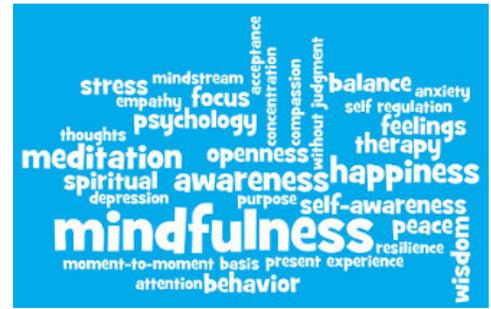


# Your Mindfulness Reset Guide

Suggested complement to the book:  
*High Performance Detox* by Lacey Pruett

Here are 10 simple and effective ways to shift your mindset toward the positive and productive.

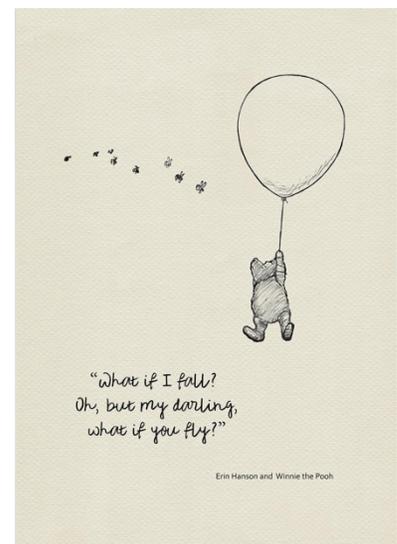


1. Create a ritual. Whether you pray, meditate, hum or chant, light a candle of focus, find a ritual you can do to shift your focus immediately from a task or issue. (ex: I wake up feeling concerned or tired, I immediately close my eyes and listen to a guided meditation for 5 minutes.)



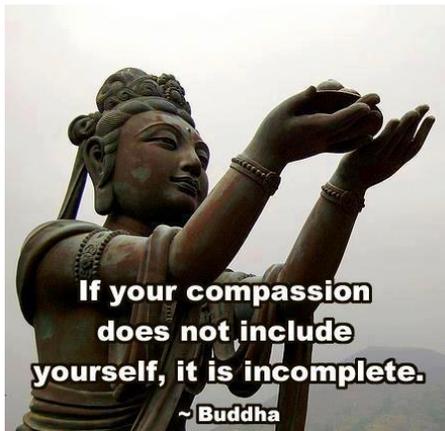
2. List of Gratitude. Immediately list out 3-5 things you are grateful for and focus on the list for a one minute. This is easily done, on demand throughout your day.
3. Close your eyes and breathe in a desired word (strength, clarity, peace, etc.) and exhale “anything that doesn’t serve me right now.” (repeat as often as needed) This is called Mantra Pranayama.

4. Ask yourself WHAT IF UP questions. In a challenging situation, “what if it all goes right?” or “What if it goes my way?” or “What if I get exactly what I want.” Play that scenario out in your head—really visualize it, then take a deep breath and continue into the situation. (I do this before important phone calls & meetings.)
5. Put your thoughts on trial. (For when you have some time and for “bigger” issues.) In this exercise, just like in the courtroom, you hear both sides of the argument. Your current thought (feeling + beliefs) is mixed up you’re your personal past, your limiting beliefs, and your current emotion, so you spend time prosecuting



the thought with other facts. You will become aware of some new thoughts that soften the original thought. This also forces full picture\* vision.

6. **Get in nature.** Go for a walk, or if there's not a lot of time, simply step outside, onto the Earth, with bare feet. Ground yourself with the Earth and feel Mother Nature calm your nervous system. Grounding techniques can help in moments of anxiety or fear, too.
7. **Organize something.** Take a break from an active concern or task that's giving you trouble and focus on organizing (or cleaning) something small. A shelf of a room, one table or counter, file some papers. Something small, (non-stressful) allows your brain to keep working on solutions in the background while you actively take care of a task. When you return to the initial issue, you will handle with more clarity.



8. Hop the **THEN WHAT?** train. This is when you take a thought and move it along to work yourself out of anxiety or unnecessary concern. "They won't like my presentation > then what? > they will probably leave early > then what? > I'll feel worthless > then what? > I'll edit something or try again > then what? > in a big room, I bet I helped one person with something > then what? > I'll help more people next time > then what? > it's ok not everyone likes me... you get the idea. Stay on the train until you feel better and know better.

9. **Do something you've been putting off.** Sometimes our overwhelm attacks because we're sitting on a bunch of unfinished tasks. You can easily lift your mindset by completing one thing you've been putting off, so send the email, write the note and mail it, pay the water bill, do the dishes. Pick your thing and do it. Action lifts anxiety.
10. **Humor wins!** For an instant mindset shift, look for the funny. Head to YouTube, a funny friend, or a joke book. Laughter and smiling sends oxytocin (feel good hormone) throughout your body, which instantly lifts your mood. Humor is healing, so use it and keep funny resources close by.



*Thank you for letting me be a part of your mindfulness reset.*

*For more about detoxing the mind, check out my book, [High Performance Detox](#) available on [Amazon](#).*

*Namaste! Lacey*