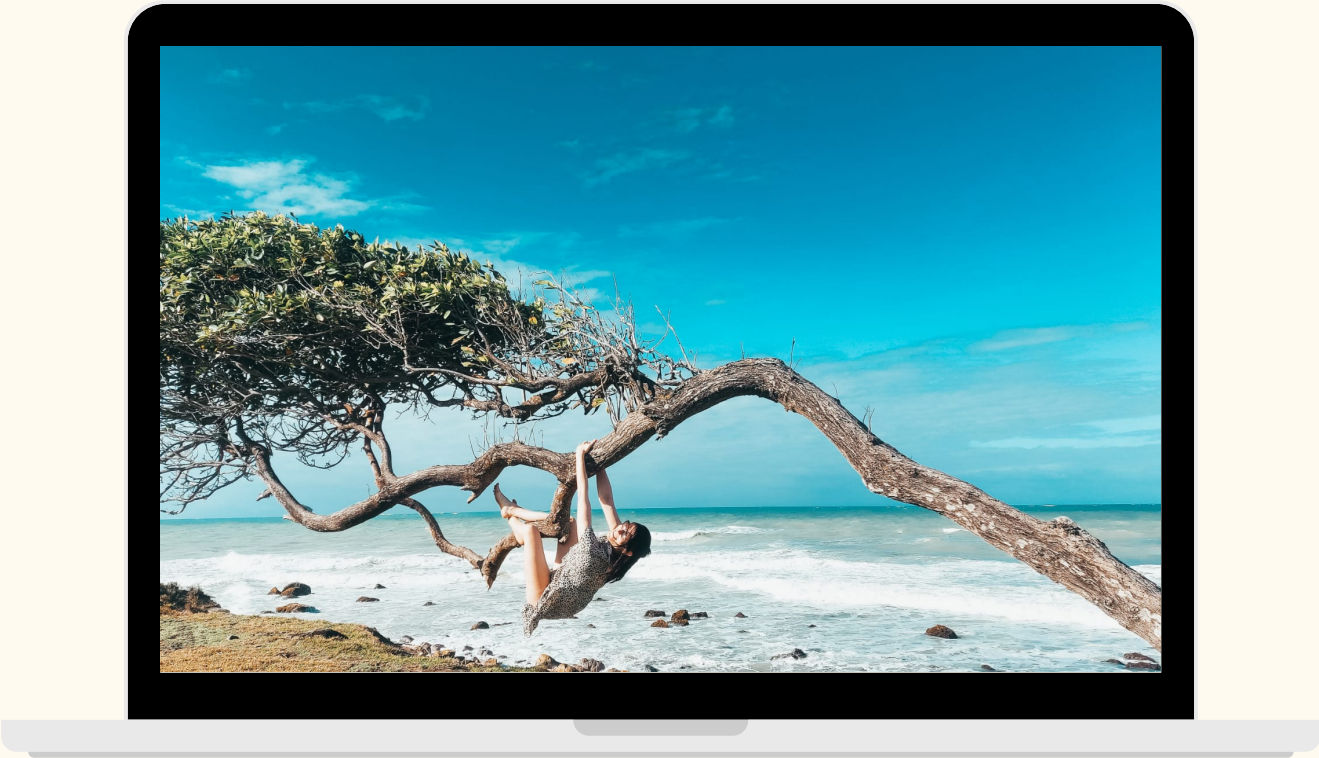
Create Your Badass Mindset



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What does it mean to be a badass?

Being a badass means showing up as the **brightest,** happiest, most **courageous** and most **adult** version of yourself.

It's going from wanting to **deciding** to change your life.

It's going from thinking you are a victim of your circumstances to knowing you are the **leader of your life**.

A badass has a very specific mindset!

This guide gives you exercises and journaling prompts to help you reflect on your current mindset and help you transform it to your ultimate badass mindset!

