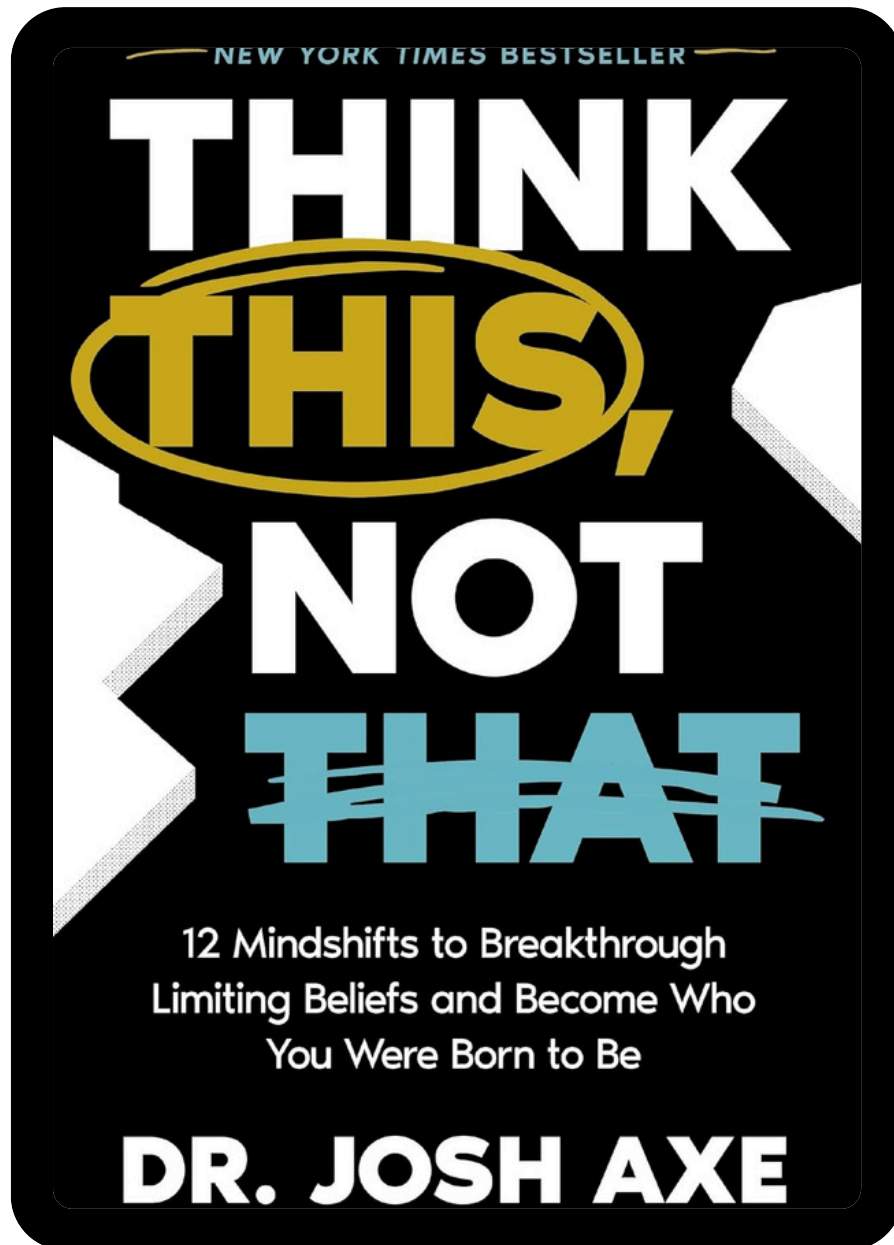


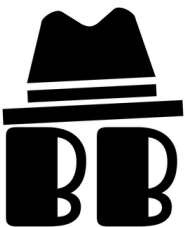
by Book Butter Club

Action Steps

Handbook



*"How can you redefine success based on
who you become, not just what you
accomplish?"*



<https://bookbutterclub.com>

Action Steps: “Think This Not That”

“**Think This, Not That: 12 Mindshifts to Breakthrough Limiting Beliefs and Become Who You Were Born to Be**” is a book by **Dr. Josh Axe**. In this book, Dr. Josh Axe, a leadership expert, entrepreneur, and physician, presents 12 revolutionary mindshift transformations to **help readers overcome their mental barriers and reach the life they’ve always wanted**. The book aims to help readers redefine success, replace their limiting beliefs with healthy mental toughness, and unlock their potential. Dr. Axe contrasts each mental barrier with a new empowering mindset, such as: Don’t simply drift; clarify your purpose. Don’t define success based on what you accomplish; base it on who you become.

