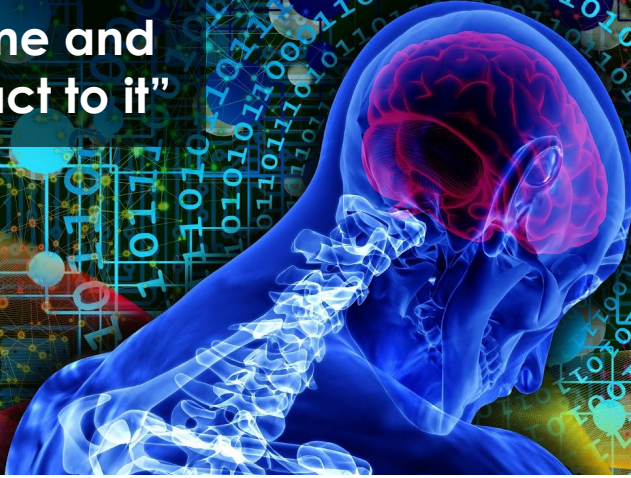


# THE MINDSET MASTERY FORMULA™

“Life is 10% what happens to me and 90% how I react to it”



“What you think and do affects how you feel.”

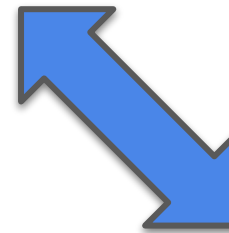
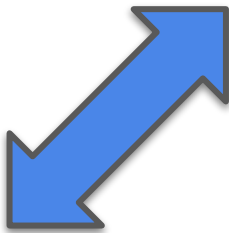
Stimulus → Thoughts → Emotions → Actions → Results → Beliefs

**Trigger**  
(Event, image, or thought)



**Thoughts**

What we think affects how we feel and act



**Behaviors**  
(Coping, Avoidance, or Empowering)

What we do affects how we think and feel



**Feelings**  
(Emotions and Physical Sensations)

What we feel affects how we think and behave

