

A FREE GUIDE FROM D.T. STURGHILL

The Mindset Reset.

Five intentional shifts to move from stuck to unstoppable, drawn from the framework D.T. uses on stages with students, leaders, and organizations nationwide.

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Thinking On Purpose Starts Here

Nobody plans a stuck season. It arrives quietly, one autopilot decision at a time, until the life you are living stops resembling the one you meant to build. This guide will not undo that in ten minutes. It will do something more useful. It will show you exactly where the autopilot took over, and hand you the same five starting moves D.T. uses with students, leaders, and teams to trade stuck for unstoppable. Read slowly. Answer honestly. The shift starts in the margins of this page, not after you finish it.

01 Name the Autopilot

Every stuck season is running on a script, and scripts only survive in silence: the excuse you stopped hearing yourself make, the routine you never actually chose, the story about who you are that started as protection and hardened into an identity. None of it changes until you say it out loud. A pattern you refuse to name is a pattern you cannot touch.

Reflect: What is one thought, excuse, or habit that has been running your life on autopilot, one you have not questioned in years?

02 Separate Circumstance From Identity

What happened to you is real. Who you are does not have to agree with it. Somewhere along the way, most people quietly promote a hard season from something that happened to them into something that defines them, and that promotion, not the circumstance itself, is the real prison. Lasting change begins the moment you demote the season back to a chapter.

Reflect: What is one hard season you have let write your identity, when it was only ever meant to be a chapter in it?

03 Choose One Intentional Action

Purpose is not a feeling you wait to receive. It is a decision you act on, especially on the days it does not feel true yet. Mindset work that never becomes action is not a mindset shift. It is an excuse with better vocabulary.

Reflect: What is one small, specific action you could take this week that your old autopilot would have talked you out of?

Two More Shifts, Then Take Action

04 Build a Resilience Rhythm

Resilience is not the absence of setbacks. It is a rhythm you build on ordinary days so it is already running on the hard ones. The people who recover fastest rarely look stronger in the moment of crisis. They simply started preparing before they needed to.

Reflect: What is one small rhythm, a habit, a check-in, a boundary, you could put in place now, before the next hard season arrives?

05 Lead Beyond Yourself

A mindset shift that stays private tends to quietly fade. The fastest way to make a new way of thinking permanent is to hand it to someone else, because teaching a truth is the only real way to find out whether you believe it.

Reflect: Who is one person in your life who needs to hear exactly what you just read?

None of this works if it stays a guide you read once and admire. It works if you argue with it, apply it imperfectly, adjust, and keep going. That is the whole framework, actually: name it, own it, act on it, protect it, and pass it on, in that order, on repeat, for the rest of your life. If five pages could shift something for you this morning, imagine what D.T. can shift in a room full of your students, your team, or your organization in sixty minutes. That is the work he does on stage: not a motivational moment that fades by Monday, but a mindset that outlasts the applause.

Shift Your Mindset. Change Your Life. Leave Your Impact.