

ANTICIPATION MINDSET



WORRY

HOPE

focused on
FEAR

ties success to
RIGID

EXPECTATIONS

locks in to
WORST
CASE
SCENARIOS

fuels
ANXIETY +
STRESS

drains
ENERGY +
PRESENCE



focused on
OPPORTUNITIES

imagines
OPTIONS +
SMALL JOYS

holds outcomes
LIGHTLY +
WITH
CURIOSITY

fuels
MOTIVATION +
RESILIENCE

restores
ENERGY +
COMMITMENT

