
SOURCE: BOSS / Beauty of SAAS Letter
"What It Takes To Build Unbreakable Mindset" - Issue 160

Self-Assessment Exercises

Instructions: This assessment should be repeated at least once per month. Focus on recent situations for maximum effectiveness. You'll need 3-5 situations to complete this exercise properly.

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Step 1: Identify Challenging Situations

Take a pen and paper and start writing about a few situations you have recently experienced that challenged you, triggered your emotions, or made you feel something significant.

Examples to look for:

- Wanted to ask someone to connect with you about a business opportunity, but you got scared?
- Wanted to start a new hobby you have been talking about for the last 6 months, but today isn't the right day because you don't have time? (This is likely a scarcity mindset, not a real time management problem)

Note: Write down the things that have stuck with you. Things that stick with us usually carry certain emotions. The goal is to help you identify how certain things made you feel and where those feelings are coming from.

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Step 2: Identify Emotions & Sensations

While writing about situations you have experienced, pay attention to how those situations made you feel. Did you notice any sensations?

Signs to pay attention to:

- Physical pain or discomfort
- FOMO (Fear of Missing Out)
- Feeling like someone punched you in the stomach
- Any other physical or emotional reactions

Write these feelings down next to those situations. You want to understand what is holding you back.

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Step 3: Explore Alternative Scenarios

Ask yourself these crucial questions and dig deeper:

- **What would happen if you did not act on these emotions?**
- **What would happen if I acted on them as I truly wanted?**

The goal is to look for a different scenario—one that you would prefer over the other. Once you find it, analyze what emotions it evokes.

Positive emotions to identify: Victory, confidence, satisfaction, peace, empowerment. List all emotions that different scenarios or outcomes evoke.

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Step 4: Reframe Your Beliefs

At this stage, you should have:

1. Situations that you have experienced and had an impact on you
2. A list of emotions those situations evoked
3. An ideal scenario
4. A list of emotions based on that ideal scenario

The final step: Start asking yourself the right questions. Reframe the beliefs and emotions around them.

Reframing questions to consider:

- What if I already have enough?
- What if doing that thing in the first place was not worth it?
- What if I knew how to do it, but the timing was not right?

Always seek out situations that shift your perception toward a more positive scenario.

This provides you with all the necessary information and outcomes from your assessment.

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Evaluate Your Progress

Still holding onto negative or limiting beliefs about yourself and the situations you experience daily? Work harder.

Feeling more optimistic about your situation and the situations you are experiencing daily? There is always more work to do, but you are on the right track.

From the BOSS / Beauty of SAAS Letter
"What It Takes To Build Unbreakable Mindset"
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