

Teach4Endurance LLC.

“Built to Endure. Trained to Thrive.”



 Mindset Reset Exercise: “What If . . . You Rewrote the Script?”

Podcast Episode: [What If?](#)

Blog Entry: [What If? ... Letting Go of the Worry Game](#)

Part 1 - Write Down Your Top 3 "What If?" Fears

Think about your current situation(s) in work, relationships, hobbies, etc. What internal “What if...” questions keep showing up?

Examples:

What if my boss doesn't like me?

What if we lose the upcoming game?

What if I'm not good for this individual?

1.

2.

3.

Part 2 - Flip the Script: Reframe Each Into a Challenge or Possibility

Next to each one, rewrite it using empowering, possibility-based language.

Examples:

What if I discover a new job/occupation where I'm actually valued?

What if losing the upcoming game is what's needed to grow as a team?

What if it's actually this person who is lucky to have me in their life?

Part 3 - Choose One and Take it Further

Pick the reframed question that hits you hardest and write a quick 5-sentence journal entry or voice memo answering it as if it were already true.

Start with:

"It turns out my 'What if...' became a turning point when I realized..."

Step 4: Anchor It With Action

Now commit to one small, specific action that supports this positive "What if" within the next

72 hours.

Example:

Reach out to prospective new job opportunities (LinkedIn, Indeed, etc.).

Think back to something that didn't go the way you hoped for. Now, think of what valuable lessons you learned from that 'loss'.

Have an honest conversation with your partner/friend, etc. and ask how you positively impact their life.

***Track how this space affects your creativity, stress levels, and decision-making by journaling one sentence afterward each day.**

“I can’t control everything, but I can control how I show up. What if today is the day it all starts to shift?”

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