The book is designed to help readers improve various aspects of their lives, whether it’s their physical or financial health, relationships, or career. The main idea of the book is to help readers **reshape their thought patterns to foster a healthier mental, emotional, and physical state**.

In this Action Steps Handbook, we will provide practical steps grounded in the insights presented in the book that will help you **redefine success based on who you become, not just what you accomplish**.

Step 1: Create a Breakthrough by Unlimiting Your Beliefs (Mindshift 1)

Start by challenging any limiting beliefs you may have about yourself. Believe in your potential and ability to achieve your goals. This is the first step towards personal growth.

- **Identify your limiting beliefs:** What are the things you believe about yourself that are holding you back?
- **Challenge these beliefs:** Ask yourself if these beliefs are really true, or if they’re just fears or misconceptions.
- **Replace limiting beliefs with empowering ones:** For every limiting belief you have, find an empowering belief to replace it.



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Step 2: Redefine Success (Mindshift 2)

Redefine what success means to you. It's not just about achieving goals, but also about personal growth and becoming a better person. Success is about who you become in the process.

- **Reflect on your current definition of success:** Is it based on external achievements or internal growth?
- **Redefine success:** Success is about who you become in the process of achieving your goals.
- **Align your actions with this new definition:** Make sure your actions are helping you become the person you want to be.

Step 3: Become Self-Aware (Mindshift 3)

Develop self-awareness. Understand your strengths, weaknesses, passions, and values. This will guide your actions and decisions on your journey to success.

- **Practice mindfulness:** Pay attention to your thoughts, feelings, and actions.
- **Seek feedback:** Ask others for their perspective on your strengths and weaknesses.
- **Use self-awareness to guide your decisions:** Make decisions that align with your values and goals.

Step 4: Find Your ‘Why’ (Mindshift 4)

Identify your ‘why’. Why do you want to achieve your goals? Having a strong ‘why’ will keep you motivated and focused on your journey.

- **Identify your passions:** What are the things you love to do?
- **Find your purpose:** How can you use your passions to contribute to the world?
- **Let your ‘why’ motivate you:** Whenever you feel demotivated, remind yourself of your ‘why’.



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Step 5: Rewrite Your Role in the Story (Mindshift 5)

See yourself as the hero of your own story. You have the power to shape your life and achieve your goals. Don't let others define you.

- **Reflect on your current role:** Are you the hero of your story or are you letting others dictate your life?
- **Rewrite your role:** See yourself as the hero of your own story. You have the power to shape your life.
- **Live out your new role:** Act in ways that align with your new role.

Step 6: Assemble a Team (Mindshift 6)

Build a supportive team. Surround yourself with people who inspire you, challenge you, and help you grow. You don't have to do it alone.

- **Identify your support network:** Who are the people who support and inspire you?
- **Build your team:** Surround yourself with people who challenge you and help you grow.
- **Leverage your team:** Don't be afraid to ask for help or advice when you need it.

Step 7: Build an Unshakable Identity (Mindshift 7)

Develop a strong sense of self. Know who you are and who you want to become. This is your identity, and it's unshakable.

- **Reflect on your identity:** Who are you? Who do you want to become?
- **Build your identity:** Develop a strong sense of self that aligns with your values and goals.
- **Live out your identity:** Act in ways that reflect your identity.



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Step 8: Bust Vices by Building Virtues (Mindshift 8)

Identify your vices and work on overcoming them by building virtues. This will help you become a better person and move closer to your definition of success.

- **Identify your vices:** What are the negative habits or traits that are holding you back?
- **Build virtues:** Identify the positive traits you want to develop and work on them.
- **Replace vices with virtues:** Every time you're tempted to fall into a vice, choose to practice a virtue instead.

Step 9: Turn Off Opinions and Turn On Principles (Mindshift 9)

Don't let others' opinions sway you. Live by your principles and values. They will guide you towards true success.

- **Identify external influences:** What are the opinions of others that are influencing your decisions?
- **Define your principles:** What are the values and principles that you want to guide your life?
- **Live by your principles:** Make decisions that align with your principles, not the opinions of others.

Step 10: Flip the Fear to Turn On the Growth (Mindshift 10)

Embrace fear as a catalyst for growth. Use it to push yourself out of your comfort zone and achieve your goals.

- **Identify your fears:** What are the things you're afraid of that are holding you back?
- **Flip the fear:** See fear as a sign that you're stepping out of your comfort zone, which is where growth happens.
- **Use fear to fuel growth:** Every time you feel fear, use it as motivation to push yourself and grow.



