

Mindset Trap	Tip to Reframe It
<p><b>All or Nothing Thinking</b>  <i>"If it's not perfect, it's not worth it."</i></p>	<p>One mistake doesn't ruin your efforts.  <i>"Progress over perfection. Every step counts."</i></p>
<p><b>Negative Self-Talk</b>  <i>"I'm not good enough."</i></p>	<p>Talk to yourself like you would talk to a friend.  <i>"This is hard, but I'm learning and doing my best."</i></p>
<p><b>Overwhelming Goals</b>  <i>"I have to fix everything quickly."</i></p>	<p>Break it down.  <i>"One small step at a time."</i></p>
<p><b>Overthinking</b>  <i>"What if everything goes wrong?"</i></p>	<p>Taking action helps clear your mind.  <i>"I can tweak my plan as I go. I just need to start."</i></p>
<p><b>The Comparison Trap</b>  <i>"I should be where they are."</i></p>	<p>Focus on how far you've come.  <i>"My path is my own."</i></p>
<p><b>Tunnel Vision on Outcomes</b>  <i>"If I don't reach my goal, it's not working."</i></p>	<p>The steps you take matter, not just the goal.  <i>"Progress shows up in how I think, feel, and act."</i></p>