ROCK THE MINDSET™

MINDSET SURVIVAL & REVIVAL

A guide to your next move.



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MINDSET GUIDE / SEPTEMBER 2026

Cover: concert concept visual

You can begin from here.

You do not need a finished plan to take an honest look at where you are and what you want to experience next.

I'm Dr. Julie Oldbury, Metaphysician. I study what it means to be Human and how we understand and experience reality. My work also draws on more than 30 years inside human resources and organizations.

Rock the Mindset™ is an evolving mindset movement centered on greater understanding and use of Human power. Rock the Mindset™ USA is the envisioned large-scale cultural expression of that movement—a 50-state, 24-hour music and mindset experience across America. The movement exists now; the event remains a Vision being pursued.

This guide invites you to bring something of your own: a pressure you want to understand, a possibility you want to explore, or a change you would like to make.

> **A USEFUL STARTING POINT**
>
> Your participation matters. So do your circumstances, available resources, relationships, and decisions made by other people. A useful mindset practice leaves room for all of them.

How to use these pages

Begin with the five-minute experience on page 3. Then choose the page that meets your situation. Write on these pages, use your own notebook, or think through the prompts. Skip or stop whenever you choose.

SURVIVAL: pages 4-7 / REVIVAL: pages 8-11
YOUR SETLIST: pages 12-13 / KEEP EXPLORING: page 14

What do you want to bring to life?

Choose one possibility that belongs to you. It can be a project, a conversation, a different routine, or more room for something you miss.

Minute 1: name it

Complete this sentence: “I would like to bring _____ into my life.” Describe the possibility before deciding whether you can accomplish the whole thing.

Minutes 2-3: find what matters

What would this make possible for you? Why does it matter now? What part of it feels like your own desire, and what part comes from someone else’s expectations?

Minutes 4-5: choose something useful

Name one small thing you could do or find out. Include the time, money, energy, or help it would require. You can choose to investigate, ask, try, revise, defer, or stop.

The possibility I want to explore:

My next useful move:

Return to this page whenever the idea changes. Changing your description is part of learning what you mean.

Name what is wearing you down.

Start with a specific situation. You may need rest, information, support, a boundary, a practical change, or time to decide.

Think about a recent moment when something felt like too much. Describe what happened in plain language. Include the demands around you, rather than explaining the entire situation as a personal trait.

What happened?	What did it require of you?
Three people asked for help during the hour I planned to use for my own work.	Time, attention, and a decision about competing priorities.
I keep postponing an idea I care about.	Clarity about the next step, available time, and what I expect might happen.

01 What demand keeps returning?

02 What are you doing to meet it, and what is that costing you?

03 What kind of support or change would address the actual demand?

The demand I want to understand is:

An example is a starting point for examination. It is not a diagnosis of you or someone else.

Find your room to participate.

Sort what you can choose, what you may be able to influence, and what depends on people or conditions beyond you.

My choices	Shared influence	Beyond my sole control
What I ask, investigate, try, accept, or decline within my actual options.	Agreements, responsibilities, requests for help, and decisions that involve other people.	Other people’s actions, institutional rules, available resources, and events I cannot decide alone.

The boundaries between these categories may change. A constraint can be real even when you dislike it. You may also discover an option you had not considered, especially when another person or group becomes involved.

01 Where do you have a decision available now?

02 Who else has a role in the outcome?

03 What would expand your options: information, resources, an agreement, or collective action?

One choice I can make, and one condition I need to account for:

Check the story you are telling.

Give yourself a way to examine an interpretation before treating it as the whole account of what happened.

Observation	Interpretation	Still unknown
Someone has not replied to my message.	They are uninterested in my idea.	Whether they read it, what else needs their attention, and what they think.

Your interpretation may prove accurate, partly accurate, or mistaken. The useful move is to identify what supports it and what would help you assess it.

01 What could you describe without guessing another person’s motive?

02 What meaning did you add?

03 What other explanations are plausible?

04 What could you verify, and what may remain uncertain?

Something I know / something I am assuming:

A SENTENCE TO TRY

“My current interpretation is _____. What I still need to find out is _____.”

Include how you are feeling.

Your experience belongs in the picture when you consider what a situation asks of you.

You might notice frustration, interest, tiredness, uncertainty, relief, or several experiences at once. Use your own words. You can describe what you notice without immediately explaining why it is there.

01 What are you experiencing right now?

02 What seems connected to this situation, and what else might be contributing?

03 What would give you more room to consider your next move?

> **MAKE THE RESPONSE FIT**
>
> Depending on your situation, a useful response might be a pause, a clearer request, practical help, more information, or a change in the demand itself. You decide what is relevant and available.

