



OptimalU

LEADERSHIP STRATEGY & COACHING

The HEART Method · Free Resource

5 Ways to Change Your Mind

and finally build the life you actually want

01

Question the story, not just the habit.

Every pattern you can't break has a belief underneath it.
Most habits are symptoms.

Find the belief first — that's where the real change lives.

02

Stop asking "how do I fix this?"

Start asking: what is actually true for me right now?
Not what looks good. Not what you think you should feel.

Honest awareness is where everything begins.

03

Let yourself want what you actually want.

Not the safe version. Not the sensible version. The real one.
The dream that won't quite leave you alone.

Your imagination is not wishful thinking. It's a creative force.

04

Notice where your energy actually goes.

Not where you intend to put it — where it actually goes.
That's your real priority list. Your calendar doesn't lie.

You can't redirect your energy until you can see it clearly.

05

Take one small action before you feel ready.

Confidence doesn't come before the move. It comes because of it.
One step. This week. Before you're ready.

That is how your mind — and your life — begins to change.

***Your mind is not your obstacle. It's your greatest tool.
Start there.***