MINDSET SHIFTS

For Success

NEW LIFE NEW LEGACY

How to overcome self doubt, build confidence and thrive in high stress jobs

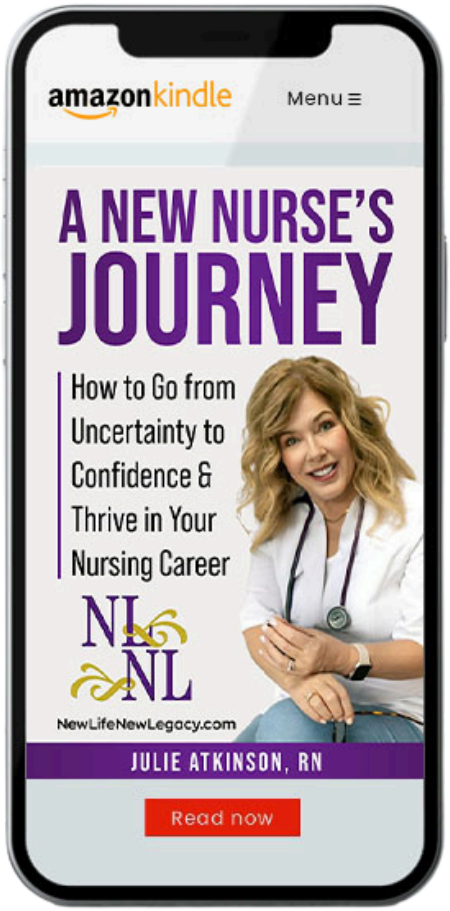
JULIE ATKINSON , RN



FREE DOWNLOAD

Whether you're a nurse navigating the clinical environment, or a professional woman climbing the clinical ladder...

YOUR MINDSET IS THE FOUNDATION OF YOUR SUCCESS



This guide will help you shift your perspective, build resilience and show up with purpose every day. Written by Julie Atkinson, RN, owner of New Life New Legacy, award winning author and founder of the New Nurses Journey Virtual Summit.

The Number #1
Mindset Shift to Overcome
Imposter Syndrome

Stop asking **“Am I good enough?”**
and start asking **“How can I grow?”**



Many nurses and professionals feel like they do not belong, that they are not qualified enough. This is imposter syndrome and it holds back even the most talented women.

MINDSET SHIFT

“Instead of doubting yourself focus on **PROGRESS** over **PERFECTION.**”

Every expert started as a beginner.
Confidence comes from action, not waiting until you feel ready.



ACTION STEPS

Write down three times that you succeeded in a challenge. **Remind yourself that growth happens through discomfort.**

1

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2

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3

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HOW TO BUILD UNSHAKABLE CONFIDENCE...

Even when you feel inexperienced

Confidence isn't something you “HAVE” or “DON’T HAVE” it’s built through SMALL WINS

MINDSHIFT:

Confidence is a skill, not a personality trait.
The more you take action,
the more confident you become

Action Step:

Try the "**POWER POSE TRICK**" before stressful situations (like giving a report or leading a meeting)



STAND TALL,
SHOULDERS BACK,
&
TAKE A DEEP BREATH

...

It tricks your brain into feeling confident

Daily Affirmations for Success

Words shape your reality!

ACTION STEPS

Say one affirmation every morning to train your brain for success!



"I am learning and growing everyday"



"I am capable, smart and prepared for any challenge"



"I bring value to my team, patients and my clients"



THE POWER OF JOURNALING: *3 REFLECTION PROMPTS*

Journaling is a powerful tool to clear your mind and refocus. Try these prompts:

"What is one challenge I over came this week"

1 .....

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"What's one thing I did well today?"

2 .....

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"What's one lesson I can carry forward?"

3

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Action Step

Pick one prompt to write about tonight

Next Steps:
Take Action and Keep Growing

You now have powerful tools to shift your mindset and build confidence! But real change happens when you apply what you've learned

How to use this Guide:

Print this out and keep it on your desk or close to you.

Choose 1 mindset shift to focus on each week

Take Action!

SMALL STEPS LEAD TO BIG RESULTS

Simple Strategies to manage stress and prevent burnout

Balancing a demanding career with self care is tough. Here's how to stay centered.

5 MINUTE MINDFULLNESS:
Take deep breaths before stressful moments

JOURNALING FOR CLARITY:
Write down what's causing stress and what's in your control



SET BOUNDARIES
Say "No" to extra shifts or tasks that drain you

ACTION STEP

At the end of your shift/workday, write one thing you're grateful for. It rewires your brain for positivity.

