



# MINDSET MASTERY 101

## For Attorney Wellness

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### Notes & Disclaimers

- **BACKGROUND:** My journey with mindset mastery began in 2015. I was a sole practitioner and “successful” in terms of income, reputation, and case results, but I struggled with anxiety, overwhelm, and burnout. Business coaching led to more “success” but things actually got worse in terms of how I felt. By 2017, my anxiety was out the roof and I became stuck in terms of business development. I didn’t know why I couldn’t progress, but I wasn’t getting the help I needed, so I left business coaching group. What I discovered was that my mindset was the problem. Learning how to master it was like finding the keys to the kingdom. What I’m going to share with you today is based on my experiences and those of people I’ve coached and mentored.

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- TIP OF THE ICEBERG: My purpose today is to provide a framework for understanding what mindset mastery is and how it can benefit you. I will recommend resources that are good starting points, but if you need to make a change because you’re in a painful place, I highly recommend finding a good coach or mentor to serve as a guide.

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- OFFER: If you have questions or want additional support, I offer a **Free 30-Minute Strategy Call** to people who have attended my workshops. Just go to [www.pacefirm.com](http://www.pacefirm.com) and click on “Contact Me” to submit a request to schedule a call. I will repeat this information at the end.

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- **WOO DISCLAIMER:** Some of the best resources for mindset mastery contain some degree of woo.\* If you find that off-putting like I did at the beginning of my mindset mastery journey, you can
  1. Substitute words that work for you (like “energy” or “universe”) instead of words that don’t (like “god” or “spirit”).
  2. Step around anything that doesn’t work for you and continue working with what does.
  3. For anything you’re on the fence about, do your best to suspend disbelief and give it a try. You may be surprised at how effective some things can be even if you’re not a true believer and don’t understand why or how it works.

\*Woo-Woo (noun) - Descriptive of an event or person espousing New Age theories such as energy work, crystal magic, Reiki, bizarrely restrictive diets, or supernatural/paranormal/psychic occurrences. Source: Urban Dictionary (<https://UrbanDictionary.com/define.php?term=woo-woo>).

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Mindset work is not always easy. It takes you outside of your comfort zone.

# WHY BOTHER?

Because your mindset creates your reality.

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