

# Conjuring Clarity – Your Mindset Refresh Worksheet

**Change is painful, but nothing is as painful  
as staying stuck somewhere you don't belong.**

**- Mandy Hale, Author**

Now that you've identified where you are on the Abundance + Growth / Scarcity + Fixed spectrum, you know what you're working with. And that's an incredible awareness to have!

You wouldn't have chosen this course if you didn't know – even if the knowing is somewhere way, way deep down inside you – that what you have to say matters. You know you have something the world needs to know, hear, and understand. And you know that your meaningful stories and brilliant ideas have a place in the world.

Now, it's time to refresh those thoughts that run through your mind and keep you **where you don't belong...** *stuck in "if only" mode.* ♥

On the next page, you'll find all the questions from the right-hand column of the **Mindset Worksheet**. Some will apply to you, and some will not.

Locate the questions that correspond to all your 1 and 2 responses, and explore them more in-depth here.

As with the **Your Vision Worksheet** from Week 1,

- **Carve out some time** (at least an hour).
- **Make sure you create the space you need to focus.** Find a time when you can be alone and will not be interrupted by exterior noise (as best as you possibly can).
- **Sit in a place that allows you to daydream** (this is a very important part of being able to write at will!). Stare out the window or close your eyes.
- **Let your imagination take over.**

Write stream-of-consciousness, as you would with a free write exercise. Once you start, don't let the pen/pencil stop. Of the hour, commit to at least 20-30 minutes of writing time. More, if you get to a place of imagining sooner than later.

What do I have to offer the world that it doesn't already have?



What do I need to learn about writing a book?

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What can I learn about writing?

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What can I change in my habits and schedule that will allow me to write a book?

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How can I use constructive feedback on my book to make it even better?

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How can challenges and obstacles make me want to learn more and strive to do better?

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How will my unique voice, story, or idea add to the rich abundance of books in the world?

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How can viewing writing as a collaborative process help me finish my book?

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Why have I been depriving the world of my unique knowledge, expertise, and view of the world?

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What do I need to learn about the world of publishing?

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**There's a part of you that KNOWS you can do it.**

