Thank you for downloading this:

Five Minute Mindset Reset Series

Inside you'll find simple, grounded tools to help you navigate the moments that feel heavy – tension, stress, dysregulation, or just that quiet sense of "I can't carry anymore today."

Before you begin, take a breath.

Remind yourself of this:

There is nothing wrong with you.

In a world that demands so much from women, especially in midlife, these feelings are human, normal, and shared by far more women than you realise.

By opening this guide, you've already done something powerful: you've taken a step toward awareness, toward steadiness, and toward yourself.

This reset series is here to help you come back to your body, calm your mind, soften the noise, and remember your strength – without forcing, pushing, or pretending you're "fine".

You're stepping into a new kind of control – the grounded, gentle kind. A reset that meets you exactly where you are.

Let's begin.

Rachel x

Five Minute REFOCUS Reset

For when you need to calm an anxious mind

By Rachel | Founder of Your Becoming

Using the #AranMindset Method

Rewire & Rise
www.your-becoming.com

INTRODUCTION

There's a moment - right between panic and exhaustion - where your mind starts running faster than your breath.

This reset is for that moment.

It's not about perfection.
It's not about forcing calm.
It's about interrupting the spiral, grounding your body, and refocussing - one breath at a time.

Because even when your thoughts are loud, you're still in charge of the story.
You're not the storm. You're the sky behind it.

If you've ever found yourself overthinking, panicking, or feeling like you can't switch off - these next five minutes are where you begin again.

STEP 1 - PAUSE THE SPIRAL

Your first move is to pause.
Not fix.

Box breathing.

Breathe in through your nose for four.
Hold for four.
Exhale fully for four.

Once. Twice. Three times.

You've just told your body: we're safe.

Prompt:
"What's really happening right now - fact, not fear?"
Write or whisper the first honest word that comes up.

STEP 2 - NAME IT

Anxiety feeds on vagueness.
So name what you feel.

Worry? Guilt? Pressure? Fear?

Label the emotion - not yourself.
"I feel anxious" lands differently than "I am anxious."

You are not your feelings.
You're the awareness behind them.

STEP 3 - GROUND YOURSELF

Your mind may be in the past or the future.
Bring yourself back to now.

See five things.
Touch four.
Hear three.
Smell two.
Feel one.

You've just returned to the present - the only place that matters.

STEP 4 – REFRAME THE SIGNAL

Anxiety isn't the enemy.
It's information - your body looking for safety.

Whisper:

"Thank you for trying to protect me."

Then choose a new direction.
Ask:
"What do I need in this moment to feel supported?"

It might be water, movement, air, or stillness.
Small actions create big reactions.

STEP 5 - ANCHOR IT

Now lock it in.

Say (out loud if you can):

"I choose calm. I choose clarity. I choose my focus."

This is your anchor - your reset phrase.
Use it anytime your mind starts to spiral.

CLOSING NOTE

Nothing changes until you do.

This is your 5-minute refocus reset - not a one-off trick, but a retraining of your nervous system.
Repeat it whenever you need it. Let it become instinct.

The #AranMindset Method is not about perfection - it's about progression.

You don't need to wait for the right moment. You create it - every single day.

Your becoming starts here.
Five minutes. One reset. Everything shifts.

Now:
Go read the next guide. Try some reflection.
Ready to go from awareness to action?

👉 *Visit **www.your-becoming.com**, download the next guide, or message directly to request a **free mindset session**.*
Let's Reset, Refocus, Rise - with Strength, Softness, and Self-Trust

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BREATHE TO BEGIN AGAIN

A five minute reset for when life feels too heavy to hold

By Rachel | Founder of Your Becoming

Using the #AranMindset Method

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www.your-becoming.com

INTRODUCTION

There's a moment when you've given everything, and the world still asks for more.
Your mind is foggy, your chest tight, your patience paper-thin.
You don't need a battle plan. You need a breath.

This reset is for those in-between minutes when you feel stretched too far.
It's not about fixing anything - it's about remembering you again.
Because every exhale is an invitation to release what you were never meant to carry.

When you breathe with intention, you return to your power - not the push, but the present, the moment.

STEP 1 -PAUSE THE PRESSURE

Stop.
Drop your shoulders. Unclench your jaw.
Notice how you're breathing, shallow, full, fast, slow?

This isn't failure - it's awareness.
You've just interrupted autopilot.

Prompt:
"What can wait?"
Not everything deserves your urgency.

