



THE SKILL OF TRANSFORMATION™

TRANSFORMATION MINDFULNESS METHOD AT A GLANCE

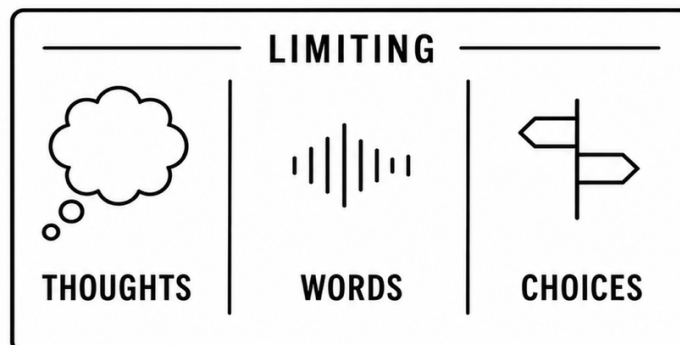
TRANSFORMATION MINDFULNESS METHOD



IDENTIFY

INTERRUPT

REPLACE



IDENTIFY → INTERRUPT → REPLACE

A practical method for recognizing limiting **Thoughts, Words, and Choices** and replacing them with ones that support your Transformation Goal.

WHAT IS A LIMIT?

A **Limit** is a thought, word, or choice that is negative, restricts possibility, or works against your Transformation Goal.

COMMON TRAITS OF LIMITS	
Future-Based	Assumes a negative outcome that cannot yet be known.
Past-Based	Uses a past experience to define what is possible now.
Fear-Based	Allows fear to control the direction.
Self-Defeating	Weakens confidence, action, or possibility.

THE THREE-STEP METHOD

	1. IDENTIFY	2. INTERRUPT	3. REPLACE
	Recognize the Limit. Thought, Words, or Choice	Create a mindful pause.	Choose what supports your goal.
Ask	Is this negative, fear-based, self-defeating, or opposed to my Transformation Goal?	What can I focus on right now to interrupt its momentum?	What Thought, Word, or Choice would move me closer to my goal?
Action	Identify the limiting Thought, Word, or Choice.	Pause, redirect, and regain control.	Choose a constructive, forward-moving replacement.

APPLY THE METHOD

AREA	IDENTIFY	INTERRUPT	REPLACE
THOUGHTS	Notice internal messages that limit possibility or weaken confidence.	Redirect your attention to one physical sense for a few seconds.	Choose a more accurate, constructive, and possibility-focused thought.
WORDS	Notice spoken, written, typed, or posted words that are negative or inconsistent with the person you are becoming.	Stop and say: “Let me say that differently.”	Rephrase the statement using clear, direct, and forward-moving language.
CHOICES	Notice decisions that move you farther from your Transformation Goal.	Stop. Take one slow breath. Recall your goal and use your Transformation Toolkit if needed.	Make the most honest choice that moves you closer to your goal.

SEE THE METHOD IN ACTION

TYPE	LIMIT	REPLACEMENT
Thought	“I’m not capable of doing this.”	“I can learn what I need and take this one step at a time.”
Words	“I am not going to fail.”	“I am going to succeed.”
Choice	“I’ll skip the action because I’m tired.”	“I’ll complete a smaller version and continue moving forward.”

DAILY CHECK-IN QUESTIONS

THINK	SPEAK	CHOOSE
What am I thinking?	What am I saying?	What am I choosing?
Is it limiting possibility?	Does it reflect who I am becoming?	Does it move me toward my Transformation Goal?

The goal is not perfection. The goal is awareness, repetition, and better choices.

IDENTIFY. INTERRUPT. REPLACE.

Remove the limits. Rebuild your Internal Self. Move forward.

The Skill of Transformation™ · Developed by F. John Gamez III

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