



MANDIE SAFE HAVEN

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Transformation Reflection Guide

This guide is designed to help you reflect on the mindsets and obstacles that may be holding you back from creating the life you truly desire. Work through the prompts and write honestly — clarity is the first step toward transformation.

1. The Comfort of Familiar Pain

- In what ways have I stayed in a situation that feels familiar, even if it's uncomfortable?
- What fear comes up when I think about stepping into the unknown?

2. The Illusion of "Someday"

- What changes have I been putting off until 'the right time'?
- What is one small step I could take today instead of waiting?

3. Fear of Failure — and Fear of Success

- What would failure in this area look like for me?
- What would success change about my identity or relationships?

4. The Weight of Limiting Beliefs

- What beliefs about myself have I carried since childhood or past experiences?
- Which of these beliefs might be holding me back the most?

5. Overwhelm and the Myth of the Big Leap

- What goal in my life currently feels 'too big' to achieve?

- What is the smallest first step I could take toward it?

6. Lack of Environment and Support

- Who or what in my environment reinforces my old habits?
- What support system or community could I add to help me grow?

7. Impatience with the Process

- Where have I quit too soon in the past because progress felt slow?
- How can I measure small wins more clearly to stay encouraged?

8. Identity Conflict

- How do I currently describe myself (e.g., 'I'm not disciplined')?
- What new identity could I begin to adopt that supports my desired transformation?

9. The Inner Critic and Self-Sabotage

- What phrases does my inner critic repeat most often?
- How can I reframe those thoughts into supportive affirmations?

10. Lack of Clear Vision

- What does the life I desire actually look like in detail?
- What are three specific, measurable goals that would move me closer to it?

Final Reflection

- Which of these 10 traps holds me back the most right now?

- What is one action I will commit to taking this week to begin shifting my mindset and behavior?