STEP 2 – GROUND YOUR BODY, COMMAND YOUR BREATH

Close your eyes. Feel the chair beneath you, the floor supporting you.
Notice one place in your body that feels steady - even slightly.
Breathe into that spot until it expands.

When your breath speeds up, your thoughts follow. Slow the breath, and the mind obeys.

Try this calm formula:

Box Breathing 4x4x4x4:

- *Inhale through the nose for 4 seconds*
- *Hold for 4 seconds*
- *Exhale through the mouth for 4 seconds*
- *Hold for 4 seconds*

Do it for one minute. You've just shifted from reaction to regulation (sympathetic to parasympathetic).

STEP 3 – EXHALE WHAT'S NOT YOURS

On the next breath out, imagine releasing the noise - the expectations, the guilt, the need to be everything.
Whisper:

"I release what isn't mine to hold."

Sometimes beginning again starts with letting go.

STEP 4 – RECLAIM YOUR PACE

Ask yourself:
"What would ease feel like right now?"

Maybe it's one slower step, one softer tone, one thing less on your list.
You don't need to move fast to move forward.
You just need to move with truth.

Whisper to yourself: "I'm calm, I'm clear, I choose my next move."

STEP 5 – ANCHOR THE RESET

Place a hand over your heart.
Breathe in strength.
Exhale softness.

Say (out loud if you can):

"I'm here. I'm enough. I can begin again."

That's your anchor - your becoming in motion.

CLOSING NOTE

You don't have to hold it all together to be powerful.
Sometimes power looks like pausing.
Like one slow breath that changes everything.

Use this five-minute reset whenever the world feels loud.
Let each breath bring you back to presence, peace, and possibility.

Your Becoming starts here.
Five minutes. One reset. Everything shifts.

Now:
You've paused, you've breathed, you've remembered yourself. Ready to build from that calm foundation? Reach out.

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GRATITUDE DONE RIGHT

The Grounding Practice that brings you back to centre

By Rachel | Founder of Your Becoming

Using the #AranMindset Method

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www.your-becoming.com

INTRODUCTION

Gratitude isn't just a pretty word for a journal page.
It's the moment your breath steadies.
The reminder that even in the chaos, there's still something real, something good.

This isn't about forced positivity or pretending you're fine.
It's about anchoring yourself in what IS - truth, presence, and perspective.

Because when you practice gratitude the right way, it doesn't just lift your mood - it rewires your mind.
It becomes your constant reset and a way of being.

STEP 1 - REDEFINE GRATITUDE

Forget the "just be grateful" nonsense.
True gratitude doesn't sugar-coat pain - it gives it meaning.
It's not saying everything's perfect.
It's saying there's still beauty, even here. Even in the messy, muddy waters.

Prompt:
"What's one thing I can genuinely appreciate right now - not because I should, but because it's real?"

Start there. Keep it honest. Keep it human. Keep it yours.

STEP 2 - SHIFT YOUR FOCUS

Most people look for big things to be grateful for.

That can feel an easy place to start, but it's not the point.
The real shift happens when you start noticing the quiet moments. The less obvious beauties in life.

The warmth of your mug.
Your child's laughter.

A smile from someone.

The sun on your face.
A single deep breath that reminds you - I'm still here.

Gratitude isn't about what you have.
It's about what you notice.

When you train your focus to see the less obvious things, to find meaning and beauty there, the noise loses its power.

STEP 3 - LINK GRATITUDE TO GROWTH

Here's where gratitude can transform:
Don't just list what you're grateful for - ask why it matters.

Example:
"I'm grateful for that hard conversation because it showed me I can speak my truth and stay kind."

When you connect gratitude to growth, challenges stop feeling like punishment.
They become part of your becoming.

STEP 4 – MAKE IT A DAILY ANCHOR

Gratitude is a muscle - it builds and grows the more you practice.
Every morning, ask yourself:
"What am I grateful for today?"

Write three simple things.
No overthinking. No long paragraphs.
Let them stack - day by day - until gratitude becomes your natural lens.

Soon, you won't have to find the good.
You'll live from it.

STEP 5 – USE GRATITUDE AS YOUR RESET

When life feels heavy or uncertain, gratitude becomes your return to calm.
Whisper to yourself:
"Even now, there's something good I can see."

That single thought softens your body, slows your breath, and brings you home to yourself.
It's your nervous system's way of saying - I'm safe. I'm here. In this moment.

CLOSING NOTE

Gratitude isn't weakness.
It's presence. Becoming aware.
It's your quiet power.

It reminds you that life is still giving - even if it's not giving what you asked for.
And the more you practice it, the more grounded, steady, and strong you become.

