

# Mindset Shift Framework

A simple yet powerful tool to transform how you think, feel, and act, helping you achieve better results when facing challenges or difficult situations.

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# What is the “Mindset Shift” Framework?

A 5-step tool to help you achieve better results by reframing your thoughts, feelings and actions.

Inspired by sources like Brooke Castillo, Dr. Joe Dispenza, and Cognitive Behavioral Therapy (CBT).

## Steps

### 01 Situation (S)

A **problem or challenging situation**. It is a neutral, factual event or situation (just the facts, no opinions).

### 02 Thought (T)

Your **belief** or **opinion** about the Situation in one sentence.

### 03 Feeling (F)

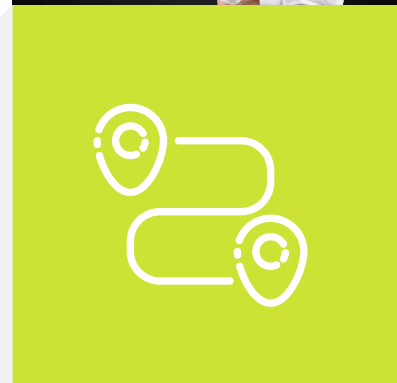
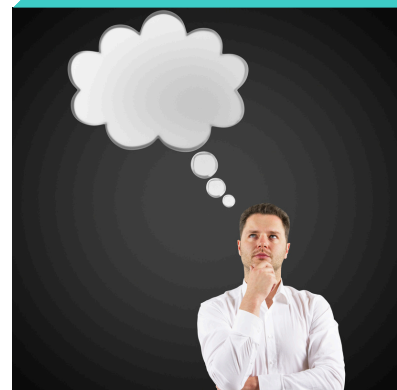
The **emotion** you feel based on your Thought.

### 04 Action (A)

What you **do (or don't do)** because of that Feeling.

### 05 Result (R)

What **happens** because of your actions, and often, this result reinforces your thought.



# Here's How to Do It: Part I

Follow the instructions for each of the steps below.

<b>STEP 1</b> <b>Situation</b>	Identify a <b>problem/challenging situation</b> you're currently facing. Describe it in a neutral way (just the facts). Use the "From" column, describe what's happening now, focusing on the part of the framework (Thought, Feeling, Action or Result) that best fits your challenge.	
<b>STEP 2</b> <b>Thought</b>	Write the first <b>thought</b> that comes to mind about the situation.	
<b>STEP 3</b> <b>Feeling</b>	What <b>emotion</b> does this thought create? Use one word (e.g. frustrated, anxious, disappointed).	
<b>STEP 4</b> <b>Action</b>	Describe the <b>action</b> , <b>reaction</b> , or <b>inaction</b> you take when feeling this way.	
<b>STEP 5</b> <b>Result</b>	What <b>outcome</b> does this action create? How does this result support your initial thought?	

# Here's How to Do It: Part II

## Creating a Purposeful Mindset Shift.

Try a different, more positive take on the situation. Here's how...follow each of the steps below using the "To" column. Note: keep the situation the same.

<b>STEP 1</b> <b>Situation</b>	Identify a problem/challenging situation you're currently facing. Describe it in a neutral way (just the facts). Use the "From" column, describe what's happening now, focusing on the part of the method (Thought, Feeling, or Result) that best fits your challenge.	
	<b>FROM (current)</b>	<b>TO (new future)</b>
<b>STEP 2</b> <b>Thought</b>	Write the first <b>thought</b> that comes to mind about the situation.	Choose a more constructive, positive, or neutral <b>thought</b> about the situation.
<b>STEP 3</b> <b>Feeling</b>	What <b>emotion</b> does this thought create? Use one word (e.g. frustrated, anxious, disappointed).	What <b>emotion</b> does this <u>new</u> thought create? (Use one word, e.g. motivated, hopeful, calm)
<b>STEP 4</b> <b>Action</b>	Describe the <b>action</b> , <b>reaction</b> , or <b>inaction</b> you take when feeling this way.	Describe the <b>action</b> , <b>reaction</b> , or <b>inaction</b> you would take from this <u>new</u> feeling.
<b>STEP 5</b> <b>Result</b>	What <b>outcome</b> does this action create? How does this result support your initial thought?	What is the new <b>outcome</b> of this intentional response? How does this <b>result</b> support your new thought?

