

JUST WINNING WITH JULES

The Mindset Reset Kit

A deeper transformational workbook for women ready to reset self-belief, reclaim confidence, and move into their next chapter with clarity, emotional steadiness, and self-trust.

ENHANCED EDITION

This upgraded version includes guided belief-change work, signature affirmations, a somatic anchoring exercise, future-self visualisation, confidence-evidence practices, and a practical integration plan designed to feel like a premium coaching experience.

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RESET YOUR CONFIDENCE. REWIRE YOUR MIND. STEP INTO YOUR NEXT CHAPTER.

THE MINDSET RESET KIT

A TRANSFORMATIONAL COACHING GUIDE

UNLOCK YOUR NEXT CHAPTER WITH CONFIDENCE



This is more than a journal

This workbook is designed to give a potential client a real taste of transformational coaching. It is not only about positive thinking. It is about uncovering what has been shaping your self-perception, understanding the emotional pattern beneath it, and creating a grounded internal shift that you can actually feel and live.

Inside, you will move through reflection, belief work, emotional pattern awareness, affirmation, embodiment, visualisation, and a simple action structure that helps new insight become lived confidence rather than a passing moment of inspiration.

Transformation begins when you stop managing the old story and start questioning whether it should still be leading your life.

Use this guide slowly. Be honest. Let yourself be surprised by what comes up. The value of this workbook is not in finishing quickly. It is in meeting yourself truthfully enough for something real to shift.

— Jules Wheeler

Transformational Life Coach | NTT Therapist | Teacher & Podcaster



Where are you now?

Before you begin, take a quick snapshot of your current inner state. This is not a test. It is a baseline. Circle or tick the number that feels most true today, with 1 meaning rarely true and 5 meaning very true.

STATEMENT	1	2	3	4	5
I trust myself to make aligned decisions.					
I speak to myself with compassion rather than criticism.					
I feel emotionally steady when life feels uncertain.					
I believe my next chapter can be different from my past.					
I allow myself to be seen, heard, and valued.					

What this tells you

Low scores are not proof that you are failing. They are signposts showing where more care, healing, truth, and support may be needed.

Return later

Come back to this page at the end of the guide. The shift you notice may be subtle, but subtle change is often how real change begins.

The Belief Audit

The most draining patterns are often built on a sentence you have repeated so many times it now feels like truth.

1. The belief I keep hearing in my head is...

2. I notice this belief most when...

3. Because of this belief, I hold back from...

Coach note: Write what is true, not what sounds good.
The breakthrough begins when the hidden sentence finally becomes visible.





Trigger & Pattern Mapping

Transformation deepens when you stop seeing the belief as random and start noticing the pattern around it.

What situations tend to activate this belief?

When this belief is triggered, what do I feel in my body?

What do I usually do next? Withdraw, overthink, people-please, stay silent, push harder?

Insight: A mindset pattern is rarely just a thought. It is usually a loop of trigger, emotion, body response, and behaviour.

The cost of the old story

One of the fastest ways to create momentum is to become honest about the price of staying where you are. This is not about blame. It is about clarity.

Emotionally

How has this belief affected your peace, confidence, joy, self-worth, or ability to relax?

Relationally

How has it affected your voice, boundaries, intimacy, or what you tolerate from others?

Practically

How has it affected your work, visibility, choices, creativity, opportunities, or next steps?

Sometimes the moment we stop protecting an old belief is the moment we begin protecting our future.

The Evidence Reframe

The old story often survives because it feels emotionally familiar, not because it is fully true.

What evidence have I been using to support this old belief?

What evidence have I ignored that suggests a different truth?

If a woman I loved said this belief about herself, what would I tell her?

Reframe: Old beliefs are often partial truths formed in survival, not whole truths designed for freedom.





Your New Core Belief

Choose a new belief that feels expansive but grounded enough to practice.

My old belief has been...

The more supportive belief I now choose is...

When I live from this new belief, I become someone who...

One courageous action that would match this new belief is...

Signature affirmations for your next chapter

These are designed to be felt, not rushed. Read them slowly. Speak them aloud. Circle the ones that create a shift in your body, your breath, or your emotional state.

I am allowed to outgrow the version of me that learned to survive by staying small.

I can feel uncertain and still choose myself.

My worth does not rise and fall with other people's approval.

I trust myself to meet this chapter with honesty, grace, and strength.

Visibility is not danger. It is permission to be fully expressed.

I no longer need to carry old stories as proof of who I am.

I can create safety within myself as I step into change.

The woman I am becoming is already present in the choices I make today.

I am allowed to be seen as powerful, tender, wise, and deeply human.

My next chapter does not need my perfection. It needs my willingness.

Your personal affirmation

Write the one sentence that feels most true, healing, and activating for you right now.

The Confidence Anchor Exercise

An anchor is a simple way of linking a powerful internal state to a physical cue, so you can return to it more deliberately in moments of stress, fear, or self-doubt.

Step 1 — Recall

Remember a moment when you felt grounded, proud, peaceful, strong, or deeply like yourself. It does not need to be dramatic. It only needs to feel real.

Step 2 — Intensify

Close your eyes and bring the memory to life. What could you see, hear, and feel? Where did confidence live in your body?

Step 3 — Anchor

At the peak of that feeling, press your thumb and forefinger together or place a hand over your heart. Hold the gesture for several breaths while repeating your chosen affirmation.

Step 4 — Repeat

Practice this daily for seven days so your body begins to associate the gesture with steadiness and confidence.

My chosen anchor gesture is...

The feeling I want this anchor to reconnect me to is...



Future-Self Visualisation

Imagine yourself six months from now, living with more self-trust, steadiness, and visibility.

How does she carry herself?

What does she no longer tolerate?

What decisions does she make differently?

What do I need to start practicing now to become her?

Coach reminder: Your future self is not someone you wait to become. She is someone you practice becoming.

Confidence evidence tracker

If you want a new belief to take root, collect evidence for it. Small moments matter. A firmer boundary, a calmer response, a clearer choice, or a more honest conversation all count.

Evidence 1 — A moment this week where I showed more confidence was...

Evidence 2 — A situation I handled differently was...

Evidence 3 — A sign that my old belief is weakening is...

Your 7-Day Integration Plan

Transformation grows through repetition. Use this simple plan to keep your new belief active, embodied, and visible across the next seven days.

Day 1

Read your new belief and personal affirmation aloud three times.

Day 2

Use your anchor gesture in a moment that would normally trigger self-doubt.

Day 3

Take one small action your old belief would have delayed or avoided.

Day 4

Notice where you speak more kindly to yourself and record the shift.

Day 5

Set one boundary or make one aligned decision from your new identity.

Day 6

Reconnect with your future-self visualisation and choose one next-chapter move.

Day 7

Review your confidence evidence and write one paragraph about what has changed, even if the change still feels small.

What has shifted in me?

After completing this guide, the biggest truth I can now see more clearly is...

The belief I no longer want leading my life is...

The next chapter I am now ready to step into looks like...

Return to your diagnostic: Revisit your first scoring page. Notice whether your internal numbers have shifted. Even one point matters. It means your internal story is already moving.

If this guide spoke to something deeper in you

This workbook is only the beginning. The real power of coaching is having a skilled guide help you see what you can no longer see alone, shift the patterns beneath your self-doubt, and build a new relationship with yourself that changes how you live.

Confidence is not a costume you wear. It is a relationship you build with yourself.

Ready to go deeper?

Book your free strategy call and explore the next stage of your transformation with Jules Wheeler.

justwinningwithjules.com

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