing is actual fact versus fiction. Then going through school no one taught you that you should think about your thinking, why you believe what you do, and that your mind is not to be your master, instead you are to master your mind.

Thankfully, it is not too late. You can become the master of your mind.

Your Mind Is Running the Show, Are You Even in Control?

Right now, at this very moment, your thoughts are shaping the direction of your life. Whether you realize it or not, they are steering every decision you make, every opportunity you take, or don't take, every reaction, every excuse, every breakthrough, and every failure.

And here's the problem: **Most people are not actually thinking.**

They're **reacting**.

They're **absorbing**.

They're **replaying the same old stories in their head**—stories they never even chose to believe.

But here's the truth that most people will never tell you:

If you are not actively choosing your thoughts, someone else already has.

It could be your past. Your trauma. Your parents. That toxic relationship that made you doubt yourself. The rejection that made you afraid to try again. The fear of failure that keeps you playing small.

Your mind is either a **tool for transformation** or a **prison that locks you into a life you don't want**.

Which one is it for you?

If you don't like your answer, keep reading.

Because by the end of this chapter, you will never look at your mind the same way again.

The Hard Truth: No One Is Coming to Save You

You can blame your past. You can blame your circumstances. You can wait for the perfect moment to magically appear.

But let me tell you something:

No one is going to do this for you.

No one is going to hand you a new mindset.

No one is going to fix the way you think but YOU.

And that is the best news you will ever hear.

Because if your mindset was someone else's responsibility, then you'd be stuck, powerless, waiting on someone else to change before your life could get better.

But if it's in **your** hands?

That means you can change it. That means you can take full ownership **right now** and start shifting the way you think, process, and act.

The question is: **Are you willing to?**

Because here's what most people do:

They say they want to change, but when it's time to challenge their beliefs, they defend their limitations.

They say they want success, but they refuse to let go of the excuses that keep them safe.

They say they want to break free from toxic patterns, but they refuse to question the thoughts that keep them in them.

You can't have it both ways.

You either take control of your mind or you let life, fear, and other people control it for you.

What You Need to Believe to Take Ownership of Your Thoughts

If you want to break free from the mental patterns that have kept you stuck, you need to internalize these truths:

You are not your thoughts but you are responsible for them.

Just because a thought enters your mind doesn't mean it's **true** or **permanent**. You have the power to accept or reject it.

Your past does not have the final say over your future.

It doesn't matter what you've believed before. It doesn't matter how long you've been stuck in the same mental loop. You can rewrite the script.

You have the ability to think on purpose.

Your mind isn't a runaway train. It's a tool, and if you learn to use it properly, it will take you exactly where you want to go.

The Most Common Limiting Beliefs That Are Controlling You

You probably have no idea how many of your thoughts aren't actually *yours*. They were planted by **your upbringing, your experiences, and the world around you** and now they're running your life without your permission.

Here are some of the biggest ones:

"I can't control my thoughts." → False. You may not control which thoughts enter your mind, but you absolutely control which ones you allow to stay.

"This is just the way I am." → False. Your brain is adaptable. You can change how you think with consistent practice.

"I've always been this way, so I'll always be this way." → False. The past is only a predictor of the future *if you refuse to change*.

CHAPTER ONE WORKSHOP

If you don't know what's controlling you, you can't break free from it. So here's what I want you to do:

1. Write down 5 recurring negative thoughts you struggle with.

Example: *"I'm not good enough."*

2. Challenge them. Ask: *Where did this thought come from? Is it actually true?*

3. Replace them. Write a new, empowering thought to replace each one.

Example: *"I am constantly growing, learning, and improving."*

4. **Say the new thought out loud.** Your brain believes what it hears repeatedly.

Do this every single day.

At first, it will feel uncomfortable. Your old thoughts will fight back. But if you commit to this, over time, your mind will shift—and when your mind shifts, your life will too.

Final Thought: The Only Way Out is Through

You have two choices:

Stay the same. Keep thinking the same thoughts, feeling the same way, and getting the same results.

Do the work. Challenge your mind, take full ownership, and change the way you think so you can change the way you live.

The question is: **Which one are you going to choose?**

Your mind is yours.

Time to take it back.

CHAPTER 2

STEP TWO: H- HOLD YOURSELF ACCOUNTABLE

The only person you are destined to become is the person you decide to be.

