

5-DAY

*Mindset Reset*

CHALLENGE

W O R K B O O K

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# D A Y 1

WHAT IS MINDSET?

HOW DO YOU DESCRIBE YOUR MINDSET RIGHT NOW? ARE YOU SURE?  
WHAT MADE YOU SAY SO?

REFLECT ON YOUR EMOTIONS WHAT DO YOU FEEL? WHERE DO YOU FEEL  
YOUR EMOTIONS IN YOUR BODY? WRITE IT DOWN:

WE REALIZE HOW OUR BODY MIRRORS  
OUR STATE OF MIND OR MINDSET.

# WHAT IS AN EMOTION?

AN EMOTION IS A \_\_\_\_\_ AND \_\_\_\_\_ TO AN \_\_\_\_\_ EVENT OR CIRCUMSTANCE. IT CREATES \_\_\_\_\_ IN THE BODY LIKE \_\_\_\_\_ AND \_\_\_\_\_. EMOTIONS ARE NOT \_\_\_\_\_ TO THE \_\_\_\_\_ BUT ONLY TO \_\_\_\_\_ THAT ARE RISING IN YOUR \_\_\_\_\_. THEY ARE A \_\_\_\_\_ OF YOUR OWN \_\_\_\_\_. A CIRCUMSTANCE LEADS TO \_\_\_\_\_ THAT CREATE \_\_\_\_\_ AND \_\_\_\_\_.

NOW THAT YOU KNOW HOW A CIRCUMSTANCE CAN LEAD TO EMOTIONS, LET'S TRY SOMETHING.

## THE CHALLENGE

1. PAY ATTENTION TO 3 CIRCUMSTANCES HAPPENING TODAY
2. WRITE DOWN YOUR EMOTIONS ABOUT THEM
3. CHECK WHERE THE EMOTIONS ARE COMING FROM
4. MAKE A SHIFT.
5. NOTE THE CHANGE

CIRCUMSTANCE	FEELING-1	SOURCE	SHIFT	FEELING-2

I WANT YOU TO PAY CLOSE ATTENTION TO WHAT'S HAPPENING IN YOUR BEHAVIOUR AND HOW YOU REACT TO THESE 3 SITUATIONS THAT ARE EXTERIOR TO YOU.

WHERE DO YOUR ACTIONS TAKE PLACE? THIS IS VERY IMPORTANT! I WANT YOU TO EMAIL ME THE RESULTS OF YOUR CHALLENGE. I WILL LOOK AT EACH ONE OF THEM BEFORE THE NEXT CHALLENGE. YES, I WILL. I PROMISE. E-MAIL: AZIZAALAOUICOACH@GMAIL.COM

# DAY 2

TODAY'S CHALLENGE WILL BRING YOU:

- AWARENESS AND FOCUS
- YOU START CONNECTING TO THE PRESENT MOMENT, AND TO YOUR HIGHER SELF
- YOU BECOME MORE AWARE OF YOUR OWN RESPONSIBILITY ON HOW YOU CHOOSE TO LIVE YOUR DAY TO DAY.

NOW LET'S TALK ABOUT THE SOURCE OF YOUR FEELINGS. WHERE DO YOU THINK THEY COME FROM?

MY FEELINGS ARE TRIGGERED BY MY \_\_\_\_\_.

MY ACTIONS ARE THE CONSEQUENCE OF MY \_\_\_\_\_.

MY RESULTS ARE CONNECTED TO M \_\_\_\_\_.

MY THOUGHTS CREATE \_\_\_\_\_ AND \_\_\_\_\_ BUILD \_\_\_\_\_.

HOW DO WE KNOW WE HAVE A \_\_\_\_\_.?

MAYBE NOT, BUT YOU HAVE A SENSE IN YOUR LIFE.

THE RESULTS KEEP \_\_\_\_\_ YOU.

HOW CAN WE CHANGE THE \_\_\_\_\_.?

NOT BY CHANGING \_\_\_\_\_. \_\_\_\_\_. FORCE WILL NEVER CHANGE THE \_\_\_\_\_.

EXAMPLE:

CAR = ACTION

FUEL = THOUGHTS

TO MAKE THE CAR MOVE, ARE WE GOING TO PUSH OR PUT FUEL?