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# Example 1 Negative Feedback

<b>STEP 1</b> <b>Situation</b>	<i>Received critical feedback from my manager.</i>	
	<b>FROM (current)</b>	<b>TO (new future)</b>
<b>STEP 2</b> <b>Thought</b>	<i>"I'll never meet expectations; they're disappointed in me."</i>	<i>"Feedback helps me see what to improve. This is a chance to grow."</i>
<b>STEP 3</b> <b>Feeling</b>	<i>Deflated, anxious.</i>	<i>Motivated, open.</i>
<b>STEP 4</b> <b>Action</b>	<i>Withdraw, avoid asking questions or taking on new tasks.</i>	<i>Ask clarifying questions, create a plan for growth.</i>
<b>STEP 5</b> <b>Result</b>	<i>Continued self-doubt, limited progress.</i>	<i>Begin improving, stronger performance, building confidence.</i>

## Example 2 Conflict with a Coworker

<b>STEP 1</b> <b>Situation</b>	<i>Disagreement with coworker on project direction.</i>	
	<b>FROM (current)</b>	<b>TO (new future)</b>
<b>STEP 2</b> <b>Thought</b>	<i>"They're trying to undermine my ideas; they don't respect me."</i>	<i>"They have a different perspective that could add value."</i>
<b>STEP 3</b> <b>Feeling</b>	<i>Frustrated, defensive.</i>	<i>Curious, collaborative.</i>
<b>STEP 4</b> <b>Action</b>	<i>Avoid engaging with the coworker, ignore their input.</i>	<i>Initiate a discussion to understand their perspective.</i>
<b>STEP 5</b> <b>Result</b>	<i>Increased tension, reduced team effectiveness</i>	<i>Improved teamwork, potential for a stronger project.</i>

In both examples, the Mindset Shift framework helps transform automatic negative reactions into constructive responses, leading to better outcomes.

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# Blank Template for Ongoing Practice

<b>STEP 1</b> <b>Situation</b>		
	<b>FROM (current)</b>	<b>TO (new future)</b>
<b>STEP 2</b> <b>Thought</b>		
<b>STEP 3</b> <b>Feeling</b>		
<b>STEP 4</b> <b>Action</b>		
<b>STEP 5</b> <b>Result</b>		

Refer to the questions on the next page to guide you through the framework.





# Questions to guide you

Use the questions below to guide you, starting with any step: situation, thought, feeling, action, or result. They'll help you shift from current unintentional patterns to new positive, empowering choices.

## Key Questions for Understanding Current State (FROM)

### 1. Situation

- What is actually happening?
- What are the facts of the situation?
- What is something that is observable or measurable?
- What event or experience triggered this situation?
- What did someone say or do? (e.g., "They said X to me," "I received an email.")

### 2. Thought

- What is my immediate thought about this situation?
- What am I telling myself right now?
- What belief am I holding about this?
- What story am I making up about the facts?
- How do I interpret this situation?
- What does this situation mean to me?

### 3. Feeling

- How am I feeling right now?
- What emotion am I experiencing?
- What physical sensations am I noticing in my body?
- What is the dominant emotion I'm experiencing in response to the thought?
- How do I feel in this moment because of my thought?

### 4. Action

- What am I doing (or not doing) because of how I feel?
- What actions am I taking right now?
- How is my feeling influencing my behavior?
- What do I avoid doing because of this emotion?
- What steps am I taking, if any, to address the situation?

### 5. Result

- What result am I creating with my actions?
- What is the outcome of my behavior or inaction?
- Does my result match my initial thought?
- What evidence do I have that my thought is true based on my result?
- How does my result confirm the story I told myself?

## Key Questions for Creating a New Future (TO)

If you want to intentionally change the outcome, start by revising the thought, which will change the feeling, action, and result:

- What would I prefer to think about this situation?
- What new thought could create a better feeling or action?
- What would I need to feel in order to take positive action?
- What action would be aligned with my desired result?
- What is the outcome I want to create from this new perspective?



# Get In Touch

We all face tough challenges, and having the right support can make all the difference.

If you need help working through a situation, let's chat!

**Book a free 30-minute call** to get personalized guidance and fresh perspectives.

Let's shift your mindset together and find new possibilities!

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