

CPR: A SIMPLE MINDSET RESET

Catch.
Pause.
Rephrase.

A practical tool for changing the conversation in your head,
without pretending everything is perfect.



MINDSET

----- Created by Heidi Vivanco -----
@VivaYourVidaFit

WHY WE NEED C.P.R.

Your brain is doing its job.

Our brains are wired to notice threats, problems, and what's wrong
because historically, that helped keep us alive.

But what helped us survive isn't necessarily what helps us thrive.

Negative thoughts aren't a personal failure.
They're human.

The goal isn't to eliminate every negative thought.
The goal is to notice the thought before it becomes the story
you believe about yourself.

Because:

Thoughts influence beliefs.

Beliefs influence choices.

Choices influence actions.

Repeated actions shape our lives.

So what if you learned to interrupt the conversation?

That's where CPR comes in.



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THE C.P.R. METHOD

C — CATCH

Notice the thought.

Don't judge it. Don't argue with it.
Just catch yourself in the moment.

Examples:

"I can't do this."

"I'm too old."

"I always mess this up."

"I don't have time."

Awareness creates the opportunity to change.

P — PAUSE

Take a beat. Take a breath.

Give yourself space between the thought
and your reaction.

Remember:

A thought is not automatically a fact.

R — REPHRASE

Change the conversation.

You don't have to act on
every thought you have.
Pause creates choice.

Please rephrase it to be truthful, useful, and empowering.

Instead of:

"I can't do this."

Try:

"I don't know how to do this yet. What's my next step?"

Instead of:

"I'm too old to start over."

Try:

"I'm not starting from scratch. I'm starting from experience."

Instead of:

"I always screw this up."

Try:

"That didn't go the way I wanted. What can I learn?"



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YOUR TURN TO TRY CPR IN REAL LIFE

Think of a thought you've had recently that shut you down, discouraged you,
or made you doubt yourself.

1. CATCH IT

What did I say to myself?

2. PAUSE

What happens when I take a breath before reacting?

3. REPHRASE IT

What is a more truthful, useful, empowering way to look at this?

Ask yourself:

“Given my current circumstances, how can I still choose to be great?”

Because you don't have to figure out or control everything.

You don't have to fix, alter, or change everything today.

You simply need to create enough space to choose your next step...

Catch it. ----> Pause. -----> Rephrase it. -----> Keep moving.

**SAY YES TO YOUR LIFE.
LIVE LIFE BETTER.**



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