CLEAR YOUR MENTAL BLOCKS IN 10 MINUTES

The Inner Voice Guy™ shows you how

START YOUR 10-MINUTE MIND SHIFT→



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© THE 10-MINUTE MIND SHIFT™ PROTOCOL Clear Mental Blocks • Reset Your Mindset • Fast

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WHY THIS WORKS

Your inner voice shapes how you think, feel, act, and perform.

Most people try to push through their emotional blocks by thinking harder or doing more. That rarely works. Why? Because the problem is not your effort — it's your **inner voice**.

You don't need therapy. You don't need 6 months of motivation. You need a 10-minute reset — a tool that interrupts the voice in your head and gives you your power back.

This protocol is based on neuroscience, behavioral psychology, and the real-world coaching I do every day with high performers, leaders, and everyday people just like you.

This works — and now it's yours.

HOW TO USE THIS GUIDE

Here's how to get the most out of the 10-Minute Mind Shift™:

- 1. Read the 4-step Mind Shift method on the next page.
 - 2. Follow the Guided 2-Minute Reset (Page 5).
 - 3. Complete the Inner Voice Worksheet (Page 6).
- 4. Feel the shift. Then come back and use it again tomorrow.
- 5. If you want help applying this live, book your FREE Inner Voice Reset Call at www.royknight.co.nz.

This isn't just motivation — it's transformation. Let's go.

THE 4-STEP MIND SHIFT METHOD

This is the protocol that shifts you from mental chaos to clarity in minutes.

Step 1: © CATCH THE VOICE
What is your inner voice actually saying right now?
Example: "I can't do this" or "I'm a fraud."

Step 2: CALL OUT THE LIE

Name the voice for what it is. Say it out loud.

Example: "That voice is fear. And it's lying."

Step 3: COMMAND A SHIFT
Say: "Shift now." Breathe deeply. Reset your focus.

Step 4: CHANGE YOUR STATE

Move your body. Stand up. Stretch. Say something different.

Example: "This is temporary. I choose something better."

Repeat this any time your inner critic shows up.

2-MINUTE GUIDED RESET

Let's shift your mindset — right now. Grab a pen and follow along.

Step 1: CATCH THE VOICE
What is your inner critic saying right now?

Step 2: CALL OUT THE LIE

What's the lie in that voice?

→ "That voice is ______. That's a lie."

Step 3: COMMAND A SHIFT
Say this aloud:

→ "Shift now." (Take 3 slow breaths.)

Step 4: CHANGE YOUR STATE

Stand up. Stretch. Breathe. Say:

→ "This feeling is optional. I choose something else."

Feel the change? This is your power — you just took it back.

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INNER VOICE WORKSHEET

→ "	What voice did you notice today?	<i>"</i>
→ '	What lie did you call out? "	,,
→ '	See What was your shift command?	,,
Vha →'	at physical movement or state change did you r	make? _"
	How do you feel now? (1 = low / 10 = high) Before: → After:	
	How long did it take to shift?→ minutes	

Repeat this daily for lasting impact.



You've just used a powerful protocol to change your mindset — fast.

Here's what to do next:

- Try this every day for 7 days.
- Use the worksheet to track your patterns.
- If you want help resetting a deeper pattern, let's talk.

The Book your FREE Inner Voice Reset Call:

→ www.royknight.co.nz/free-reset

I'll walk you through this in real-time and help you unlock the next version of yourself — the one who leads, acts, and lives without the noise in your head running the show.

You're not broken. You're just untrained.

Let's fix that — together.

– Roy The Inner Voice Guy™