- Ralph Waldo Emerson

When I Realized I Was the Problem

I used to think I was doing “everything I could” to change my life.

I’d read the books.

I’d make plans.

I’d talk about how ready I was for a breakthrough.

But when I really got honest with myself?

I saw the truth.

I was:

Making excuses for why I hadn’t followed through.

Blaming my circumstances instead of taking action.

Letting my emotions dictate my consistency.

And until I **owned** that, nothing changed.

But the second I took full responsibility for my results?

My entire life started shifting.

Because when you stop waiting for things to change and start holding yourself accountable, **you step into a level of power you didn’t even know you had.**

The Truth About Why You're Stuck (And How to Break Free)

Let's get one thing straight... **your life is a direct reflection of the standards you hold yourself to.**

Not your circumstances.

Not your upbringing.

Not your past failures.

It's the level of accountability you demand from yourself that determines your success.

Now, before you get defensive, I'm not here to shame you. I'm here to **wake you up.** Because the moment you stop blaming external forces for where you are and start holding yourself accountable is the moment everything changes.

Here's why:

- **Excuses feel safe. Accountability feels uncomfortable.**
- **Excuses keep you stagnant. Accountability forces you to grow.**
- **Excuses let you off the hook. Accountability demands results.**

And that's why most people never reach their full potential. **Because it's easier to justify staying the same than to admit you need to change.**

But you? You're reading this because something in you is done with being stuck.

So let's go deeper.

No More Excuses: The Harsh Reality of Personal Responsibility

I'm going to say something that might sting a little:

No one is coming to make you do this work.

Not your friends. Not your family. Not a mentor.

And definitely **not me**.

I can give you the tools, but if you refuse to use them? **That's on you.**

Because at the end of the day:

- **Your mindset is your responsibility.**
- **Your choices are your responsibility.**
- **Your results are your responsibility.**

And until you accept that, nothing will change.

What You Need to Believe to Hold Yourself Accountable

The key to accountability isn't discipline. It isn't motivation. It isn't willpower.

It's honesty.

If you want to shift your life, you have to be brutally honest with yourself about:

- The excuses you've been making.
- The habits that are holding you back.
- The ways you've been avoiding responsibility.

Because **you cannot fix what you refuse to acknowledge.**

So, here's what you need to internalize:

- **Excuses don't serve you.** They might make you feel better in the moment, but they do nothing to move you forward.
- **Lack of accountability is self-sabotage.** If you aren't willing to hold yourself to a higher standard, you are the one keeping yourself stuck.
- **The truth will set you free...if you're willing to face it.** Growth begins the moment you stop lying to yourself about why you haven't made progress.

The Most Common Excuses That Are Keeping You Stuck

You may not realize it, but you have a set of "go-to" excuses that your mind defaults to whenever you're faced with a challenge.

Let's expose them:

"I don't have time." → Reality: You make time for what you prioritize.

"I don't know where to start." → Reality: You haven't taken the time to figure it out.

"I've tried before and it didn't work." → Reality: You gave up too soon or didn't fully commit.

"I'll do it later." → Reality: Later = never.

Excuses feel real. But they are NOT truth.

And the moment you stop entertaining them is the moment you regain control.

CHAPTER TWO WORKSHOP

If you are serious about taking ownership of your life, you need to start measuring your own actions **not your intentions**.

1. Write down one area of your life where you feel stuck.

- Example: *"I keep saying I want to improve my health, but I never stick to my habits."*

2. Identify the excuses you've been making.

- Example: *"I don't have time to work out."*

3. Write the truth next to it.

- Example: *"I do have time. I'm just not prioritizing it."*

4. Create a personal accountability system.

- Example: Set a specific goal, track your progress daily, and check in with yourself weekly.

The key? No sugarcoating. No justifying. Just the truth.

If you can do this, you are already ahead of 90% of people who stay stuck because they refuse to hold themselves accountable.

Final Thought: Accountability Is a Daily Decision

Every single day, you will have a choice:

1. **Make excuses.** Stay the same. Blame something outside of yourself.
2. **Take responsibility.** Own your thoughts, own your actions, and create real change.

So, which one will you choose today?

CHAPTER 3

STEP THREE: I - IDENTIFY AND REPLACE LIMITING BELIEFS

Believe you can and you're halfway there.

