

FREE STARTER PACK

THE INNER FRAMEWORK

Six tools to help you stop running on empty

Free. Practical. Yours to keep.

WELCOME

Before you start

You're holding six tools for the moments when you're exhausted from holding everything together, saying yes when you meant no, or replaying a five-minute conversation for the rest of the day.

Each one works on its own. You don't need any background or training, just a willingness to be honest with yourself, and a pen.

What's inside:

- The Belief Check - try on the belief that changes how the whole day goes
- Your Default Settings - see the invisible patterns deciding what you say yes to
- The Story You're Telling Yourself - catch where you've filled in the gaps
- What You Actually Want - build a goal that isn't just the absence of overwhelm
- Your Energy Audit - understand what's actually draining you, and what refills you
- The Thought Interrupt - the question that stops a spiral before it takes over

How to use this pack:

Work through one worksheet at a time. Write your real answers, not the ones that sound best.

If any of this resonates, The Inner Framework goes much further.

Find it at www.mindfulnlpcoach.com.

The Belief Check

There's a belief running underneath most of your burnout, your over-explaining, your second-guessing, and you've probably never questioned it, because it feels like fact, not belief.

Below are eight ways of seeing things that quietly change what's possible when you try them on. You're not being asked to believe any of them permanently. Just for seven days.

Read through these:

- There's no failure, only feedback
- The meaning of your past isn't fixed, you get to decide what it means now
- You are more than your behaviour, your job title, or the version of you that shows up under pressure
- It's always better to have a choice than no choice
- When your words and your behaviour don't match, the behaviour is telling the truth
- Mind and body are one system, what you carry in your body, you carry in your thinking too
- Behind every behaviour, yours and everyone else's, is a positive intention, even the ones that look like weakness
- You already have more of what you need than you think

Choose the one that creates the most resistance in you. That resistance is information.

The Belief Check

My chosen belief:

Why does this one create friction for me?

What would need to be true, about me, about others, about work, for this to feel completely true?

If I operated as if this were true for the next seven days, what would specifically change:

In a relationship that currently feels hard:

In how I respond to my own mistakes:

In a situation where I feel stuck right now:

Your seven-day experiment

Write the belief somewhere you'll see it every morning. At the end of seven days, come back and write what you noticed:

Your Default Settings

There are invisible settings running underneath how you filter every conversation, every task, every 'yes.' They explain why some things feel effortless and others feel like pushing water uphill.

What do you want from work in the next 12 months?

Did you describe what you want to move toward, or what you want to escape, fix, or get away from?

How do you know when you've done a good job?

Did that answer come from your own sense of it, or from someone else's approval, feedback, or reaction?

Your Default Settings

Describe how you explained something to someone recently.

Did you start with the big picture, or go straight into detail and sequence?

Write five things you're committed to right now, in whatever words come naturally:

Count how many times you used words like have to, must, need to, should, versus want to, choose to, get to.

"Have to" words: _____

"Want to" words: _____

Which leads: _____

Your Default Settings

Your snapshot

The pattern that costs you the most, and one place in your life where loosening it would change things:

The pattern that's actually serving you right now:

These aren't your personality. They're your current defaults, and defaults can be updated. Seeing yours clearly, without judgment, is the first step to choosing when to lean on them and when to let them go.

The Story You're Telling Yourself

Your brain processes around 2 million pieces of information a second. You're aware of about seven. The story you're currently spiralling on is not the full picture.

This worksheet helps you find where you've filled in the gaps.

Pick a current situation that's causing you friction, worry, or a stuck feeling:

What you might not be seeing

What information exists here that you might be discounting or not paying attention to? What doesn't fit your current story?

What meaning have you added

Where have you turned a neutral fact into an interpretation and treated it as certain? Is there a 'she thinks...', 'he meant...', 'they always...' hiding in this story?

The Story You're Telling Yourself

What's become a rule

Has one experience, or a couple, turned into an 'always,' 'never,' or 'everyone' that's now shaping how you read this whole situation?

The new view

Having looked at all three, what shifts in how you see this?

If everyone else involved is running their own version of this same process, what might their version of events look like?

