



Guide to Mindset

A COMPLIMENTARY GUIDE

Practical ways to notice your patterns and
choose differently, one day at a time.

WHAT'S INSIDE

Two chapters, a handful of small practices, and seven days to try them.

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How to read this guide

Read the lead paragraph of each chapter first. If you only have five minutes, those sentences are the guide. Come back for the detail when you're ready to act on it.

What you'll leave with

A way of noticing the thoughts you keep thinking, three practices that interrupt them, and a two-minute morning habit worth more than an occasional deep dive.

WELCOME

A NOTE FROM CAROLINE

I keep coming back to something I heard a while ago: your personality creates your personal reality.



I absolutely love this because it really makes you stop and think. If we want something in our lives to change, sometimes we have to look at what we are doing differently too.

For me, it's not about pretending everything is perfect or trying to be positive every minute of the day. It's much more about becoming aware of the little things, how I start my morning, what I tell myself, the people I spend time with, the habits I fall into, the choices I make and where I put my energy.

I've become fascinated by how changing some of those small things can start to change so much else.

This guide is simply a collection of the things I've learnt, tried and now come back to myself. You certainly don't need to do all of them. Pick the ones that resonate with you, experiment and see what happens.

*Small changes really can lead to
extraordinary things.*

CAROLINE CARY · FOUNDER, EAT NOURISH LOVE

Caroline x

BEFORE YOU BEGIN

You don't need to do all of it. Pick the parts that resonate, try them, and see what happens.

Who is it for?

Anyone who has noticed the same thought, mood or reaction turning up again and again and wondered whether it has to. No experience of meditation, journaling or anything else required.

How long will it take?

Fifteen minutes to read. Two minutes each morning to practise. Seven days to notice a difference.

Quick-start idea

Before you read on, notice one thought you've had today without questioning it. Just one. Was it true, or just familiar?

Worth reading

Breaking the Habit of Being Yourself by Dr Joe Dispenza. It's the book behind the idea running through this whole guide: that your personality, made up of the way you think, feel and act, creates your personal reality, and that both are more changeable than they feel.

THE LOOP, AND HOW TO SHIFT IT

Thoughts trigger feelings. Feelings reinforce the same thoughts.

Why does it matter?

Out of that pairing come behaviours, which create the same experiences you've had before. If you wake up expecting a stressful day, you carry that into your body before anything has even happened, make choices from that rushed place, and by evening have proof the day was, in fact, stressful.

The loop closes neatly, and it starts to feel like just how things are.

The neuroscientist Dr Joe Dispenza popularised this language, and it stays with me because it's so honest. Think and feel the same way often enough, and the pattern wires together and becomes automatic.

The encouraging part is that the same wiring that keeps you stuck is what sets you free. A brain that learned worry can learn something steadier.

Ask yourself

What's the thought I've had most often this week, and is it actually true, or just familiar?

Three ways to shift it

The wiring that keeps you stuck is the same wiring that sets you free.

01 AWARENESS

Notice the thoughts you keep thinking and the emotions you keep returning to. Name them, without judging yourself for having them.

02 REHEARSAL

Spend a few quiet minutes imagining the version of you that's already living the way you want to. How she thinks, how she responds, how she carries herself through an ordinary day.

03 EMBODIMENT

Try to feel the way you want to feel before the circumstances give you permission. Choose gratitude or a sense of possibility now, rather than waiting for proof it's justified.

Start with the first one

Awareness on its own changes things. You cannot interrupt a pattern you haven't noticed, and most of us have never sat down and named the thought we think most often.

WHAT THIS LOOKS LIKE IN A REAL DAY

A practice you can actually repeat beats a perfect plan you abandon by Wednesday.

Here's the simple version.

IN THE MORNING

A few minutes of gratitude before the day grabs you. A short visualisation of how you want the day to feel. One quiet intention for how you want to show up in it.

DURING THE DAY

Watch your thoughts and feelings as best you can. When you catch yourself sliding into an old pattern, gently turn the wheel and choose again. Not perfectly, just willingly.

IN THE EVENING

Look back honestly. What did I do well? Where did I react without thinking? How might I respond differently tomorrow? Then rehearse that better response, so your mind has somewhere kinder to land next time.

Ask yourself

Am I thinking, feeling and acting today as the person who's already built the life and business I want? Most days the honest answer is not quite, and that's fine. The question alone pulls you forward.

Caroline's tip

This works better as a daily habit than an occasional deep dive. Two minutes each morning, repeated, beats a long journalling session once a month.

SEVEN DAYS, THREE THINGS

For the next seven days, do three things each day. Tick them off as you go.

- ☐ In the morning, name one thing you're grateful for and one intention for the day.
- ☐ During the day, catch yourself once sliding into an old pattern, and consciously choose again.
- ☐ In the evening, write down one thing you'd respond to differently next time.

*You cannot create a new future
while holding on to the emotions
of the past.*

DR JOE DISPENZA

About Eat Nourish Love

Eat Nourish Love and the ENL Collective exist to support real, sustainable wellbeing, alongside real, sustainable business. We publish guides like this one, run events through the year, and support each other through the parts that are hard to do alone.

Thank you for spending this time with me and this guide. I hope even one part of it helps.

Caroline x

Disclaimer. This guide is for general information only and does not constitute medical advice. It is not a substitute for consultation with a qualified healthcare professional. If you have a medical condition, are taking medication, or are pregnant, speak to your GP before making changes to your diet, exercise or supplement routine.



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COME AND JOIN US

I'd love to have you with us.

The ENL Collective is our curated community for founders, brands and people who want to grow, both in business and in how they think and feel day to day. We run events through the year, share ideas, and support each other through the parts that are hard to do alone.

Come and say hello on Instagram, and if you'd like more like this straight to your inbox, pop your email in at eatnourishlove.com to join the list.

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