

Mind Control Worksheets

Part A: Thought Audit · Daniel Ting

When you notice a recurring thought pulling you away from action, write it in the left column. Then complete the right column honestly. Repeat as often as needed.

The thought I keep having:	The truth that counters it:

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Part B: Daily Declarations · Daniel Ting

Choose 2–3 statements below. Read them aloud each morning for 7 days. As they begin to feel true rather than forced — that is the rewiring working.

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I am not behind. I am exactly where my next step begins.

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My consistency today is building something I cannot yet see.

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I have overcome difficulty before. I can do it again.

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I do not need to feel motivated to begin. I begin, and the feeling follows.

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My effort is my advantage. I show up even when no one is watching.

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I am not a finished product. I am a person in progress — and that is enough.

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The discomfort I feel today is building the strength I will rely on tomorrow.

WRITE YOUR OWN — declarations specific to the lie you identified in your Thought Audit:

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