Perspective is power.
And power, lived softly, is your becoming.

Now:

If you're ready to go from gratitude lists to genuine grounded focus – reach out.

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Rachel x

BREAK THE OVERTHINKING LOOP

A five minute reset to quiet the noise and come back to truth

By Rachel | Founder of Your Becoming

Using the #AranMindset Method

Rewire & Rise
www.your-becoming.com

INTRODUCTION

You know that feeling when your brain just won't shut up?
You've replayed the same conversation five times, imagined outcomes that haven't happened, and built stories from shadows.

That's not clarity. That's protection dressed as control.
Your mind is trying to keep you safe - it just forgot who's in charge.

This five-minute reset isn't about thinking less.
It's about thinking ***cleaner*** *- clearing space so you can hear yourself again.*
Because peace isn't found by silencing your mind - it's found by leading it.

STEP 1 – NOTICE THE SPIN

Catch yourself mid-loop.
Say it softly:

"I'm spiralling. And that's okay. But I can stop."

Awareness breaks the pattern.
You can't rewrite what you refuse to see.

Awareness isn't judgement, it's just light, and the ability to see more clearly.

Prompt:
"What am I actually afraid will happen?"
Name it - that's where power begins.

STEP 2 – GROUND IN FACT, NOT FEAR

Close your eyes.
Breathe in for four. Exhale for six.
Ask:
"What do I know to be true right now?"

Not assumptions. Not what-ifs. Just facts.
This pulls your body back to the present - where overthinking can't survive.

STEP 3 – REFRAME THE STORY

Overthinking is imagination without direction.
Give it purpose.

If your brain insists on running scenarios, make them useful:

"What's the best possible outcome?"
"How can I show up in a way I'm proud of?"

"What could go right?"

"How will that feel?"

You've just shifted from panic to possibility.

STEP 4 – CHOOSE ONE ACTION

Clarity comes from motion.
Ask yourself:
"What one small thing would move this forward?"

Send the message. Write the thought down. Step outside. Drink water.
It's not about fixing everything - it's about proving you can move.

Action breaks the loop that thinking built.

STEP 5 – ANCHOR THE CALM

Hand to heart. Deep breath.
Whisper:

"I release the need to know. I trust what's unfolding."

"Whatever happens, I'm here, in the now, and I'm ok."

Then let silence be your next step.
Your calm isn't fragile - it's trained.

CLOSING NOTE

Overthinking isn't weakness - it's wisdom without trust.
You don't need to shut your mind off; you just need to remind it that ***you're the leader here.***

Use this reset any time your thoughts take over.
Each time you pause, breathe, and choose again, you're teaching your nervous system a new story:
Safety. Clarity. Self-trust.

Your Becoming begins here.
Five minutes. One reset. Everything shifts.

Now:
You've quietened the noise and come back to truth. Ready to build from here? Reach out.

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FROM SABOTAGE TO SELF TRUST

A five minute reset for when you keep getting in your own way

By Rachel | Founder of Your Becoming

Using the #AranMindset Method

Rewire & Rise
www.your-becoming.com

INTRODUCTION

You know those moments when you promise to start again Monday - and don't?
When you shrink right before the breakthrough?
That's not weakness. It's fear dressed as logic.

This reset helps you catch that pattern, calm the fear beneath it, quiet the noise, and come back to trust - one breath, one choice at a time.

This reset is your five-minute pattern breaker.
Because the version of you who keeps shrinking doesn't run the show anymore.

You are Kind. Capable. Kickass.

STEP 1 – CALL YOURSELF OUT (WITH LOVE)

Catch the moment you start to stall – the scroll, the over plan, the "I'll do it later."

No sugar-coating.
Say it out loud:

"I'm standing in my own way and that ends now."

"I see myself pulling back – and that's okay. But I choose different now."

Awareness without shame is where true change begins.
You can't change what you refuse to name.

Prompt:
Where am I choosing comfort over growth?

STEP 2 – FIND THE FEAR UNDERNEATH

Every sabotage has a root - usually safety, not stupidity. Pause and notice what sits beneath the resistance. Often it isn't laziness, it's protection.

Ask yourself:

"What am I afraid might happen if I actually succeed?"

The truth is: fear only shrinks when you stare straight at it.

So meet it with curiosity, not judgement.

STEP 3 – SHIFT FROM PRESSURE TO POWER

Perfectionism is control in disguise.

It keeps you busy, not brave.
Drop it.
You don't need flawless. You need forward.

Each imperfect action you take rewires your belief that you can. And that's how you rise – not from polished plans, but from bold, messy doing.

