

# 3 Transformative Mindset Shifts for Success



**1. Embracing Failure  
as a Catalyst for  
Growth**



**2. Setting and  
Achieving Goals with a  
Positive Mindset**



**3. Maximizing Capacity  
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the Power Within**

# Training Guide Self Help Mindset

**Adriana Bankston,Rebekah L.  
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