



Helping to transform Self Sabotaging
mindsets & bring dreams to reality!

14-Day RESET Program

MINDSET SHIFT & CONFIDENCE BUILDING JOURNEY

Welcome to the 14-Day Mindset Shifting & Confidence-Building Program!

Congratulations on taking the first step toward breaking free from self-doubt, shame, and guilt! This program will help you overcome self-sabotaging behaviors, embrace self-love, and develop a positive, empowering mindset to step into your most confident and authentic self.

How It Works

Each week, you'll receive an affirmation to repeat throughout the week as well as :

- A daily reflection question to guide your mindset shift.
- A daily journal prompt to encourage deep self-reflection and healing.

Dedicate just a few moments each day to these exercises, and you'll begin to notice transformative changes in how you think, feel, and show up in the world.



Mindset Shifting & Confidence-Building Journey

This 14-day mini-program is a powerful introduction to the transformative practices that make up the full 3-month program. It's designed to help you take the first steps toward reshaping your mindset, overcoming self-doubt, and building unshakable confidence—all within just two weeks.

Whether you're looking to gain clarity, increase positivity, or simply try something new to uplift your mental and emotional well-being, this mini-program provides a sneak peek into the tools, techniques, and practices that have helped many create lasting change.

What to Expect:

Over the next 14 days, you'll engage in:

- Daily Affirmations to help reprogram your mind with empowering beliefs.
- Journal Prompts to guide deep self-reflection and awareness of your thoughts and feelings.
- Actionable Tips and Tasks to help you implement small but impactful changes in your daily life.
- Reflection Questions to track your growth and identify areas of improvement.

Approach this 14-day journey with an open mind, kindness, and honesty. These activities are a starting point for growth and self-discovery. If you're ready for a deeper transformation, the full 3-month program includes weekly email contact and personalized guidance to help you align with your true purpose. Reach out anytime for more details—I'm here to support you!

In peace and kindness,
Jennifer



Mindset Shifting & Confidence-Building Program

Legal Disclaimer

The Pause Two Three Mindset Shifting and Confidence-Building Program is designed to provide personal development tools, strategies, and insights to help participants grow their confidence and shift their mindset. However, this program is not a replacement for professional mental health guidance, therapy, or medical treatment.

By participating in this program, you have acknowledged and agree to the following:

Professional Guidance: You understand that this program is not a substitute for mental health services, counseling, psychotherapy, or medical treatment provided by a licensed professional.

Medications & Treatment Plans: You agree not to stop, alter, or discontinue any medications, therapies, or professional counseling that you are currently undertaking without consulting your licensed healthcare provider or mental health professional.

Voluntary Participation: Your participation in this program is entirely voluntary. You are encouraged to engage with the program content in a way that feels appropriate and comfortable for your personal needs and circumstances.

Personal Responsibility: You understand and accept that any actions you take as a result of this program are your own responsibility. Pause Two Three and its affiliates cannot be held liable for any decisions, actions, or consequences arising from your participation in the program.

If you are experiencing significant mental health challenges, we strongly encourage you to consult with a qualified mental health professional before and during your participation in this program. Your well-being and safety are of the utmost importance.

By continuing with this program, you agree to these terms and accept full responsibility for your own health and well-being throughout the duration of the program.



Welcome to the 14-Day Mindset Shifting & Confidence-Building Program!

Instructions:

1. Approach this journey with an open mind and willingness to grow.
2. Be honest and raw with yourself during the activities (this is your safe space).
3. Take it one day at a time. You're not rushing perfection; you're building progress.

Remember, you deserve this time to invest in yourself. Let's let go of what no longer serves you and step into the life you truly deserve. Let's get started!



Week 1: Awareness and Gratitude

Affirmation for Week 1

"I am in control of my thoughts and open to the beauty of life."

Daily Structure:

- Morning: Reflect on the affirmation.
- Midday: Engage in a mindfulness activity (e.g., deep breathing or a short walk)
- Evening: Answer the journal prompt and reflect on the self-reflection question.



Week 1: Awareness and Gratitude

Affirmation for Week 1

"I am in control of my thoughts and open to the beauty of life."

Day 1

Journal Prompt:

What is one positive thing that happened today?

