

Improve your mindset with coaching.

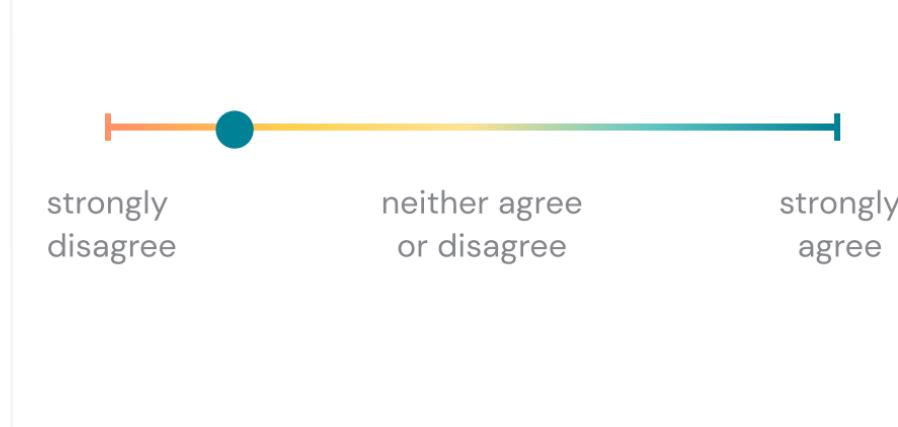
We believe happiness is a practice, and that the mind can be trained like any other muscle.

Answer this short questionnaire to receive a free recommended coaching session, that will help you improve your mindset.

Let's go

1

How happy are you?



2

What would make you happier?

Choose one area to begin with. You can explore others later.

Less difficult emotions



Less stress



Better sleep



More motivation



Higher self-esteem



Achieving goals



Don't know yet



3

To what extent do you agree with the following statements?

If we know more about your current mindset, it will help us recommend the right first session for you.

"I am hard on myself when I feel like I failed or wasn't able to fulfill my expectations."



"I find it hard to notice and acknowledge small wins in my life."

"I find it easy to notice the small, good things around me."

"I often feel like I am not enough."

"I create my own luck."

4

What are your preferred pronouns?

There are still some common challenges that are gender specific.

She / her

He / him

They / them

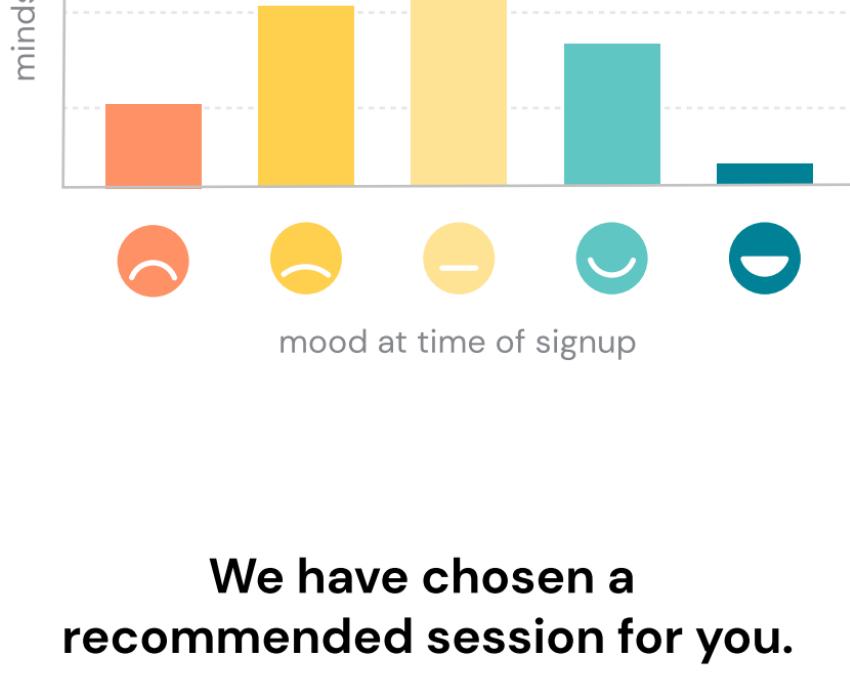
See analysis



You chose: Self Esteem.

Did you know that **67%** of other Mindshiners also would like **Higher self-esteem**?

Also, just like you, **96.4%** of new Mindshiners also feel they **could be happier**.



We have chosen a recommended session for you.

Get recommended session

All our exercises and sessions are developed by clinical psychologists, and we would like to email you a recommendation based on your answers.

Email

4.8 +2K Ratings



+200K
downloads

Send Email



You're all set up!

You will shortly receive an email from us
recommending your first session.

Thanks for joining Mindshine

[Open mail client](#)

[Explore the Mindshine website](#)



Please enter email address

First name

Email

Password

Sign Up

4.8 +2K Ratings



+200K
downloads

By signing up, you indicate that you have read and agree to
[our terms of service](#) & [data use policy](#)



What does it mean to be a Mindshiner?

Our community is a safe space for people to talk about their mental health journey and to help others. Here are our key values.



Kindness

We are kind to others & treat them the way we want to be treated.



Support

We help each other on our various paths to feel better.



Respect

We respect one another's personal experiences, thoughts, and feelings.

Sounds good