



FREE MASTERCLASS GIFT

The Transformational Thinking Toolkit

A 7-Day Mind Renewal Experience

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WELCOME

Before you begin.

Thank you for giving me your time and attention today. Everything we explored in the masterclass was designed to shift how you think — but thinking shifts only become lasting change when they're applied, in writing, over consecutive days.

That is exactly what this toolkit is for.

Over the next few pages you'll find the two core frameworks from today's session as quick-reference cards, a short audit to locate where your thinking is currently working against you, a worksheet to reframe one limiting belief in real time, and a seven-day challenge that turns the RENEW Model into a daily practice.

There is no perfect way to use this. There is only your way, applied consistently. Start today, while the ideas are still fresh.

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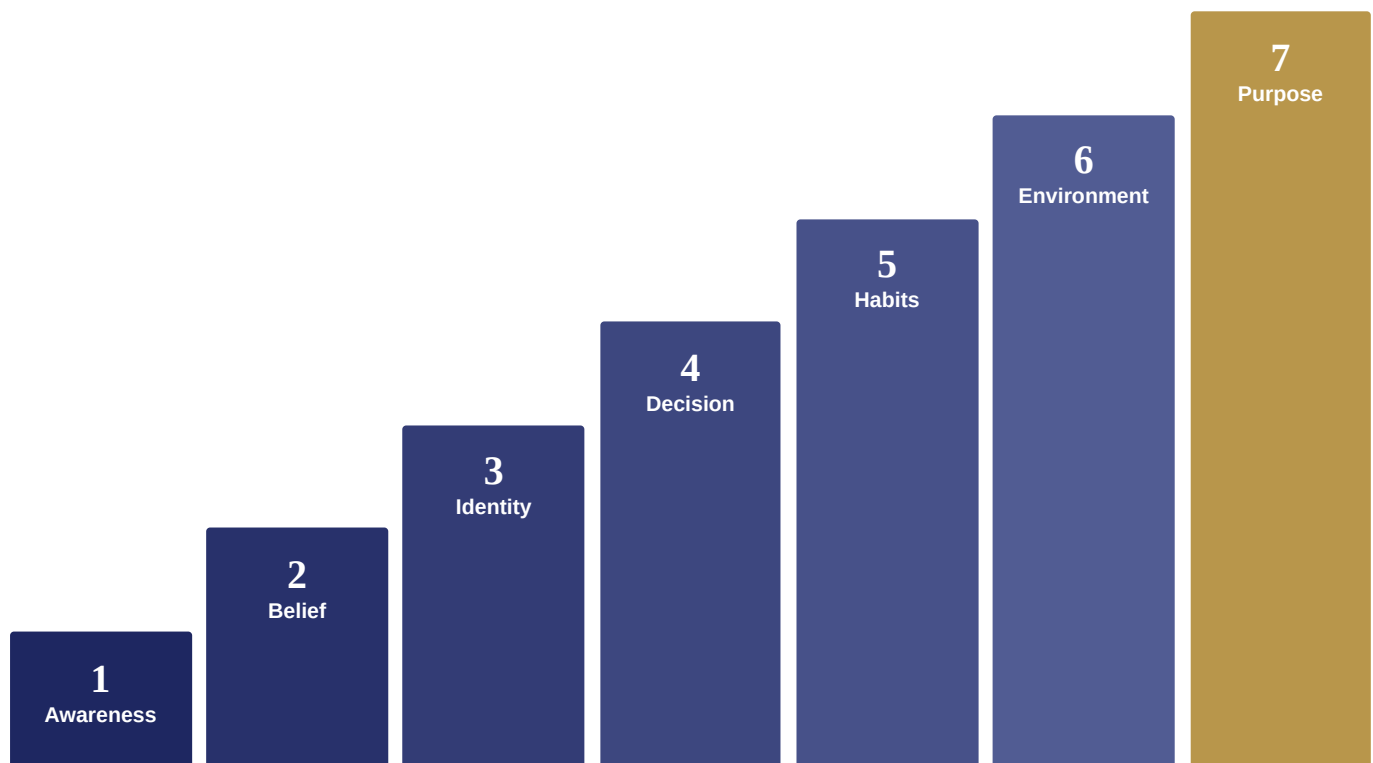
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FRAMEWORK ONE

The Seven Levels of Transformational Thinking

Locate yourself on the ladder — most frustration comes from trying to skip a level.



