

THE MINDSHIFT CHALLENGE®

*5 Days.
One Decision.
A New You in Motion.*

A high-energy, mindset-reset experience that helps you shift from stuck to in motion — with tools, support, and real breakthroughs.

The Problem:

- Many people know what they want, but they don't know how to begin. They overthink, hesitate, and stay stuck.

- ✓ 85% of people who start self-improvement never follow through
- ✓ Most professionals feel mentally overwhelmed at least once per day
- ✓ Short bursts of intentional action lead to longer-term behavioral shifts

The Solution:

The MindShift Challenge® breaks that cycle with momentum-focused prompts, micro coaching, and mindset exercises that activate forward motion — in just 5 days.



*"Five days changed how I think
— and how I lead. I found clarity,
confidence, and momentum
I'd been missing for years."*

— Challenge Participant

***"The one-week challenge pushed me out of my comfort zone.
I went from doubting myself to leading a major project. My team's performance improved by 25%!"
— Miguel Q.***



Accept the Challenge Join at
www.themindshiftgame.com/challenge

Did you know most change
fails not from lack of desire
— but from lack of action?

The MindShift Challenge®
gets you into action. Fast.

Call us at (303) 587-8367
or email
info@TheMindShiftGame.com

The MindShift Challenge® is a 5-day, high-impact experience for entrepreneurs, self-starters, and ambitious leaders who are done playing small and ready to shift fast. Through daily mindset drills, action steps, and live coaching, you'll clear mental blocks, rewire limiting beliefs, and move with powerful clarity.

What You'll Experience:

- Daily mindset breakthroughs + fast-track implementation
- Action-based challenges to drive confidence and clarity
- Real-time feedback and accountability
- Tools to lead, launch, and grow with intention
- A community of bold thinkers and doers

Who It's For:

- Entrepreneurs ready to level up from the inside out
- Self-starters seeking clarity, focus, and momentum
- Leaders building unshakable inner strength
- Innovators looking to be seen, heard, and valued in their space

*Transform in just 5 days. Challenge yourself
— and meet a better version of you.*

Sign up at:

www.themindshiftgame.com/challenge

THE
MINDSHIFT
EXPERIENCE®
by Rocío Pérez

*"I felt stuck. Now I'm clear,
focused, and excited about
what's next."*

— Natalie P.

*"The Challenge helped me
stop waiting and start
doing. It was powerful, fast,
and real."*

— Kevin D.

*"This isn't another class.
It's a wake-up call —
and I needed it."*

— Jen L.



**Rocío Pérez, Founder | Chief Leadership Officer |
Life-Changing Coach and Creator of The MindShift
Experience®**

Is the creator of the world's first self-coaching system:
The MindShift Experience® and *The MindShift Game™*.

She has been featured on ABC, CBS, NBC, SBS, Forbes,
and the Huffington Post.

As a global leader, sought-after
speaker, trainer, and author, she has transformed countless
lives with her unique approach, helping individuals boost
their confidence to create meaningful lives.

Published in the International Social Health Sciences Journal,
Rocío has authored five books, including an international
bestseller, and contributed to several global works. She
advises for SCORE and Stanford University Latino
Entrepreneur Program and served as a Denver Women's
Commission Commissioner. Rocío's accolades include the
Global Distinguished Service Award for Energy Africa and
the National Boys and Girls Club Outstanding Service
Award. She holds Group Facilitation, NLP, and Ultimate
Leadership Training certifications and has a dual MBA.



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Forbes



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