#1 Awareness

HOLISTIC UNDERSTANDING OF WHO I AM

From awareness to acceptation

Awareness is the #1 step of any evolution journey.

It means bringing to your consciousness your current situation, the way you think, feel, and behave most of the time. What brings you energy and triggers you into a negative spiral.

Your current situation says a lot about you, and it is your starting point. Though it may be uncomfortable at first to sincerely observe where you stand, this step is the foundation of waking up your inner badass.

This first step is all about having **the courage to take an honest and loving look at yourself.**

To do so, the best is to **take a journal** and start an **internal assessment** (your identity, personal story, thoughts, behaviors, wounds and (micro) traumas) but also an **external assessment** (your current environment).

#2 Create your badass mindset

SUCCESS = 80% MINDSET + 20% STRATEGY

The Badass Mindset has 8 main components

✓ 100% Responsibility for my life
✓ Intentionality
✓ Self-integrity
✓ Connection to inner wisdom
✓ Balance between "Be" & "Do"
✓ Faith & confidence
✓ Forward oriented & enjoying the moment
✓ In awe of life & myself

The following exercices are here to help you create your own badass mindset on a daily basis

Intentionality

The Death Bed Values

This is my favorite exercise!
Picture yourself at your own funeral... What would you like people to say about you? How would you like to be remembered?

Pick the 3 main adjectives/values

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-
-

Write these 3 values somewhere you can see them daily (on your phone, on your laptop, by your bed... You can also put a reminder on your phone to look at them.

Everyday ask yourself:

"How have I embodied these 3 values?"

Mine for example are "Inspiring, Courageous, Kind". Every day, before the end of the day, I ask myself "Have I been inspiring, courageous and kind today?" If not, what can I do now to be this person?

100% Responsibility

The Harsh Truth

Pick a situation where you are typically not getting the results you want.
Now, take a step back, observe it as if it was the first time.
What is your part in these disappointing results?
What could you be & do to create different results?

This can be a delicate exercise for many of us, especially if, like most people, we haven't been shown how to take 100% of our responsibilities. It can create discomfort. It's normal.

Like any new skill or life change, taking responsibility is a gradual thing.

Start with a situation that isn't too sensitive for you. This way, your ego (the part of yourself that desperately tries to protect you from suffering) won't get too agitated.

Don't forget to do this with love and kindness to yourself. You are doing your best. And you are a wonderful person.

Self-integrity

Do something that inspires and scares you every day. Success and happiness are on the other side of what excites and scares you at the same time.

What would you do if you weren't afraid?
What small steps could you do to bring you closer to joy?

Are you afraid? It's normal!
Remember, **the worst that can happen is an emotion.**

Courage = feeling the fear & doing it anyway!

Connection to inner wisdom

How can you bring more inspiration on a daily basis to your life? How can you start to reconnect to your inner guidance?

Ex: Meditation, daily walks outside, starting an art form, etc.

Choose only one thing. The one that you feel called onto.
Start with only a couple of minutes.
The key is regularity and commitment.

When we don't know what to do, it is because we are out of alignment.

Your inner guidance knows exactly what you need to be aligned again. It's just waiting for you to stop and listen.

Trust you are exactly where you are supposed to be

No Judgment zone

This assessment doesn't need to be done in 1h. To be honest, you will likely never be done as you can discover things about yourself everyday.

Once you are clear about where you currently are, it's important to be kind to yourself.

Learn to accept where you are, and to love yourself with all your amazing strengths and all your beautiful flaws.

You are only human, and that's ok.

Even better, believe that you are exactly where you are supposed to be, because there is something very important that you can learn from this very situation you are in.

Thank you and thank yourself!

for taking the time to be the best version of yourself.

You are one of the few who are actually DOING the change instead of just TALKING about it!

I am only a message away. I'd love to hear your feedback on these exercices, what it helped you learn about yourself, what you discovered... or if you got stuck or weren't sure how to answer.

Come chat with me!

...and remember, Luck is an attitude!

Fiona

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