

MINDSETS CAN CHANGE

Imagine driving down the middle lane of a 3-lane highway, and the car in-front of your slows down. The lanes either side of you are clear...do you stay in your lane, or do you merge into a different one?

Your mindset works the same way, you have the opportunity to shift and change lanes, expanding your perspective.

YOU DON'T HAVE TO STAY IN THE LANE YOU'RE CURRENTLY IN.

GIVE YOURSELF THE PERMISSION TO SHIFT.



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There are two types of mindsets:
Fixed and Growth



FIXED

- Believes abilities and intelligence are static and unchangeable.
- Avoids challenges to prevent failure.
- Views effort as fruitless or a sign of weakness.
- Ignores constructive feedback.
- Feels threatened by the success of others.
- Gives up easily when faced with obstacles.



GROWTH

- Believes abilities and intelligence can be developed through effort and learning.
- Embraces challenges as opportunities for growth.
- Sees effort as a path to mastery and improvement.
- Values and learns from constructive feedback.
- Finds inspiration and learning from the success of others.
- Perseveres in the face of setbacks, viewing them as learning experiences.



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The following journal prompts are designed to expand your awareness of whether you have a fixed or growth mindset for any specific area of life you want to work on!

Before you begin:

Reflect on and **identify the area** or areas of your life in which you want to shift your mindset.

For example, this might be... family, love, social life, career, finances, personal development, creativity, physical / mental health,...etc

There will be areas of your life where it may be obvious to you that you are living in limitation - usually the areas you might want to change, but don't take action towards changing – thus, they may be easier to identify which mindset you hold towards them.

Be radically honest with yourself. Approach this journalling with an open mind, even if you know what you need to work on. Remain open to the possibility of discovering more about yourself and your mindset.



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ANSWER THE FOLLOWING PROMPTS

- 1 In what ways do I feel I have or don't have a sense of agency in this part of my life?
- 2 How confident do I feel in my ability to dream big about this area of my life?
- 3 How much power do I believe I have to change how this part of my life feels, and what holds me back?
- 4 What makes me feel secure or insecure in this area of my life?
- 5 How do I view the possibility of success in this part of my life, and what factors influence that belief?
- 6 What motivates me to keep working on growth in this area, and when do I tend to give up?

