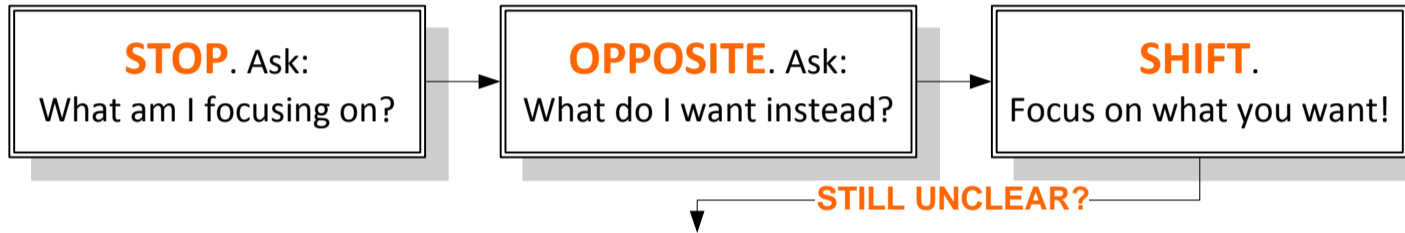


# 3 Steps to Mindset Mastery



Breathe. Lift your eyes up, get up, move your body. Go outside. Go for a walk. Get support. Call your mum, a friend. Me! Use my Mindset Mastery processes [www.corrcoaching.com/SOS](http://www.corrcoaching.com/SOS)  
Whatever you need to do to give yourself that feeling in the moment then REPEAT ABOVE

*Do something today your Future Self will thank you for....* Need help?

**Contact Madeline • Call or Text 07827 932 138 • Email [info@corrcoaching.com](mailto:info@corrcoaching.com)**