



Maggie's COACHING TIPS



Reset, Don't Regret

Every day is a new beginning.

Slip-ups happen. What matters is how you respond. Self-compassion and a reset mindset help you keep moving forward.

You can start again – any time.



WHY IT MATTERS

Regret and guilt can keep you stuck in a cycle. A reset mindset helps you learn, grow and choose differently next time.



Progress isn't about never falling – it's about getting back up.



COMMON MINDSET TRAPS



All-or-nothing thinking

One slip-up means "I've failed" completely.



Harsh self-judgement

Being too hard on yourself leads to shame, not change.



Staying stuck in the past

Dwelling on what happened takes energy from today.



Overthinking it

Replaying it over and over keeps the guilt alive.



Ignoring small wins

Focusing only on what went wrong hides your progress.



HOW TO RESET AND KEEP MOVING FORWARD



PAUSE AND BREATHE

Take a moment. Slow your breath. Give yourself space before you react.



LEARN WITHOUT JUDGEMENT

What happened? What triggered it? What can you learn from it?



BE KIND TO YOURSELF

Talk to yourself like you would a good friend. Self-compassion builds resilience.



LET GO OF THE GUILT

You can't change yesterday. Release it and give yourself permission to move on.



TAKE ONE SMALL STEP

Choose one positive action you can take now. Small steps rebuild confidence.



REFOCUS ON YOUR WHY

Remember why you're making these changes. Reconnect with what matters most to you.



CELEBRATE A FRESH START

Every day is a new opportunity. A reset isn't starting over – it's starting wiser.



BUILD BETTER HABITS

Plan ahead, prepare and create routines that support the future you want.



MAGGIE'S COACHING TIP

You are allowed to be human.

*It's not what happened
that defines you –
it's what you choose next.*

♡ Maggie



WHAT THE PROFESSIONALS SAY

Research shows that self-compassion and a growth mindset help people recover from setbacks faster, reduce shame and increase motivation to keep going.

Professional support is about understanding, not blaming.



“The curious paradox is that when I accept myself just as I am, then I can change.”

– Carl R. Rogers



With love,
Maggie



Be kind to yourself. You're doing the best you can with what you know.

You don't have to do this alone.

