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S.H.I.F.T.

DR. J  
SHEREE

## FRAMEWORK GUIDE

*5 Steps to Transform Your Mindset,  
Health, and Business*

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### See It Clearly

- How to identify what's holding you back
- Mini self-assessment checklist

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### Harness Your Habits

- 3 daily habits for success in health and business
- Habit tracker (printable)

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### Invest in Yourself

- Quick guide to time, energy, and financial investment in growth
- "What's Draining You?" worksheet

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### Focus Forward

- How to stop looking back (faith-based insight)
- Journaling prompt; "What I'm Leaving Behind"

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### Take Aligned Action

- Action steps to create momentum
- "My Next 30 Days" mini-plan