

Mind You

Trouble Shooting Pocketguide

5 rapid mindset steps to tackle
feeling lost, unhappy and empty
inside.

You are Twenty-something, ticking stuff off
our bucket list and face real life struggles?

There is a name for it: Quarter-life-crisis

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Quarter Life Crisis

Can you find yourself on this list?

- Feeling overwhelmed
- Anxious
- Life sucks
- Too much pressure
- So many decisions
- everyone else has worked it out
- Am I alone?
- Who am I?
- A lot of self-doubt
- I wish to feel free again
- All those opinions and ready-made advice

Good news

There is a way forward.

You can unlearn and disrupt the way you are experiencing life right now.

Go ahead and understand that Happiness is an inside job.

Most people focus on others and the outside BUT instead focus on YOU, figure out YOU first.

It is YOUR job only. No-one else is responsible for your Happiness.

Go, make yourself happy.

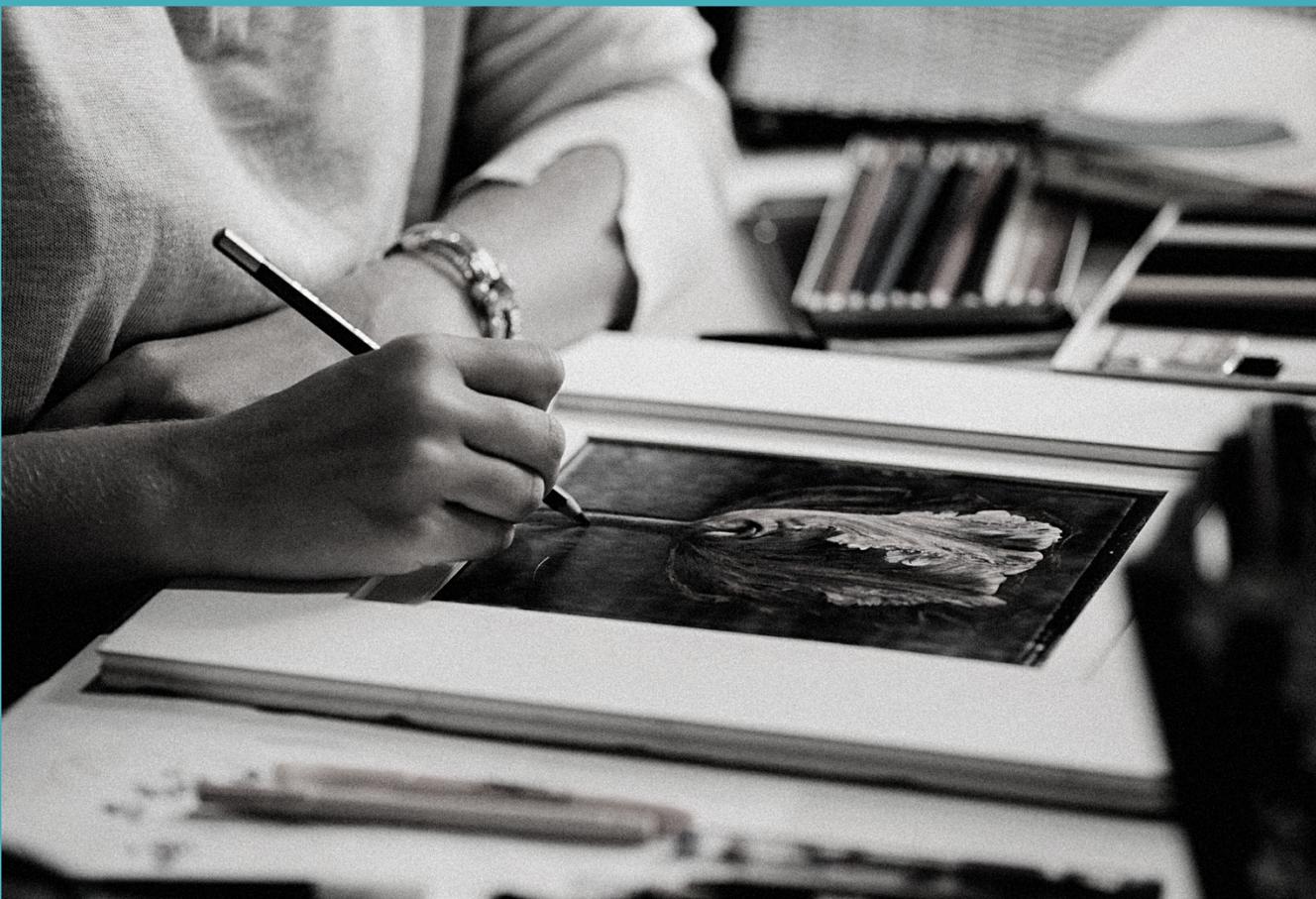
Self doubt

You are unhappy and stressed out about your life; most days your thoughts are filled with self-doubt. You are questioning your situation and the life decisions you made so far.

