ASKAMANDADANIELLE

7 SECRETS TO BUSTING MINDSET BARRIERS

Shift Your Mind. Reclaim Your Confidence.
Create a Life That Feels Like Yours.

A practical seven-step reflection guide to recognize obstacles, challenge limiting beliefs, establish boundaries and take intentional action.

BREAKING INTERNAL TRAUMA. CREATING HEALING.

Amanda Danielle | Trauma & Life Rebuild Strategist

START HERE

You do not need to have everything figured out before you begin. This guide helps you slow down, notice what is holding you back and choose one meaningful next step. Write without judgment. Your answers are for you.

01 | DIG IN

Identify the obstacles in your life, past and present. What patterns, pressures, fears or experiences are making it difficult to move forward?

Write up to ten obstacles. Circle the one that most needs your attention today.

02 | BECOME AWARE

Get clear on what you truly want and deserve. Move beyond what others expect of you and reconnect with your own priorities.

How do I want to feel? Who supports the life I want? What do I want more—and less—of?

03 | GET VULNERABLE

Notice the stories you repeat about yourself. You can be compassionate with yourself and still be truthful about what is not working.

What do I tell myself when I feel stuck? Whose voice does that sound like?

04 | QUESTION THE STORY

Separate facts from fear and old beliefs. Not every thought is a truth, and a difficult experience does not define your worth.

What evidence supports this belief? What evidence challenges it? What would I say to someone I care about?

05 | DECISION TIME

Choose the belief and behaviour you want to practice next. Change often begins with one small decision repeated consistently.

Write three supportive affirmations. Then choose one action that reflects them.

06 | CREATE BOUNDARIES

Protect your time, energy and relationships. A healthy boundary is a clear statement of what you will or will not participate in—not a demand that someone else change.

Where do I need a boundary with people, time or energy? What will I say or do?

07 | GAME TIME

Turn awareness into a plan. Keep it realistic, specific and flexible. Your progress does not need to look like anyone else's.

My next 10-minute action:

My 30-day goal:

My 60-day goal:

My 90-day goal:

A FINAL REMINDER

You are allowed to rewrite the story, honour what you have survived and build something different. Small, consistent steps count.

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www.askamandadanielle.com

The B.I.T.C.H Method™ — Breaking Internal Trauma. Creating Healing.

This guide is educational and reflective; it is not a substitute for individualized mental health care.

Author of B.I.T.C.H Speak Your Truth ~ Discover Your Inner Peace

Speaker | Coach | Therapist | Trauma & Life Rebuild Strategist