Self-Reflection Question:

How did focusing on positivity shift my mood?



Week 1: Awareness and Gratitude

Affirmation for Week 1

'I am in control of my thoughts and open to the beauty of life.'

Day 2

Journal Prompt:

What triggers my negative thoughts, and how can I manage these triggers better?

Self-Reflection Question:

How did I respond to a challenging situation today?



Week 1: Awareness and Gratitude

Affirmation for Week 1

'I am in control of my thoughts and open to the beauty of life.'

Day 3

Journal Prompt:

What are three things I am grateful for today?

Self-Reflection Question:

How did gratitude impact my overall mood?



Week 1: Awareness and Gratitude

Affirmation for Week 1

'I am in control of my thoughts and open to the beauty of life.'

Day 4

Journal Prompt:

What's one area of my life where I tend to be overly self-critical?

Self-Reflection Question:

How can I practice self-compassion in this area?



Week 1: Awareness and Gratitude

Affirmation for Week 1

'I am in control of my thoughts and open to the beauty of life.'

Day 5

Journal Prompt:

Who or what brought joy into my life today, and how did it make me feel?

Self-Reflection Question:

How can I bring more joy into my daily life?



Week 1: Awareness and Gratitude

Affirmation for Week 1

'I am in control of my thoughts and open to the beauty of life.'

Day 6

Journal Prompt:

What's one thing you did well and feel proud of?

Self-Reflection Question:

What did I learn about myself this week?



Week 1: Awareness and Gratitude

Affirmation for Week 1

"I am in control of my thoughts and open to the beauty of life."

Day 7

Journal Prompt:

Take a moment to reflect on a recent situation where your thoughts controlled your reaction or feelings.

What was the situation, and how did your mindset influence the outcome?

How can you begin to shift your thoughts to feel more empowered in similar situations?

Self-Reflection Question:

What are three things you can do today to stay open to the beauty around you, even in moments of challenge??



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take.."

Daily Structure:

- Morning: Reflect on the affirmation.
- Midday: Engage in a mindfulness activity (e.g., deep breathing or a short walk)
- Evening: Answer the journal prompt and reflect on the self-reflection question.



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and
build confidence with every step I take."

Day 8

Journal Prompt:

Who or what brought joy into my life today, and
how did it make me feel?

Self-Reflection Question:

How can I bring more joy into my daily life?



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take."

Day 9

Journal Prompt:

What's one small win I achieved today, and how can I celebrate it?

Self-Reflection Question:

How did celebrating my win impact my confidence??



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take."

Day 10

Journal Prompt:

: What does my most confident self look like, and how can I embody that today?
:

Self-Reflection Question:

How can I bring more joy into my daily life?



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take."

Day 11

Journal Prompt:

What's a challenge I faced today, and what did it teach me about my resilience?

Self-Reflection Question:

How can I view challenges as opportunities to grow?



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take."

Day 12

Journal Prompt:

What's one decision I made confidently today, and how did it impact my mindset?

Self-Reflection Question:

What does trusting myself feel like?



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take."

Day 13

Journal Prompt:

What's one compliment or kind word I gave myself or someone else today?

Self-Reflection Question:

How did speaking kindly affect my emotions?



Week 2: Confidence and Reframing

Affirmation for Week 2

"I have the power to reframe my thoughts and build confidence with every step I take."

Day 14

Reflect on your journey:

What's the biggest shift you noticed in your mindset over the last 14 days?

How can I carry this momentum forward?



14-Day Mini Program

Conclusion

Congratulations on completing this 14-day journey! You've taken a bold and meaningful step toward shifting your mindset and building your confidence—what an incredible accomplishment. Over the past two weeks, you've created a foundation for growth by reflecting deeply on your thoughts, feelings, and goals. I encourage you to revisit your answers often as a way to continue growing, loving yourself, and leaving fear, shame, and guilt in the past where they belong.

If you're ready to take this transformation even further, the 3-month coaching program is here to support you. With personalized guidance and weekly encouragement, it's designed to help you step fully into your most confident, authentic self. Whatever you choose moving forward, thank you for investing in yourself—you deserve a life filled with love, growth, and endless possibilities.

Keep believing in yourself—you're worth it!