LIMITING BELIEFS ARE \_\_\_\_\_, NEVER \_\_\_\_\_.

WE CAN WORK IN 4 AREAS: SCIENCE -  
SPIRITUALITY - ENERGY - CONSCIOUSNESS.

### 1. NEUROSCIENCE

WHERE \_\_\_\_\_ COME FROM. THE PROMINENT \_\_\_\_\_ CREATE  
\_\_\_\_\_. PRACTICE HOW TO CREATE NEW \_\_\_\_\_. WE DO NOT  
\_\_\_\_\_ THE \_\_\_\_\_. WE LEARN TO NOT \_\_\_\_\_ IT. WE  
CREATE NEW \_\_\_\_\_, NEW \_\_\_\_\_. WE CALL IT \_\_\_\_\_.

### 2. QUANTUM PHYSICIS – 5 \_\_\_\_\_.

QUANTUM PHYSICISTS PUT THE LIGHT ON THE INCREDIBLE IMPACT THAT  
THE POWER OF THE MIND HAS ON OUR LIVES AND THE UNIVERSE IN  
GENERAL. IN THE QUANTUM \_\_\_\_\_, WE LIVE IN THE \_\_\_\_\_,  
THE \_\_\_\_\_ AND THE \_\_\_\_\_. WE CAN \_\_\_\_\_ OURSELVES  
IN ANY \_\_\_\_\_ AND \_\_\_\_\_ THE \_\_\_\_\_ WE DESIRE. I WILL  
NOT DISCUSS THIS TODAY IT NEEDS A GREAT DEAL OF TIME.

### 3. LAW OF ATTRACTION ENERGY (LOA)

SIMPLY PUT, THE LAW OF ATTRACTION IS THE ABILITY TO \_\_\_\_\_  
INTO OUR LIVES. WHATEVER WE ARE \_\_\_\_\_ ON. THE LOA HAS A BIG  
\_\_\_\_\_ ON YOUR \_\_\_\_\_ TO \_\_\_\_\_ LIVES BUT  
\_\_\_\_\_ OF YOU DON'T \_\_\_\_\_ IT.

### 4. CONSCIOUSNESS

WHAT BUDDHA WANTED TO BE KNOWN IS – “WHAT YOU HAVE BECOME  
IS WHAT YOU HAVE THOUGHT”

HE SAID - “WE ARE WHAT WE THINK. ALL THAT WE ARE ARISES WITH  
OUR THOUGHTS. WITH OUR THOUGHTS, WE MAKE THE WORLD.”

## DAY - 2 CHALLENGE

I WANT YOU TO SPEND THE TIME BETWEEN NOW AND THE NEXT CHALLENGE CHECKING IN ON YOUR THOUGHTS.

WHAT IS GOING ON IN YOUR MIND?

WHERE DO YOU PUT YOUR ENERGY?

ARE YOU DOING THE SAME THINGS OVER AND OVER?

WHAT DOES IT TAKE TO CHANGE AND START SOMETHING DIFFERENT?

CHALLENGE:

- 1.CHECK YOUR THOUGHTS AND HABITS.BE AWARE OF WHAT YOU DO,
- 2.WHEN AND HOW.MAKE A CHANGE.
- 3.FIND SOMETHING DIFFERENT TO DO.
- 4.NOTICE THE THOUGHTS THAT RISE UP.
- 5.BE CONSCIOUS OF HOW YOU FEEL WHEN YOU MAKE THE CHANGE.
- 6.SEND ME AN EMAIL:[azizaalaouicoach@gmail.com](mailto:azizaalaouicoach@gmail.com)

# DAY 3

THE FIRST OBJECTION IS NOT THE \_\_\_\_\_ REASON, IT IS JUST MORE  
\_\_\_\_\_. THERE IS A \_\_\_\_\_ BEHIND ALL THE BEHAVIOUR.

## MINDSET MODEL

A CIRCUMSTANCE IS \_\_\_\_\_. IT IS DEFINED AS A \_\_\_\_\_. SIMPLE  
AND CLEAN.

A THOUGHT IS AN \_\_\_\_\_, A \_\_\_\_\_ OR A \_\_\_\_\_.

