

Mental Bandwidth Reset Worksheet

Identify where you're leaking energy - and reclaim clarity through bald identity

Where Are You Leaking Mental Energy?

- Overthinking your appearance every time you leave the house
- Worrying about what others see when they look at your hair
- Spending time, money, and emotion managing thinning hair
- Dodging mirrors, photos, and certain lighting
- Feeling 'less than' due to hair loss rather than showing up fully

Where do YOU notice the biggest drain on your confidence and energy lately?

Mind Clarity Hacks

- Shaving your head = decision made = mental freedom
- Eliminate hair-related stress from daily routine
- Replace hair focus with self-leadership: how you show up, not how you look
- Use rituals (cold showers, affirmations) to reset focus in the morning
- Meditate on your presence instead of your appearance

What mental habit can you release this week to clear space in your mind?

Emotional Reframes

- Hair loss is not failure - it's a rite of passage into power
- You didn't lose something - you simplified your identity
- Baldness isn't lack - it's precision and presence

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- Your worth isn't in follicles. It's in what you embody daily
- Own the look = Own the room

Which reframe speaks loudest to you? How can you act from that place this week?

New Identity Alignment Checklist

- ☐ I make eye contact when I enter a room
- ☐ I walk tall - shoulders relaxed, chin up
- ☐ I speak from experience, not insecurity
- ☐ I keep my scalp clean, smooth, and confident
- ☐ I remind myself: I'm not hiding - I'm LEADING