

The Half Brewed Reset

SELF-PACED MINDSHIFT COURSE



A step-by-step guide
on how to reset your
mindset.

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Course Overview

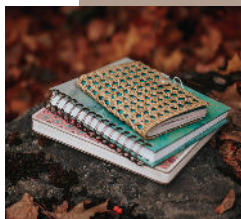
Welcome, brilliant human.

This isn't about doing more. It's about doing things differently.

Over the next 7 shifts, you'll learn how to reset your mindset in small but powerful ways — the kind that fit into real life, not just Instagram-idealistic routines.

Think of this page as your syllabus... but one you'll actually want to read.

Your 7 Shifts at a Glance



Pro Tip

Don't try to master all seven at once. Start with one shift that feels most needed right now. Then layer in the others when you're ready. Forward is forward.

Shift 1: Progress Over Perfection

Stop waiting for flawless. Start moving forward — even messy counts.

Shift 2: From “Should” to “Could”

Trade guilt-driven “shoulds” for choice-driven “coulds.”

Shift 3: The Power Pause

Build micro-pauses into your day to reset your brain and body.

Shift 4: Rewrite Your Self-Talk

Catch the inner critic and reframe it with compassion.

Shift 5: Embrace The Power of Intention

Fast isn't always effective. Sure, steady, intentional = sustainable.

Shift 6: Let Go of All-or-Nothing Thinking

Something is always better than nothing. Tiny steps add up.

Shift 7: Remember, You're Allowed to Enjoy Things

Joy isn't a reward — it's fuel. You don't need permission to smile.



How to Use This Course

1. Listen to the lesson: short, practical, a little cheeky.
2. Do the workbook prompts: this is where the shift sinks in.
3. Keep the Reset Reminder handy: stick it on your fridge, desk, mirror, or anywhere you'll see it often.

“Small shifts may feel insignificant in the moment, but they stack up into something powerful. Just like a single pebble sends ripples across the water, your everyday choices have the ability to reshape your path over time.



Before We Dive In...

know that this journey isn't about perfection or productivity — it's about choosing differently, one small step at a time. These Shifts are designed to meet you where you are and help you reset your mindset in simple, meaningful ways.

Why I'm Here: Write down what drew you to this reset.

What I'd Like to Get Out of It:

(Clarity? Energy? Less guilt? More joy?)

One Word for How I'm Feeling Right Now:

Shift 1: Progress Over Perfection



Quick Reset Recap

Perfectionism whispers: “Don’t start until it’s flawless.”

But progress says: “Start messy, we’ll edit later.”

Remember: forward is forward. Every imperfect step counts.

Reflection Prompts

1. Perfectionism in Action

Think of one area where perfectionism has kept you stuck (work, relationships, self-care, hobbies).

- What’s the project or task?
- How long have you been putting it off?
- What excuse do you usually tell yourself?

(Example: “I’ve been meaning to start yoga, but I keep waiting until I have the perfect mat, a whole hour, and silence in the house. Spoiler: none of those things exist.”)

2. Define Your 80%

What does the 80% version of that task look like?

- Write down what “done enough” would be.
- How would it feel to call it complete at that stage?

(Example: “Instead of a 60-minute class, I’ll try a 10-minute YouTube video. That’s 80% of my original goal, and it still feels like a win.”)

3. Lower the Bar (on purpose!)

What’s a task you’ve been avoiding because it feels too big or overwhelming? Break it down into its tiny, imperfect version.

Task: _____

Tiny version: _____

(Example: “Clean the garage” → “Clear one box.”)

4. Celebrate the imperfect wins.

Write about a time you finished something imperfectly but still felt proud of yourself.

- What did you finish?
- How did you feel afterward?
- What did you learn about yourself from doing it messy?

5. Action Step for This Week

Pick ONE thing from your list and commit to finishing it at 80%. Write it here:

- My 80% action is:

- I will complete it by:

Jot It Down (fun little doodle section)

Draw a progress bar here. Color it in when you've finished your 80% task.

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Reset Reminder

“Done is better than perfect. You can’t edit what doesn’t exist.”



Your Journey Has Just Begun

Thank you for downloading the first Shift in the series. I'm so glad you're here. This first step is a powerful beginning, and there's so much more waiting for you. To unlock the full Shift Series—and access all 7 mindset shifts, the complete workbook, reminder cards, and ongoing tools—you can join the Half Brewed Brilliance community here. When you continue the journey, you'll gain consistent support, simple mindset practices that actually fit real life, and a space where you'll feel understood, encouraged, and never alone in your growth. I can't wait to walk this next part with you.

Join Community



Thank you!

“Half-brewed is still brilliant. Keep resetting.”



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