A FEELING IS \_\_\_\_\_. IT IS WRITTEN IN ONE \_\_\_\_\_.

AN ACTION IS A LOAD OF \_\_\_\_\_ WE \_\_\_\_\_, WE DON'T  
\_\_\_\_\_ AND WE \_\_\_\_\_ TO.

A RESULT IS AN \_\_\_\_\_. IT IS ONE \_\_\_\_\_ OF YOUR OWN DEED.

## EXAMPLE: THE MINDSET MODEL

CIRCUMSTANCE	CONFINEMENT-1	CONFINEMENT-2
THOUGHTS	TERRIBLE SITUATION	OPPORTUNITY
FEELINGS	FEAR	CURIOSITY
ACTIONS	I TALK ABOUT HOW BAD IT IS. I KEEP LISTENING TO THE NEWS. I FOLLOW THE NUMBER OF DEATHS IN THE WORLD. I AM STUCK IN MY LIFE. I AM STUCK IN MY BUSINESS. I WAIT FOR WHAT HAPPENS NEXT.	I FOLLOW THE NEWS BUT TRY TO FOCUS ON THE GOOD SIDE ONLY. I FOLLOW THE INSTRUCTIONS ON SOCIAL DISTANCING. I REACH OUT TO MY FAMILY & FRIENDS BY PHONE AND THROUGH SOCIAL MEDIA. I AM IN ACTION: I LOOK FOR NEW THINGS TO DO OR LEARN. I PIVOT MY BUSINESS TO KEEP CONTINUITY. I AM CONSTANTLY CREATING
RESULTS	I LIVE IN A TERRIBLE SITUATION WITH NO CONTROL.	I AM HAPPY & IN PEACE WITH MYSELF.

# CHANGE YOUR THOUGHTS. CHANGE YOUR RESULTS!

A MINDSET MODEL IS A \_\_\_\_\_ TO USE TO \_\_\_\_\_ PROBLEMS.

“DIG INTO IT PHYSICALLY. DIVE INTO IT”

A CONSCIOUS \_\_\_\_\_ RAISES.

THINK ABOUT YOUR \_\_\_\_\_.

\_\_\_\_\_ THEM DOWN.

\_\_\_\_\_ YOURSELF 1 TO 10.

THOUGHTS BECOME \_\_\_\_\_. AND \_\_\_\_\_ ARE MOSTLY \_\_\_\_\_.

\_\_\_\_\_ = THOUGHTS.

CHANGE YOUR \_\_\_\_\_ AND PICK-UP A NEW \_\_\_\_\_ PRACTICE.

\_\_\_\_\_ ARE NOT \_\_\_\_\_.

MAKE-UP \_\_\_\_\_ THAT ARE \_\_\_\_\_.

\_\_\_\_\_ YOURSELF AND \_\_\_\_\_.

THIS IS HOW WE \_\_\_\_\_ OUR MINDSET.

RUN A MODEL – RINSE AND REPEAT.

REPETITION IS THE KEY.

HABITS ARE THE RESULT OF A REPETITION OF THE SAME EMOTION IN THE BODY.



## YOUR CHALLENGE FOR TODAY:

THINK OF A SITUATION OR A PROBLEM HAPPENING IN YOUR LIFE NOW AND MAKE A MINDSET MODEL AROUND IT.

WRITE DOWN IN THE TABLE THE CIRCUMSTANCE OR THE PROBLEM.

WRITE THE FIRST THOUGHT THAT RISES IN YOUR MIND.

WRITE HOW THE THOUGHT MAKES YOU FEEL.

WRITE THE ACTION YOU MAKE ACCORDING TO YOUR PRESENT FEELING.

WRITE THE RESULT THAT FOLLOWS. ONCE FINISHED, CHECK IF THE RESULT IS SATISFYING OR IF YOU WANT TO CHANGE IT.

RUN THE SECOND MODEL, KEEP THE SAME PROBLEM. ONLY CHANGE YOUR THOUGHT AND GIVE IT A DIFFERENT DIRECTION.

WRITE YOUR FEELING, ACTION AND RESULT.

NOW COMPARE BOTH MODELS, CHOOSE THE ONE THAT FULFILLS YOUR DESIRE AND SOLVE YOUR PROBLEM AT A DEEP LEVEL.