1	Awareness	You cannot change what you refuse to acknowledge.
2	Belief	Your beliefs are the invisible architects of your behaviour.
3	Identity	You do not perform above the person you believe yourself to be.
4	Decision	Awareness, belief and identity change nothing without a decision.
5	Habits	One decision does not change a life. Repeated decisions do.
6	Environment	No one transforms in isolation.
7	Purpose	Purpose gives endurance to everything below it.



FRAMEWORK TWO

The RENEW Model™

Your daily reference card. Read it. Use it. Return to it.



Recognise

"What thoughts are currently producing my results?"



Examine

"Is this belief true — or just familiar?"



Neutralise

"What new thought earns the space this one is leaving?"



Empower

"Who am I becoming — not just who am I trying to be?"



Work It Daily

"What one action today reinforces that person?"

HOW TO USE THIS CARD

Keep this page open, or photograph it. Whenever a thought stops you in your tracks — a fear, a delay, a flash of self-doubt — run it through the five letters, in order. You don't need all five to feel resolved. You just need to move to the next one.



THE RENEW DAILY PRACTICE

Five questions. Every morning.

Repeated daily, these quietly rewire everything else.

RECOGNISE

What thoughts am I carrying today?

EXAMINE

Are they helping me, or limiting me?

NEUTRALISE

What thought needs replacing?

EMPOWER

Who am I becoming?

WORK IT DAILY

What action today reinforces that person?

Tip: photograph this page. Set it as a daily reminder on your phone.



MY MINDSET AUDIT — PART ONE

Where does your thinking currently stand?

For each area below, circle a number from 1 to 10 — 1 meaning this area feels stuck or limited, 10 meaning this area feels strong and free. Be honest rather than aspirational; this is a starting point, not a verdict.

1 STUCK / LIMITED

STRONG / FREE 10

Self-belief

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Resilience

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Discipline

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Relationships

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Career

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Finances

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Purpose

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Personal growth

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



The one question that matters most.

"Which area of my thinking is currently producing the greatest limitation in my life?"

The area I've identified:

Why this area, and not another:

What would change in my life if this area moved even two points higher:

One sentence I want to remember from this reflection:



WORKSHEET

The Limiting Belief Reframe

Take the area you named on the previous page. This is where you neutralise it.

The belief I'm carrying:

Where did this belief come from?

Is it actually true?

What evidence challenges it?

The new belief I choose:

The action that proves my new belief — starting today:



THE 7-DAY TRANSFORMATION CHALLENGE

One small assignment. Every day, for seven days.

Tick each box as you complete it. Use the line to note what you noticed.

DAY 1	Awareness Identify one recurring thought pattern.	☐
DAY 2	Belief Challenge one limiting belief.	☐
DAY 3	Identity Write: "I am becoming..."	☐
DAY 4	Decision Make one decision you've been postponing.	☐

WHY SMALL STEPS WORK

You are not trying to change your whole life in a week. You are proving to your own mind, one small piece of evidence at a time, that change is possible. That proof is what makes the next step easier — and the one after that.



THE 7-DAY TRANSFORMATION CHALLENGE

DAY
5

Habits

Replace one unhelpful habit with a constructive one.

☐

DAY
6

Environment

Identify one influence you need more — or less — of.

☐

DAY
7

Purpose

Answer: "What meaningful contribution do I want my life to make?"

☐

End of week — what shifted?



THE 24-HOUR TRANSFORMATION COMMITMENT

Not ten commitments. One.

Before you close this page, make it real.

**ONE
THOUGHT**

**ONE
DECISION**

**ONE
ACTION**

WHAT MUST I STOP BELIEVING?

WHAT MUST I START BELIEVING?

WHAT MUST I START DOING — IN THE NEXT 24 HOURS?

SIGNED

DATE



ABOUT & CONNECT

Change your thinking. Change your life.

Dr David Kaluba is an author, international speaker, and executive coach, and the founder of DK Global Coaching. He has written more than thirty-five books on transformational thinking, wealth, faith, and family, and works with leaders, entrepreneurs and organisations around the world to help them turn insight into lasting change.

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