What I notice:

What I want to account for before I decide:

These are invitations to reflect. You are not required to disclose personal experiences to use this guide.

Find what still matters.

Make room for a preference, interest, relationship, or possibility that feels worth your attention.

When demands fill your days, it can help to look at where your time is going and what you want to make room for. Your answer can be modest and specific.

01 What do you miss doing, making, learning, or experiencing?

02 What do you continue caring about even when it receives little attention?

03 Which “should” would you like to examine?

04 What would more room for this look like during an ordinary week?

I want more room for:

One demand, agreement, or routine that affects that room:

KEEP THE SCALE HONEST

You might begin with twenty minutes, one conversation, or a decision to investigate. Name the room you can actually make, and the support that would make more room possible.

Let a song open a door.

Choose a song that holds meaning for you. Give it your attention, or recall it if listening is not convenient.

Music belongs in the world of Rock the Mindset™. Here, it becomes a personal invitation: notice what this particular song brings into your experience.

01 What memory, image, feeling, or idea arrives?

02 Does it connect with a part of your life you want to revisit, understand, or move beyond?

03 What do you want to take from this moment into the rest of your day?

My song and artist:

What it brings up for me:

Something I want to make room for after listening:

Choose your own music and your own meaning. You do not need to reproduce lyrics or share your response.

Make the next move useful.

Choose a small experiment that can teach you something about your idea, your circumstances, or what you want.

Set a limit that fits your available resources. Decide what you want to learn before you begin. A useful result can be a clearer question, a revised plan, or a decision to leave something alone.

Choose	Make it concrete
The move	What will you try, ask, make, or investigate?
The limit	How much time, money, or effort are you choosing to use?
The learning	What would this help you understand?
The review	When will you look at what happened and decide what follows?

FOR EXAMPLE

Write a three-sentence invitation to a conversation. Ask one trusted person what they understand from it. Does the invitation communicate the experience you intend?

My experiment and the thing I want to learn:

Who belongs on your crew?

Consider the people, knowledge, resources, and agreements that could help you move from an idea toward an experience.

A concert brings many contributions together. An undertaking in your own life may also call for skills, perspectives, or support beyond what you can provide alone.

01 What kind of help would be useful: listening, information, feedback, practical assistance, or a shared decision?

02 Who might be appropriate to ask, and what would make the request clear?

03 What resources or formal support are available in your situation?

04 What agreement would respect both your needs and the other person’s capacity?

> **MAKE A SPECIFIC REQUEST**
>
> “I’m working on _____. Would you be willing to help with _____? The time or effort I’m asking for is _____.” Leave room for the other person to accept, clarify, or decline.

The support I need and one place to look for it:

Seven days.
One manageable practice.

Use this sequence if a little structure helps. Adjust the order and pace to fit your circumstances.

Day	Your focus	A small invitation
01	Notice	Name one demand that is wearing you down.
02	Sort	Separate a choice you have from a condition you need to account for.
03	Examine	Identify one interpretation and something you could verify.
04	Include	Notice how you feel and what you want to account for.
05	Reconnect	Spend a few minutes with a meaningful song or an interest you miss.
06	Try	Take one small step with a clear limit and learning question.
07	Review	Notice what happened. Decide what to continue, adjust, defer, or stop.

AT THE END OF THE WEEK

What did you learn about the situation? What did you learn about what matters to you? What support or change would make the next week more workable?

Your next-move card.

Gather the parts you want to keep. You can revisit this page whenever the situation changes.

The situation or possibility I am focusing on:

What matters to me about it:

The conditions and other people I need to account for:

My next useful move and the support it may need:

When I will return to this and what I want to learn:

You have a place to return.

Return to these pages whenever something changes, you notice something new, or you want to look again.

RocktheMindset.com is the home of Rock the Mindset™.

Go **MAIN STAGE** for The Vision / The Story.
Go **CENTER STAGE** to make yourself the center of your own attention.
Go **BACK STAGE** to go inside the mindset and the making.

YOUR FIRST EXPERIENCE IS ALREADY HERE

Return to **“What do you want to bring to life?”** on page 3, or continue exploring at CENTER STAGE.

KEEP EXPLORING

Return to page 3

Visit RocktheMindset.com

The Mindset Guide is a **FREE public offering from Rock the Mindset™. No signup is required.**

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This edition offers reflection prompts and practical planning exercises; it makes no claims that thoughts guarantee external outcomes. **Rock the Mindset™ USA remains an envisioned 50-state, 24-hour experience being pursued.**

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