



# MASTER YOUR MINDSET

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# RESILIENCE

Neutral. Vision. If-Then. Control.

“Stay **NEUTRAL**. Keep believing.”  
-- RUSSELL WILSON

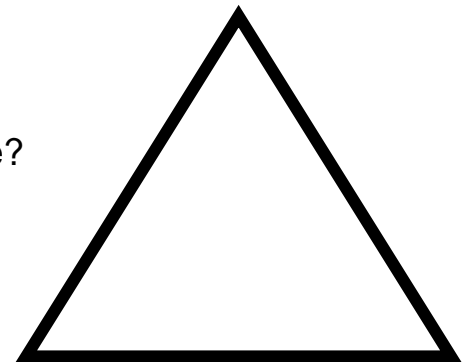


LIST KEY TRAITS OF HAVING A “NEUTRAL” MIND:

## VISION: TRUTH TRIANGLE



What’s the best version of me?  
What will I evaluate?  
What do I value most?



**TRIGGERS** (list things that cause stress and/or pull your focus away):

- 1
- 2
- 3

**IF-THEN PLAN** (IF I’m faced with this challenge/trigger, THEN I’ll do this):


List what is **OUT** of your control:

List what is **IN** your control: