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# The Bright Side Blueprint™

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

*"Live with Purpose. Lead with Heart."*

## 1 The Morning Reset

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)

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