- Theodore Roosevelt

When I Realized My Thoughts Were Keeping Me Stuck

For years, I told myself the same story:

“I will never amount to anything..”

And because I believed it, I lived it.

I watched other people succeed and assumed they had something I didn't.

I let fear dictate my actions.

I stayed small because my mind told me I wasn't capable of more.

Until one day, I asked myself a question that shattered everything:

“What if this isn't true?”

What if the only reason I was stuck was because I had **accepted a lie as truth?**

What if I was capable of more, and the only thing stopping me was the story I kept telling myself?

That realization changed everything.

Because the second you question a belief, **it starts to lose its power over you.**

The Truth About Your Thoughts (And Why They're Running Your Life)

If your life isn't where you want it to be, I can guarantee you one thing:

Your mind is full of lies.

Lies that tell you:

You're not good enough.

You're not capable.

You'll never change.

And worst of all...

This is just who you are.

But let me ask you something: **who told you that?**

- Who told you that you weren't enough?
- Who convinced you that change was impossible?
- Who made you believe that you had to stay stuck?

Because here's the truth:

Every limitation in your life started as a thought you accepted as truth.

Your beliefs create your reality.

And until you **identify and replace the lies running your mind**, you will never break free.

Why Your Mind is Working Against You

Your brain is designed to do one thing exceptionally well: **keep you alive.**

Not to make you happy.

Not to help you succeed.

Not to push you to your highest potential.

Just to keep you safe.

And “safe” to your brain means **sticking with what’s familiar** even if that familiarity is what’s keeping you miserable.

This is why you keep repeating the same patterns.

This is why you self-sabotage when things start going well.

This is why breaking out of your comfort zone feels impossible.

Because **your brain has been programmed to believe that change is a threat.**

But let’s be clear:

Your limiting beliefs are not facts. They are just thoughts you’ve repeated so many times that your brain accepted them as reality.

And the good news?

You can rewire them.

What You Need to Believe to Break Free from Limiting Beliefs

Most people think their thoughts are just *happening* to them.

Like they have no control over the endless stream of negativity running through their mind.

But that’s a lie.

Your thoughts are not in control. **You are.**

Your brain is a super computer. Don’t believe me. Go to Google and ask “Is my brain a super computer?” Better yet, ask how many gigabytes a human brain has. Seriously, go do it.

And the moment you understand that YOU ARE in control of YOUR THOUGHTS, everything changes.

Here’s what you need to internalize:

- **You are not your thoughts.** Just because a thought enters your mind does not mean it’s true.
- **Your beliefs are programmable.** What you believe today is just a collection of thoughts you’ve repeated. You can reprogram them at any time.

- **You have the power to decide what you accept as truth.** You don't have to believe every thought that pops into your head.

Read that again.

Because if you truly grasp this, you are already on the path to transformation.

The Most Common Limiting Beliefs That Are Keeping You Stuck

If you want to break free, you need to **expose the lies** your mind has been feeding you.

Here are the top ones I see holding people back:

“I’m just not that kind of person.” → Reality: You are whoever you decide to be.

“I don’t have what it takes.” → Reality: You don’t know that. You’ve never actually given 100%.

“It’s too late for me.” → Reality: The only thing stopping you is the belief that it’s too late.

“I’ve tried before and failed.” → Reality: Failure is just feedback. You learned. Now try again.

Limiting beliefs feel real. **But they are NOT the truth.** Feelings are just guides, trying to show you something important if you dare to pay attention and ask yourself why you feel that way..

And the moment you start questioning them, you take back your power.

CHAPTER THREE WORKSHOP

If you are serious about transforming your mindset, you have to be intentional about reprogramming your thoughts.

Step 1: Identify the Limiting Belief

Write down a belief that has been holding you back.

Example: *“I’ll never be successful.”*

Step 2: Question It

Ask yourself:

- Where did this belief come from?
- Is this belief **100% true**—or is it just something I've accepted?
- What would happen if I chose to believe something different?

Step 3: Replace It with a New Truth

Create a new, empowering belief to replace the old one.

Example:

"I'll never be successful."

"Success is a skill, and I can learn it."

Step 4: Reinforce the New Belief Daily

Your brain won't accept a new belief overnight. You need to **repeat it** until it becomes your default thought.