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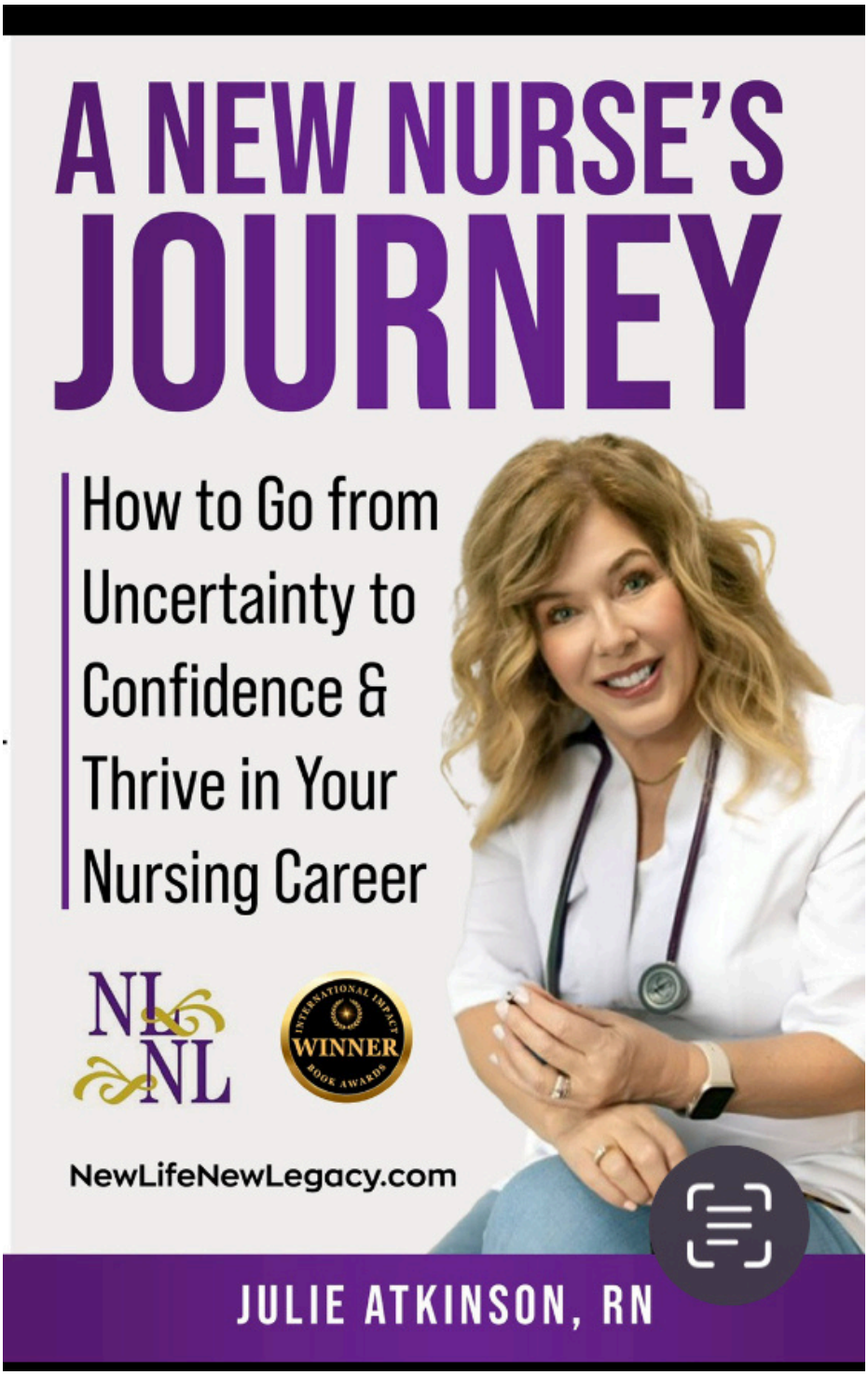

Ready to build the confidence you deserve? Let's Do this Together

Your mindset is the foundation of your success. Whether you're stepping into a new career or building your legacy, remember you already have everything within you to thrive. KEEP GROWING, KEEP BELIEVING & most importantly KEEP TAKING BOLD STEPS TOWARDS YOUR FUTURE.

I am cheering you on every step of the way .

Want more support? Follow me on



Need Guidance? Book a 1:1 mentorship call for personalized strategies. Enjoyed this guide? Email me and tell me your biggest takeaways

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