Life sucks and the self-doubt is keeping you small and immobile. It has its grip on you?

I hear you.

Look, it's just that happy and fulfilled people have found a way to manage their self-doubt. In fact doubt is a totally normal human experience.



Step 1

You wish to shake off the doubt, right?
It won't work just like that.
Not permanently.

As soon as we begin to accept the general fact, that all 'negative' feelings are also part of us, we become open to life in a whole new way.

See self-doubt and all your emotions like little internal life-coaches....as guidance to sharpen your senses and move with them and even grow through them.

Self-doubt will morph,
like all emotions.

They are
Energy in MOTION.

Beliefs

On average we have about 10.000 thoughts per day. 95% of those are repetitive. 80% of those are negative.

When you pay attention, then a lot of thoughts containing the word "**should**" are beliefs which are disempowering, and you have maybe adopted them from someone else. So they are not even yours:

Should have my billion dollar start up by 23, **Should** be married by 25, **should** have travelled to all countries by 26. **Should** change my job, but I am now dependent of my income.

Who are those people and the voices you hear in your mind? Are these maybe opinions and thoughts you had adopted from your parents, teachers, culture, social media, peers.....?

Step 2

Instant awareness shift:

You are not your thoughts!

You are not the voices.

You are the observer of your thoughts.

Feels liberating, doesn't it?

(I know it is a big truth, I had to sit down
when I first learned this)

Okay...Now ask yourself:

What do I want to believe?

What do I want to think?

What do I want to feel?

What do I do to feel the way I want feel?

Step 3

Breathe and realise....

You are here, You are right now....Everything you have done, achieved, overcome, gone through...easy and tough.... you have survived it.

Well done. You made it to HERE. NOW.

Breathe again....Slow it right down for a moment....And now you get to move forward.

One... step... at... a... time.

You have got time.

(and guess what, there is an awesome life after 30 waiting for you too)

Step 4

Imagination is one of our superpowers:

Imagine it is your birthday and Christmas all at once and you are granted a wish. What would that be? Make sure you dream and wish BIG. Really!

If money was no object, what would you wish and dream for?

Free yourself of the limiting voices which might creep into your head, they are not yours. Replace them. That, you can control.



Step 5

Choose your **own mental channel**. You decide which stories and thoughts you entertain with.

It is like going to a party. With which people do you want to hang out, chat with, dance with?

Your thoughts are like those people. You choose who you want to hang out with.

This is your party.

This is your life.



Positive Side effects

Practise and revisit the 5 rapid steps frequently to let them become part of your way of being.

Alongside this process you receive overarching **motivation, trust and choice.**

Feel into your Soul, Mind and Body. Turn your attention to those fun party buddies.

ALLOW them to empower you from the inside.

Motivation

Motivation is key to make us move forward.
Life can be challenging, so what if instead
of struggling, you find a way to get stronger
for it.

No matter what.

Trust

Trust, in your innate power to turn things around.

Trust that there is always a way.

Trust that you are not alone on this journey.

Trust that even in the most uncertain times, you are unique and worthy and you are needed to be YOU.

Choice

Choice to choose how you are and how you want to experience your life.

Your thoughts determine your feelings and they create a behavior.

All together this is how you experience life.

Choose what you want, Choose who you want to be. Choose how you can be your BEST version today.

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Contact Us

Quarter-life-chaos is a real thing. If you want to ask a question or take the next big bold step to liberate yourself from anxiety, uncertainty and mental overcasts....follow, book yourself a free discovery call and watch out for online offerings to deeply shift your perspective.

Who is Julia

Hi, I am your Personal Trainer for Happiness. And I have gone through my twenties with many doubts, questions, and limiting beliefs. Let me tell you, you will find your way. One step at a time.



Your
soul
thanks
you

With gratitude Julia Seibold
Happiness is Homemade