Ways to do this:

Speak it out loud every morning. Practice makes permanent. (That is how the negative thought got stuck in your mind).

Write it down daily.

Catch yourself when the old belief comes up and immediately replace it.

Repetition is how beliefs are formed. Again. Practice makes permanent.

The more you repeat a new thought, the stronger it becomes.

Final Thought: You Are Not a Prisoner to Your Old Beliefs

You have two choices:

Stay stuck in the same thought patterns that have kept you trapped.

Reprogram your mind and create a new reality.

Which will you choose?

The power has been in your hands all along. Now use it.

CHAPTER 4

STEP FOUR: N - NAVIGATE THROUGH RESISTANCE

A long habit of not thinking a thing wrong gives it a superficial appearance of being right.

- Thomas Paine

The Day I Almost Gave Up (But Didn't)

I remember the exact moment I almost let resistance win.

I had been doing the work, reframing my beliefs, pushing past self-doubt, stepping into a new version of myself.

And at first, everything felt exciting. Everything was new.

Until one morning, out of nowhere, it hit me:

"Who do you think you are? You're not cut out for this."

That single thought sent me spiraling.

I suddenly felt exhausted.

I questioned everything.

I started convincing myself it wasn't worth it.

I was right at the edge of a breakthrough **and my old programming tried to pull me back.**

That's when I realized:

The moment you feel like giving up is the moment you need to push harder.

Because that's when you're closest to stepping into the next level.

So I pushed through.

And what was waiting on the other side?

Everything I had been working toward.

Why You Always Hit a Wall When Trying to Change

You've gained clarity on your vision.

You've exposed the lies that have been holding you back.

You've started replacing them with truth.

And then...**it happens.**

Resistance.

Self-doubt creeps in.

Fear tightens its grip.

That old voice in your head whispers, "This isn't going to work."

Before you know it, you're right back where you started.

But here's what most people don't realize:

Resistance is not a sign that you're failing. It's a sign that you're growing.

The very fact that you're feeling pushback means you're stepping into a new level.

Your old programming is fighting to stay in control. Trying to keep you safe right where you are. (even though you are not really safe stuck in lies, it's just familiar.)

But you don't have to let it win.

Because once you understand how to navigate through resistance, **it loses its power over you.**

The Science Behind Resistance (And Why It Feels So Real)

Your brain is wired to seek safety and avoid discomfort.

And nothing makes it feel more uncomfortable than **change.**

When you start reprogramming your thoughts, your brain panics.

It doesn't care if your old beliefs were destructive.
It doesn't care if your old habits were keeping you stuck.
It only cares about one thing: **staying in the comfort zone.**

So when you try to break free...

Your brain triggers resistance to pull you back to what's familiar.

That resistance shows up as:

Self-doubt: "What if I fail?"

Fear of judgment: "What will people think?"

Procrastination: "I'll start tomorrow."

Overwhelm: "This is too much. I can't do this."

And the biggest one?

The urge to quit.

But quitting is exactly what your old programming wants.

It wants you to stay small.

It wants you to shrink back.

It wants you to surrender.

And if you don't recognize this for what it is, **you'll fall for it every time.**

What You Need to Believe to Push Through Resistance

Resistance is not a STOP sign. It's a TEST.

Every time you hit resistance; you have a choice:

- 1. Give in to the old patterns and stay stuck.**
- 2. Push through and create a new reality.**

Most people choose option 1.

But you're not most people.

If you want to break free, you must **train yourself to see resistance as proof that you're on the right track.**

The stronger the resistance, the bigger the breakthrough on the other side.

Read that again.

The stronger the resistance, the bigger the breakthrough on the other side.

Because if you let that sink in, you will never look at resistance the same way again.

The 3 Biggest Lies Resistance Tells You (And How to Crush Them)

When you're in the middle of resistance, it feels impossible to see clearly.

That's because **your brain is feeding you lies.**

Here are the biggest ones and how to shut them down:

Lie #1: "This isn't working."

Reality: **Just because you don't see immediate results doesn't mean nothing is happening.**

Think of it like planting a seed.

You don't see anything right away.

But under the surface, **growth is happening.**

Your job is to keep watering the seed.

Success doesn't happen overnight—but quitting guarantees you'll never get there.

Lie #2: "I'm too overwhelmed. I can't do this."

