



## The Bright Side Blueprint™

### 7 Micro Habits to Boost Mindset, Fuel Focus, and Strengthen Relationships

**1. THE MORNING KICKSTART** | Don't just wake up, show up. Before diving into your to-do list, ask: 'Who do I want to be today?' Let identity lead, not urgency.

**2. THE REFRAME HABIT** | Shift the story. When your thoughts spiral negative, pause and ask: 'What else might be true?' Reclaim the narrative and your peace of mind.

**3. GRATITUDE ON THE GO** | Fuel what matters. Wherever you are, name 3 things you're grateful for. People. Moments. Small wins. It's the fastest way to shift your energy and mood.

**4. THE PRESENCE PAUSE** | Own this moment. Take one deep breath. Ask: 'What needs me most right now?' Then give it your full, undivided attention. Be present.

**5. CONNECTION OVER PERFECTION** | Be human, be real. Get to know people. Ask a meaningful question. Share something honest. Trust builds one real moment at a time.

**6. PURPOSE ANCHORING** | Connect your work to something bigger than yourself. One sentence. One reason. One deeper why.

**7. THE NIGHTLY RESET** | End with intention. Reflect on 3 wins, 1 lesson, and your #1 priority for tomorrow. Close the day, take 3 breaths, and truly rest.

**Your Blueprint in Action Reflection:** Which of these 7 habits would create the biggest positive shift in my daily experience right now?

**Action Step:** Choose ONE habit to focus on this week. Practice it daily and notice the impact on your mindset, focus, and relationships.

Ready to Transform Your Daily Experience? Download more resources, book a keynote, or explore coaching at [drtimcrowley.com](http://drtimcrowley.com)