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Step 11: Visualize to Realize (Mindshift 11)

Visualize your success. Imagine yourself achieving your goals and becoming the person you want to be. This will keep you motivated and focused.

- **Visualize your success:** Imagine yourself achieving your goals and becoming the person you want to be.
- **Use visualization to stay focused:** Whenever you feel demotivated, use visualization to remind yourself of your goals.
- **Make your visualization a reality:** Take action to make your visualization come true.

Step 12: Power Up Your Potential with Positive Perseverance (Mindshift 12)

Keep going, no matter what. Persevere through challenges and setbacks. Your potential is limitless, and with positive perseverance, you can achieve it.

- **Believe in your potential:** Know that you have the potential to achieve your goals and become the person you want to be.
- **Practice positive perseverance:** Keep going, no matter what challenges you face.
- **Use perseverance to unlock your potential:** With perseverance, you can overcome any obstacle and reach your full potential.

If you want to make the most of your life, you can use the template on the next pages. It will help you redefine success based on who you become, not just what you accomplish.

Disclaimer: The action steps provided in this document are based on our own experience and understanding of the book. They are not endorsed by the author and are not intended to replace the original book in any way. These action steps should give you an idea of the concepts presented in the book if you have not read it yet, or provide guidance if you have finished reading the book but are stuck and not sure where to start.



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Redefining Your Success

Step 1: Create a Breakthrough by Unlimiting Your Beliefs (Mindshift 1)

- Identify your limiting beliefs:

I'm not good at public speaking.

- Challenge these beliefs:

Have I given myself enough opportunities to improve?

- Replace limiting beliefs with empowering ones:

With practice, I can become a confident public speaker.

Step 2: Redefine Success (Mindshift 2)

- Reflect on your current definition of success:

Success means getting a promotion.

- Redefine success:

Success means improving my skills and becoming more confident in my role.

- Align your actions with this new definition:

Take courses, seek feedback, and practice new skills.



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Step 3: Become Self-Aware (Mindshift 3)

- **Practice mindfulness:**

Spent 5 minutes each day in quiet reflection.

- **Seek feedback:**

Ask a trusted colleague for feedback on your work.

- **Use self-awareness to guide your decisions:**

Choose projects that align with your strengths and interests.

Step 4: Find Your 'Why' (Mindshift 4)

- **Identify your passions:**

I love helping others.

- **Find your purpose:**

I can use my role to support my team and make their jobs easier.

- **Let your 'why' motivate you:**

Remind yourself of your purpose when tasks get challenging.



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Step 5: Rewrite Your Role in the Story (Mindshift 5)

- **Reflect on your current role:**

I'm just an employee.

- **Rewrite your role:**

I'm a key contributor to my team.

- **Live out your new role:**

Take initiative and ownership in your work.

Step 6: Assemble a Team (Mindshift 6)

- **Identify your support network:**

Friends, family, mentors.

- **Build your team:**

Join networking groups, find a mentor, make connections in your industry.

- **Leverage your team:**

Ask for advice, learn from others' experiences.



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Step 7: Build an Unshakable Identity (Mindshift 7)

- **Reflect on your identity:**

I'm a hard worker.

- **Build your identity:**

I'm a creative problem-solver.

- **Live out your identity:**

Approach challenges with creativity and innovation.

Step 8: Bust Vices by Building Virtues (Mindshift 8)

- **Identify your vices:**

Procrastination.

- **Build virtues:**

Discipline.

- **Replace vices with virtues:**

Create a schedule and stick to it.



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Step 9: Turn Off Opinions and Turn On Principles (Mindshift 9)

- **Identify external influences:**

People think I should be more aggressive at work.

- **Define your principles:**

I believe in being assertive but respectful.

- **Live by your principles:**

Practice assertive communication.

Step 10: Flip the Fear to Turn On the Growth (Mindshift 10)

- **Identify your fears:**

I'm afraid of making mistakes

- **Flip the fear:**

Mistakes are opportunities to learn.

- **Use fear to fuel growth:**

Take on challenging tasks and learn from any mistakes.



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Step 11: Visualize to Realize (Mindshift 11)

- **Visualize your success:**

I'm not good at public speaking.

- **Use visualization to stay focused:**

Have I given myself enough opportunities to improve?

- **Make your visualization a reality:**

With practice, I can become a confident public speaker.

Step 12: Power Up Your Potential with Positive Perseverance (Mindshift 12)

- **Believe in your potential:**

Success means getting a promotion.

- **Practice positive perseverance:**

Success means improving my skills and becoming more confident in my role.

- **Use perseverance to unlock your potential:**

Take courses, seek feedback, and practice new skills.