Reality: **Overwhelm is just your brain protecting you from discomfort.**

When you feel overwhelmed, don't shut down.

Instead, **break it down.**

Action kills overwhelm.

Just focus on the next step.
Then the next one.
Then the next.

Before you know it, you'll look back and realize you made it through.

Lie #3: "I should wait until I feel ready."

Reality: **You will NEVER feel ready.**

If you wait for the fear to go away, you will be waiting forever.

Confidence doesn't come first. **Action comes first.**

And the more you take action, the more confident you become.

CHAPTER FOUR WORKSHOP

When resistance shows up, you need a battle plan.

Here's how to push through every time:

Step 1: Expect It

Stop being surprised when resistance hits.

It's part of the process.

Success is not about avoiding resistance, it's about knowing how to handle it.

Step 2: Name It

When you feel stuck, ask yourself:

What is my brain trying to protect me from?

What fear is behind this resistance?

Call it out. "I see you fear. You don't own me. You don't get to tell me what to do any more. You are not my master. I am yours!"

Because once you name it, it loses power.

Step 3: Take ONE Small Action

Action is the antidote to resistance.

When you feel like quitting, do something small.

- Write one sentence.
- Make one call.
- Take one step forward.

No matter how small it is, **just move.**

And that tiny action will create momentum.

Step 4: Rewire Your Mindset

When resistance shows up, reframe it:

Instead of: *“This means I should stop.”*

Think: *“This means I’m about to level up.”*

Instead of: *“This is too hard.”*

Think: *“This is proof that I’m growing.”*

Instead of: *“I can’t do this.”*

Think: *“I’ve gotten through hard things before. I can do this too.”*

Final Thought: The Only Way Out Is Through

Most people never break free because they quit when resistance shows up.

But you are not most people.

You are learning to master your mind.

You are stepping into your full potential.

You are not backing down.

Resistance is a test.

And now, **you know exactly how to pass it.**

Your Challenge: Face Resistance Head-On

This week, I want you to do something that pushes you out of your comfort zone.

What's one thing you've been avoiding because of fear?
What's one action you can take even if it's small?

Do it.

Push through the resistance.

Because once you do, **you'll realize that the only thing that was ever stopping you... was YOU.**

CHAPTER 5

STEP FIVE: K - KEEP REINFORCING THE NEW MINDSET

A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided.

- Tony Robbins

I used to believe that **change wasn't real**.

I thought people who “transformed” were just lucky.

“Maybe some people are just wired differently.”

“Maybe I'm just not built for success.”

But then I learned about **neuroplasticity**—and it changed everything.

I realized:

My brain was not my enemy. It was a tool. My brain is a super computer!

The only reason I had negative patterns was because I had **practiced them for years**.

So I decided to test something:

- I wrote down the **new identity** I wanted to reinforce.
- Every day, I **spoke it out loud, visualized it, and took action**.
- When my old thoughts came up, I **immediately replaced them**.

At first, it felt forced.

It felt unnatural.

It felt fake.

But I **kept doing it**.

And guess what?

My brain started believing it.

I didn't have to try so hard anymore.
The new thoughts became natural.
The new mindset became effortless.

I had rewired my mind.

This is when I knew:

If I can do this, anyone can.

To give this some perspective, I was told I was stupid. Daily. I was told I would never amount to anything. I was told I could not do anything right. I was told I was a failure and a failure was all I would ever be. Over and over. For YEARS.

After years of trying to prove myself, trying to be perfect, it was too much and so I stopped trying all together. It is a wonder I made it through high school. I never thought about my future because it was just a dark hole of nothingness because I believed that was who I was. I allowed the words of someone else to become my truth. Even my senior year when everyone was deciding on their future and college the school counselor told me I was not smart enough to go to college. AND I BELIEVED HER!

Then one day, years later, I realized how tired I was. How BORED I was drilling holes and working with sheet metal. I could literally do it in my sleep. I wanted more. In order to become a supervisor you had to have a bachelor's degree, so I decided to try one class. Just one to see what happened. An A+ happened! So I tried another class. Again with an A+. The grades showed me I could do this. I could go to college. So I did. I kept reinforcing my mind that I could do it. The girl who was told she would never amount to anything, was NOT smart enough for college, now has a masters degree and maintained a 4.0 while working full time as a single parent.

