

Teach4Endurance LLC.

“Built to Endure. Trained to Thrive.”



Mindset Reset Exercise: “The You Check-In”

Podcast Episode: [Don't Forget You](#)

Blog Entry: [Don't You... Forget About You!](#)

Part 1 - Name Your Identity (Not Your Role)

Before you were a (your occupation/role goes here), who were you? Before the to-do lists, responsibilities, etc., who was the person you loved being?

Write down 3 words that describe who you are — not your job.

(Examples: Creative. Compassionate. Funny. Curious. Free-spirited.)

*Say those words out loud. **Yes, out loud.**

Note: These words don't just describe you — they anchor you. They remind you that you are not just your role — you are a full, breathing human being with a story.

Part 2 - The Mirror Question

*Now, ask yourself this honestly — *‘Where in my day am I showing up for everyone . . . but forgetting to show up for myself?’*

-Write about one moment in your day where you disappear.

(Maybe it’s skipping lunch, working after hours, shelving your joy.)

Your answer:

Then ask: *‘What small shift could I make to show up for me — just a little bit — in that moment?’*

***It doesn’t have to be big. It just has to be intentional. A breath. A boundary. A five-minute walk. The first step is remembering you’re allowed to take it.**

Part 3 - Your Self-Note Post-It

*Grab a sticky note. Write a message to future you — the you who’s about to hit a rough day.

What do *you* need to hear?

-Some prompts to help:

“You’re doing better than you think.”

“Your worth isn’t measured by output.”

“You can pause — and still be powerful.”

Stick it somewhere visible: your desk, your mirror, your planner. Somewhere you’ll see you again.

“You give everyone else your all. It’s time to give yourself that same grace. Don’t forget you.”

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