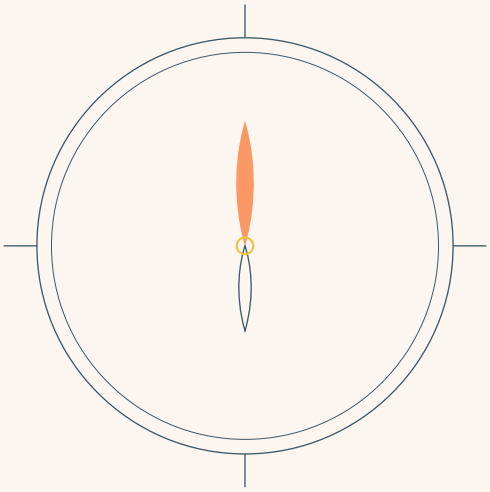
VIP MINDSET

10 Minutes to Reclaim Your Life

From autopilot to intention, one choice at a time.



A free reflection worksheet from VIP Mindset

BEFORE YOU BEGIN

Life is busy. Between work, family, friendships, the endless to-do list, and everything happening in the world right now, it's easy to feel like we're struggling to keep our heads above water.

If that's where you're at, I want you to know two things.

Reclaiming your life doesn't mean changing everything overnight. It means noticing where you are, remembering what matters, and making small, intentional choices that move you closer to the life you want.

This isn't another workbook to complete or another task to add to your day. It's simply an invitation to pause.

Make yourself a cup of tea. Turn your notifications off.
Notice where you are right now.

For the next ten minutes, nothing is expected of you except to notice where you're at.

There are no right answers. Don't overthink it. Just answer honestly.

Your reflections: jot a few words beneath each prompt, write in a journal, type into your Notes app, or simply reflect in your mind. Whatever works best for you.

SECTION ONE

Where are you right now?

If I had to describe how I'm feeling in one word, it would be...

What's taking up most of my mental energy right now?

What feels hard?

What's one thing that's actually going well?

What have I been worrying about that I can't control?

What have I been avoiding?

When was the last time I felt calm?

What's been giving me energy lately?

What's been draining my energy?

What do I need most today?

A MOMENT TO RESET

Taking Back the Steering Wheel

Before we move on, give yourself credit. In a world that constantly asks you to keep going, you've just taken ten minutes to check in with yourself. It may not feel like much, but small moments of reflection are often where meaningful change begins.

Sometimes life feels like it's driving us instead of the other way around. Responsibilities pile up. Other people's needs come first so often it becomes a habit, not a choice. We spend so much time reacting that we stop making intentional choices — we stop asking ourselves what really matters.

That doesn't mean you've failed. It means you're human.

You don't need to change your whole life today. This is simply a reminder that you still have a choice. In VIP, I use three simple ideas to guide intentional decisions.

VALUES

What matters most to me?

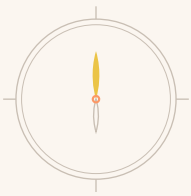
IDENTITY

Who do I want to be?

PRIORITIES

Does my time reflect what matters most?

You don't need perfect answers. Just curiosity.



SECTION TWO

Your Personal Compass



When do I feel most like myself?

What moments have made me feel most alive recently?

What matters most to me in this season of life?

What brings me joy that I've been neglecting?

Where am I saying 'yes' when I really want to say 'no'?

What would I like there to be more of in my life?

What would I like there to be less of?

If I could make one small change this week, what would it be?

What's one thing I can let go of?

What's one thing I could ask for help with?

What's one thing I can do just for me — even if it only takes five minutes?

Reclaiming your life doesn't happen all at once — it's the small choices, made one at a time, that take you somewhere new.

One intentional choice at a time.

Ready to go deeper?

Watch the free workshop:

"Why You Feel Stuck (and What to Do About It)"

thevipmindset.com/offerings