I share this to prove a point.

You can do **anything** if you set your mind on **doing it**.

If I can do it, so **CAN YOU!**

Your Brain is a Machine: Rewiring It is the Key to Lasting Change

Most people don't realize this, but your brain is **not fixed—it's designed to be rewired**.

For years, scientists believed that once you reached adulthood, your brain stopped changing. That your thoughts, habits, and patterns were *set in stone*.

That was a lie.

Modern neuroscience has **proven** that your brain is constantly rewiring itself based on your **thoughts, beliefs, and experiences.**

This process is called neuroplasticity.

It means that **every time you think a thought, you strengthen a neural pathway.**

- The more you repeat a thought, the stronger it becomes.
- The more emotion you attach to a thought, the deeper it imprints.
- The more action you take in alignment with that thought, the more automatic it becomes.

Your brain will literally rewire itself to match the thoughts you consistently reinforce.

So when I say you must **keep reinforcing your new mindset**, I'm not just giving motivational advice.

I'm telling you the **scientific key** to permanently rewiring your mind.

The “Wiring” That Keeps You Stuck

Right now, your brain is **wired** to operate in a certain way.

- Your habits? **Neural pathways.**
- Your fears? **Neural pathways.**
- Your limiting beliefs? **Neural pathways.**

They exist because you've **thought them repeatedly** over time.

Your brain's job is to **run the programs it knows.**

That's why it's hard to break old patterns. Hard does not mean impossible.

If you've spent years thinking, *“I'm not good enough,”* your brain has reinforced that thought **so many times** that it runs on autopilot.

It's like a road that's been driven on a million times paved, smooth, and easy to follow.

But here's the **life-changing truth:**

You can build a new road.

It won't happen overnight, but **if you consistently reinforce a new belief**, your brain will start to build a new neural pathway.

At first, it will feel unnatural.

It will take effort.

It will feel like forcing something that doesn't feel true yet.

But **the more you do it, the stronger the pathway becomes.**

Until one day—

Your new mindset is your default.

This is why **reinforcement is the key to lasting transformation.**

You're not just "thinking positive."

You're literally **rewiring your brain** to create a new reality.

What You Need to Believe to Rewire Your Mindset for Good

If you want to make this transformation **permanent**, you need to **own** these three truths:

1. Repetition Creates Reality

Whatever you repeat, you reinforce.

If you keep thinking old, limiting thoughts, those pathways will stay strong.

If you replace them with new, empowering thoughts, **your brain will eventually adopt them as truth.**

Neuroscientists say:

"Neurons that fire together, wire together."

That means every time you think a thought, you are literally **rewiring your brain** to make it stronger.

2. Your Identity Shapes Your Beliefs (and Your Beliefs Shape Your Life)

If you see yourself as “someone who struggles,” you will struggle.
If you see yourself as “someone who is changing,” you will change.
If you see yourself as “someone who succeeds,” you will succeed.

Your brain will always act in alignment with your identity.

If you keep calling yourself the same person, you will reinforce the same patterns.

You must start identifying as the person you are becoming.

3. Your Actions Lock in Your New Neural Pathways

You can’t just **think** differently.

You must act differently.

Every time you take an action that aligns with your new mindset, your brain strengthens that neural pathway.

It’s like adding layers of concrete to your new road.

The more you walk it, the more solid it becomes.

The more you drive on it, the smoother it gets.

The stronger it becomes, the weaker your old road becomes.

Until eventually...

Your new mindset becomes effortless.

CHAPTER FIVE WORKSHOP

How to Reinforce the New Mindset Daily

Now that you understand the science, here’s how you **lock it in**:

1. Create a “Mindset Rewiring” Routine

Every morning:

- **Speak your new identity out loud.** (*“I am disciplined, confident, and in control of my mind.”*)
- **Visualize yourself acting in alignment with this identity.** (*See yourself winning.*)

- **Take one small action that reinforces your new belief.** (*Prove it to yourself.*)

2. Interrupt & Replace Old Thoughts

For one week:

- Write down **every limiting thought** that tries to creep in.
- Immediately **rewrite it into a new belief.**
- Speak the new belief out loud and take an action that aligns with it.

Example:

“I’m not good enough.” → “I am capable, and I get better every day.”