You didn't build this story to cause yourself pain. You built it automatically, with the best information your nervous system had at the time. Seeing how it was built doesn't make your experience less real, it just gives you more choice in how you respond to it.

What You Actually Want

Most goals stall not from lack of motivation but because they were never actually built. This worksheet is for building something in the positive for once.

Choose one goal you're working toward, or one you keep avoiding starting.

Step 1: Say it in the positive

What do you actually want? If your first answer was negative ("I want to stop feeling behind"), ask: if that were gone, what would be there instead?

Step 2: Make it yours

Is this within your control to start and keep going? If it depends on others: what can you do regardless?

Step 3: Make it specific

What exactly will this look like, and when? What will you see, hear, or feel once it's true?

Step 4: Check what it costs

What will you gain? What might you need to give up? Is any part of you uneasy about actually getting this?

Step 5: Resource it

What do you already have, skills, experience, people, that supports this? What do you still need, and how will you get it?

Your outcome, written as if it's already true:

"I am _____ and I _____. I know this because _____."

Your first step, and the date:

A goal that's been through these five steps stops being a wish. Notice how different it feels in your body to hold this version compared to the one you started with.

Your Energy Audit

The state you're in decides more about what's available to you than almost anything else. The task, the conversation, the deadline: all of it gets filtered through whatever state you're currently in.

Part 1: Your usual states, think across a typical week:

At work:

In your closest relationships:

When something feels uncertain or hard:

When you're at your best, what does that actually feel like in your body?

Where you feel it / what it's like / your breathing / your posture:

Your Energy Audit

Part 2: What's draining you

The state that gets in your way most:

When does it usually show up? What's the very first sign it's starting, before it fully takes over?

What might this state actually be trying to protect you from?

Your Energy Audit

Part 3: What's working

The state you're in when you're doing your best work, or showing up most like yourself:

Think of a recent time you were in it. What was actually happening, and what created the conditions for it?

How could you access more of it, on purpose?

You're always in some state. The only real question is whether you're choosing it, or it's choosing you.
This worksheet just gave you a lot more information to answer that.

The Thought Interrupt

Most of the questions we ask ourselves barely scratch the surface of what's actually happening. This worksheet gives you three patterns to listen for in your own thinking, and the question that interrupts each one.

Pattern 1: Always / Never

Listen for: "I always get this wrong." "Nobody takes me seriously." "I never know what to say." These take one moment and turn it into a permanent rule.

The interrupt: "Always? Has there been even one time it wasn't true?"

A rule you catch yourself running:

What opens up when you actually ask the question:

The Thought Interrupt

Pattern 2: Can't / Impossible

Listen for: "I can't." "I could never." "It's impossible for me to..." These treat a limit as fixed, when it's almost always about belief, not capacity.

The interrupt: "What would happen if you did? What's actually stopping you? Have you ever managed it, even once?"

A 'can't' you're currently treating as fact:

Is it genuinely can't, or don't know how yet, afraid to, or haven't chosen to?

The Thought Interrupt

Pattern 3: Mind Reading

Listen for: “She thinks I’m incompetent.” “He doesn’t respect me.” “They’re judging me.” Claiming to know what someone else is thinking, without any actual evidence.

The interrupt: “How do you know that, specifically? What did they actually say or do? Have you asked them directly?”

A mind-read you’ve been treating as fact:

The actual evidence, and two other explanations for the same behaviour:

This isn’t about being pedantic with yourself. It’s about caring enough about your own experience to look past the first compressed version of the story, and that care is its own kind of respect.

WHAT'S NEXT

You've just used six tools from a much bigger toolkit.

If anything here surprised you, a realisation, a shift, a question you didn't have before, that's the work starting. And this is only the beginning.

The Inner Framework goes further:

- Naming and working with your own patterns
- Building real self-trust instead of borrowed confidence
- Language and thinking tools for the moments that used to spiral
- A structured practice you can keep coming back to, not a one-off fix

Visit mindfulnlpcoach.com to find out more.

THE INNER FRAMEWORK

Free Starter Pack, Six tools to help you stop running on empty

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