NOTE THAT QUESTIONS ARE THOUGHTS. YOU CAN USE A QUESTION THAT RISES IN YOUR MIND AS A THOUGHT.

CHOOSE 1 WORD FOR EACH. YOU CAN CHOOSE BETWEEN 1 AND 10 ACTIONS.

SEND ME YOUR RESULTS BY EMAIL: [azizaalaouicoach@gmail.com](mailto:azizaalaouicoach@gmail.com)

## EXAMPLE: THE MINDSET MODEL

CIRCUMSTANCE	CONFINEMENT-1	CONFINEMENT-2
THOUGHTS		
FEELINGS		
ACTIONS		
RESULTS		

# DAY 4

## THE POWER OF THE MIND

\_\_\_\_\_OUT WHAT YOUR MIND IS\_\_\_\_\_AND GO \_\_\_\_\_ IT.  
THIS IS WHAT I ASKED FROM YOU.

STOP \_\_\_\_\_ INTO THE\_\_\_\_\_ SYSTEM YOU'VE  
CREATED.\_\_\_\_\_ YOUR THOUGHTS AND GO LIVE YOUR LIFE IN HARMONY  
AND WITH A PEACEFUL MIND.

FOCUS ON WHAT YOU WANT \_\_\_\_\_, NOT WHAT HAPPENED IN  
\_\_\_\_\_.

GET \_\_\_\_\_ OF THE THOUGHT OF BEING \_\_\_\_\_. YOU ARE  
\_\_\_\_\_ IN YOUR OWN \_\_\_\_\_. YOUR \_\_\_\_\_ HAS NO  
CONTROL OVER YOU. YOUR \_\_\_\_\_ IS NEUTRAL. DON'T GIVE IT  
\_\_\_\_\_ THAT DOESN'T BELONG TO IT.

PLEASE LET GO OF;

- I FEEL BAD BECAUSE SO AND SO TOLD ME THIS....
- I AM SAD BECAUSE MY BOYFRIEND DOESN'T CALL ME ENOUGH.
- I WOULD LOVE TO TRAIN MORE BUT I HAVE NOBODY TO COME WITH ME.
- I CAN'T SUCCEED IN MY BUSINESS;
- I DON'T HAVE MONEY TO HIRE THE BEST EMPLOYEES.

MY BUSINESS IS NOT WORKING.

I CAN'T SEEM TO ATTRACT THE RIGHT CLIENTS.

SINCE I LOST MY INVESTMENT, I FEEL I AM STUCK AND I CAN'T MAKE MONEY  
ANYMORE.

BE CONSCIOUS ABOUT YOUR THOUGHTS OR BELIEFS. BE COMMITTED TO THE  
POSITIVE THOUGHTS. DO NOT FIGHT AGAINST THE OLD ONES. LET THEM BE. LET  
THEM GO. TELL THEM THEY DON'T SERVE YOU ANYMORE. NOW YOU ARE  
COMMITTED TO CREATE NEW BELIEFS THAT WILL LEAD YOU TO YOUR DREAMS.

CHANGE YOUR MIND, CHANGE YOUR BUSINESS, CHANGE YOUR LIFE.

ALL THE \_\_\_\_\_ ARE COMING FROM YOUR \_\_\_\_\_. THEY LIMIT YOU  
AND KEEP YOU \_\_\_\_\_ IN THE PAST AND IN WHAT YOU \_\_\_\_\_.  
YOUR FUTURE COMES FROM THE \_\_\_\_\_. THE\_\_\_\_\_ HOLDS THE  
UNIVERSE'S \_\_\_\_\_.

ANYTHING IN THE PAST HAS NO \_\_\_\_\_ ON OUR \_\_\_\_\_ PAIN  
UNLESS WE \_\_\_\_\_ABOUT IT.

PROCRASTINATION IS SIMPLY A \_\_\_\_\_ OF THOUGHTS MADE UP BY YOUR  
MIND TO \_\_\_\_\_ IT RIGHT.

ALL THE RESULTS IN OUR LIFE ARE A \_\_\_\_\_ OF OUR \_\_\_\_\_.