3. Act As If It’s Already Done

Your brain believes what you do.

So don’t wait to “feel ready.”

- Speak like the person you are becoming.
- Make decisions like the person you are becoming.
- Show up in the world as if your transformation is already complete.

And guess what?

Your mind will follow.

Final Thought: Reinforcement is the Key to Lasting Change

If you do this daily, your old mindset will fade.

Your new mindset will become automatic.

You will wake up one day and realize:

You are no longer the person you used to be.

This isn’t theory.

This isn’t wishful thinking.

This is neuroscience.

This is how you **rewire your mind** for success.

Note: It gets easier the more you do it. It gets easier because with every thought, every belief that is replaced with truth, the less lies there are floating around in your mind. The lies become easier to recognize, too.

The Power to Transform is Already Within You

If you've made it this far, you now understand something that most people will never grasp:

Your mind is not fixed. Your patterns are not permanent. Your future is not set in stone.

The thoughts, beliefs, and behaviors that have shaped your life up to this point are nothing more than **neural pathways that can be rewired.**

You are not stuck. You are in control.

The THINK Method has given you the blueprint to **take authority over your mind and intentionally shape your future.**

Let's break it down one last time:

T - Take Charge of Your Thoughts

Your thoughts create your reality. The first step to transformation is becoming aware of what you're thinking and taking control.

H - Harness the Power of Belief

Your mind will always follow your dominant beliefs. If you believe you can change, you will. If you don't, you won't. **Belief is the foundation of transformation.**

I - Install a New Mindset

You must **intentionally replace** old, limiting thoughts with new, empowering ones. Your brain will believe whatever you tell it so tell it the truth about your potential.

N - Navigate Resistance with Action

Transformation isn't **just about thinking differently**, it's about **acting differently**. When resistance shows up (and it will), move forward anyway. Action overrides doubt.

K - Keep Reinforcing the New Mindset

The key to making this **permanent** is reinforcement. Every time you repeat a new belief, take an action that aligns with it, and refuse to return to old patterns, **you are rewiring your brain.**

The Final Truth: The Old You is Gone

You are no longer the person who was controlled by doubt.

You are no longer the person who accepted limitations.

You are no longer the person who hesitated to step into their power.

You are on your way to being transformed.

Not because of luck.

Not because of external circumstances.

But because you chose to take control of your mind.

And that means you can take control of your future.

The only question left is:

What are you going to do with this power?

WHAT NOW?

Every great and deep difficulty bears in itself its own solution. It forces us to change our thinking in order to find it.

- Niels Bohr

Congratulations, you've made it to the end of this book and it's only the beginning of your transformation.

You've just gained the tools to shift your mindset, overcome limiting beliefs, and take control of your thoughts. The steps you've learned can be applied to any area of life to help you build confidence, gain clarity, and move forward with purpose. But here's the truth: **change doesn't happen just by reading, it happens through action.**

Now that you've finished this book, here's what you should do next:

Step 1: Apply What You've Learned

Go back through your notes and highlight the ideas that stood out most to you. Focus on **one habit** from each chapter that you can start practicing this week. Make these habits part of your daily routine. Whether it's journaling, meditation, or affirmation, choose actions that will **keep you focused on your goals and renew your mindset each day.**

Step 2: Commit to Your Growth

True transformation is always easier when you have someone to support you. Find an accountability partner, join a community that fosters growth, or continue your journey with personalized guidance.

Step 3: Take Your Transformation to the Next Level

Reading this book has equipped you with the foundational tools, but if you're serious about taking your personal transformation further, it's time to go deeper.

Ready to Start Living Your Best Life?

If you're ready to take the next step and want personalized support to guide you, I invite you to apply for 1-on-1 coaching with me. Together, we will dive deeper into your personal journey and create lasting change.

*Apply for 1-on-1 coaching [here](#)

I only take on a limited number of clients so I can provide focused, meaningful support. If you feel this is your time to level up, don't wait, this could be the breakthrough you've been looking for.

Final Words

You are capable of more than you realize. The transformation you've learned about is available to you, **but it requires consistent action**. You already have everything you need to start making positive changes, but the decision is yours.

Will you let this be just another book you read and forget? Or will you take action and step into the life you truly want to create?

You have the power to shape your future. It's time to believe it and act on it.

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Let's walk this journey together!