



6-FIGURE MINDSET MAP



**5 Mindset Shifts To Transform Your
Life & Business**

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SHIFT 1: ABUNDANCE

ASK YOURSELF...

What do I want to manifest for myself in the next five years?

Think BIG!!

What would need to happen to make this a reality?

What are the best resources that I already have (or can create) to make this happen?

SHIFT 2: GROWTH

REFLECT ON...

How have I grown in the past year? List down 3-5 examples to showcase your growth. *(It can be professional, educational, personal, don't overthink it!)*

How do I want to grow over the next year? What do I want to learn, achieve, build?

What am I dedicated to creating no matter how long it takes?

SHIFT 3: LEARNING

WRITE DOWN...

What are the 3 things that I want to learn more about this year? *It can be professional, personal, anything!*

What are the ways I will invest in my growth this year?

What is one new skill that I am committed to learning this year?

SHIFT 4: VALUES

IDENTIFY...

What are my personal values, and how do I want them reflected in my professional life?

What kind of brands or clients would I like to work with? *(Hint: They should be brands that align with your own values)*

What can I offer them upfront to provide results in advance? Why should they work with me?

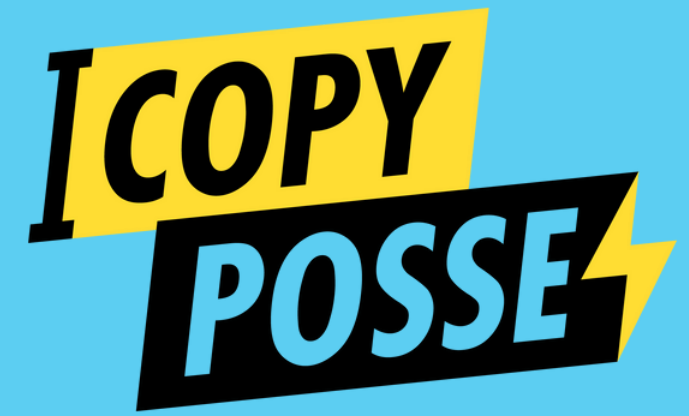
SHIFT 5: BOUNDARIES

DETERMINE...

Where could I be better at setting boundaries in my professional life? (*Think clients, co-workers, boss, or even yourself*) List down a few scenarios where you didn't set healthy boundaries.

How do I wish to be treated by my clients and co-workers in those scenarios, and what can I do to communicate this effectively to them?

ABOUT ALEX CATTONI



Alex is a copywriter, marketing strategist, and the founder of The Copy Posse—a boutique agency, online academy, and now **300,000+** strong global crew of authentic copywriters with a passion for creating community, credibility, and conversions with nothing but powerful and precise wording.

Her goal is to redefine what it means to be a copywriter and marketer today and share the techniques and strategies she's used to build a heart-centered **7-figure business** from the ground up.

Follow Alex on [YouTube](#) and [Instagram](#) for free content and copywriting tips. Visit [CopyPosse.com](#) to learn more about her work and programs.

To learn more about copywriting, and master her proven 16-Step Sales Page Formula and 3 special bonuses, you can join the [Write & Ignite Challenge](#) here.

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