CREATE A \_\_\_\_\_. UPLEVEL YOUR THOUGHTS AND BELIEFS AS  
YOU \_\_\_\_\_.KEEP THE \_\_\_\_\_ AND \_\_\_\_\_ AWAY  
THE\_\_\_\_\_.REPEAT – PRACTICE UNTIL IT BECOMES NATURAL.

YOUR MINDSET IS UP TO YOU. ARE YOU GOING TO CHOOSE THE GROWTH  
MINDSET? OR THE FIXED MINDSET?

PERSONALITY CAN CHANGE BY \_\_\_\_\_ YOUR BRAIN.THE BRAIN CAN BE  
\_\_\_\_\_. TODAY'S CHALLENGE IS ABOUT CREATING NEW \_\_\_\_\_.

I WANT YOU TO DO SOMETHING NEW OR IN A DIFFERENT WAY.

FOR EXAMPLE:

- 1.IF YOU WEAR YOUR WATCH ON THE LEFT ARM, CHANGE IT TO THE RIGHT  
ARM.
- 2.TRY TO BRUSH YOUR TEETH WITH THE OPPOSITE HAND YOU ARE USED TO.
- 3.GET INTO THE SHOWER WITH YOUR EYES CLOSED AND TRY TO FIND THE  
SOAP, THE KNOB AND WHATEVER YOU ARE ACCUSTOMED TO DO WITH  
OPENED EYES. DON'T OPEN YOUR EYES UNTIL YOU FINISH AND GET OUT OF  
THE SHOWER.WHEN YOU'RE IN BED, TRY TO CHANGE SIDES WITH YOUR  
PARTNER.
- 4.IF YOU ARE SINGLE USE THE OTHER SIDE OF THE BED.

STAY AWARE ON HOW YOU FEEL. WAS IT EASY OR DID IT ASK FOR MORE  
FOCUS AND CONSCIOUSNESS?

BY TRYING SOMETHING NEW, YOU GROW YOUR NEURAL PATHWAYS AND MORE  
SYNAPSES ARE HAPPENING TO CREATE MORE CELL COMMUNICATION. OUR  
BRAIN CELLS COMMUNICATE THROUGH A PROCESS CALLED "NEURONAL  
FIRING".

"NEURONS THAT FIRE TOGETHER WIRE TOGETHER"

'LET ME KNOW IN YOUR EMAIL:[azizaalaouicoach@gmail.com](mailto:azizaalaouicoach@gmail.com)

# DAY 5

WE ARE ALREADY IN DAY-5, OUR LAST DAY OF THE MINDSET RESET CHALLENGE.

YOU LEARNED THAT YOUR MINDSET IS DIRECTLY CONNECTED TO THE THOUGHTS AND THE BELIEFS YOU ACCUMULATE ON A DAILY BASIS.

YOU KNOW THAT YOUR MINDSET IS THE KEY TO YOUR SUCCESS OR FAILURE.

YOU LEARNED THAT YOU CAN CHANGE YOUR MINDSET BY CHANGING YOUR THOUGHTS.

THE MINDSET DEPENDS ON THE WAY WE THINK AND CREATE NEW HABITS.

TO HAVE A STRONG MINDSET, YOU NEED TO FOCUS ON WHAT INCREASES YOUR RESILIENCE TO OBSTACLES AND CHALLENGING EVENTS.

WHEN YOU REPEATEDLY ALIGN WITH YOUR BELIEFS, FEELINGS, VISIONS AND ACTIONS, YOU WILL EXPERIENCE LASTING CHANGES IN YOUR BRAIN.

“EVERYONE VISUALIZES WHETHER HE KNOWS IT OR NOT. VISUALIZING IS THE GREAT SECRET OF SUCCESS.” - RHONDA BYRNE (AUTHOR OF THE SECRET)

## THE LAST CHALLENGE

1. IDENTIFY THE BELIEFS THAT SUPPORT YOUR INTENTION.
2. EMBRACE YOUR POSITIVE EMOTIONS.
3. VISUALIZE. TAKE ACTIONS THAT SUPPORT YOUR INTENTION.
4. REPEAT, REPEAT, REPEAT.

THANK YOU FOR PARTICIPATING FULLY TO THIS CHALLENGE!