STEP 4 – MAKE A NEW AGREEMENT

Control feels like safety – but it's really just fear in disguise.

Soften your shoulders. Unclench your jaw. Breathe. Notice what shifts when you choose to trust yourself instead.

When you remember that the only thing you can truly control is your own energy and response, life starts to feel lighter. You can't control every outcome, but you can choose presence, courage, and truth.

Note: *You don't need to know the whole path, just the next step.*

STEP 5 – ANCHOR THE IDENTITY SHIFT

Stand tall.

Hand to heart.

Take a deep breath.

Feel the steadiness of your own follow through.

Say it out loud:

"I am the kind of woman who does what she says."

Feel the heat move through your body. That's not ego - that's embodiment.

Every time you honour your word, your nervous system learns: we're safe here.

Let it land: This is what self trust feels like.

CLOSING NOTE

Sabotage fades when trust grows louder than doubt.

This is where change takes root. Not when it's perfect, but when it's practised.

Five minutes. One reset. One brave choice – again and again.

That's how you Rewire & Rise.

Your Becoming isn't about being fearless.
It's about doing it anyway - with fire, faith, and follow-through.

Unbound. Untamed. Unapologetic.

Rising has no limits.

Now:
You've faced the pattern. You've rewritten the contract. Ready to live from self trust, not survival?

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Rewire & Rise

Rachel x

THE #ARANMINDSET METHOD

Live with Purpose. Presence. Power

By Rachel | Founder of Your Becoming

Rewire & Rise
www.your-becoming.com

INTRODUCTION

You don't rise by accident.
You rise with awareness, intention, and choice - again and again.

*The **#AranMindset Method** isn't therapy or hype.*
It's an anchor. A reset.
A grounded framework for rebuilding from the inside out.

*It's built on three pillars: **Purpose, Presence, and Power.***
Each one strengthens the others.
Together, they rewire your focus, restore your energy, and reconnect you to the woman you were always meant to be.

This is how you stop chasing potential - and start becoming it.

STEP 1 – PURPOSE: KNOW YOUR WHY

Without purpose, even passion fades.
You can give everything you've got - but if it's not connected to meaning, it drains instead of fuels you.

Ask yourself:

"What do I truly want and why does it matter to me now?"

Write it down. Refine it. Own it.
Purpose isn't something you find - it's something you forge through honesty.

It's the reason you get up when life feels heavy.
The quiet reminder that says, you've done hard things before. You can do this too.

STEP 2 – PRESENCE: MASTER YOUR MIND

Your mind can ground you - or spiral you - depending on how you meet it and who's in charge.

Presence is your return to self.
It's catching the thought before it takes hold.
It's pausing before the overthinking. Remembering that you can control your reactions.
It's remembering you are not your emotions - you are the one observing them.

Train your awareness daily: breathe, notice, redirect.
The stronger your presence, the steadier your peace.
That's how you rewire and rise.

STEP 3 – POWER: MOVE WITH INTENTION

Power isn't about being loud. It's about being aligned.
It's the quiet, consistent action that builds self-trust.
It's following through - especially when motivation fades.

Ask yourself each morning:

"What one thing can I do today that moves me closer to the woman I'm becoming?"

Then do it.
No debate. No delay.
That's power - embodied action.

*When **Purpose** gives you direction and **Presence** gives you clarity, **Power** gives you results.*

STEP 4 – ALIGNMENT: CONNECT THE THREE

*When **Purpose** guides your choices, **Presence** grounds your thoughts, and **Power** fuels your discipline, you find **Alignment.***

It's not an accident.
It's what happens when your energy, focus, and truth finally meet. Your flow state of life.

You stop reacting to life and start leading it.
That's when growth stops being effort and starts being identity.

STEP 5 – MOMENTUM: BUILD AND KEEP IT

You don't need constant motivation - you need movement.
Do one thing, then the next. Small steps create shifts.
Momentum builds confidence.
Confidence builds identity.
Identity builds freedom.

From there come unstoppable progress.

*That's the compounding effect of the **#AranMindset Method** - truth in action, repeated until it becomes who you are.*

CLOSING NOTE

Nothing changes if nothing changes.

Change doesn't happen by waiting.
It happens by returning - to your truth, to your body, to your becoming.

The #aranmindsetmethod isn't about being perfect. You just need to begin. To practice every single day.

Rewrite. Rewire. Rise.
Purpose. Presence. Power.

Now:
You've read the guides. You've done the reflection. If you're ready to take it deeper, to rewire the patterns, that's where coaching begins.

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