



## 1.3 Creating a Growth Mindset

1. In the past have you had a *Fixed Mindset* or *Growth Mindset*?

2. Thoughts:

What type of information do you consume daily? News, social media, books, YouTube, etc...

- Are these pieces of information providing a *Growth Mindset*?
  
- Practice identifying negative thoughts you might have throughout the day. When you realize one is come to mind, replace the negative thought with a positive one by finding the good (truth) in the situation. Write those truths here.

3. Beliefs:

- a. Do you believe you can get well?
  - b. Do you believe you can think clearer?
  - c. Do you believe you can achieve your dreams?
  - d. Do you have hope for a positive future?
  - e. Do you see the cup half empty (pessimist) or half full (optimist) in situations?
- Circle which of the above beliefs are “YES” and therefore providing a *Growth Mindset*?
  
  - If you said “NO” to any, why do you think that? (Ex: People put you down, tried “everything” and feel discouraged, your parents don’t believe in you, etc...) Let’s discuss this in your coaching.

**4. Declarations for the future:**

For every dream you have, write out and fill in the blanks of the following statement and explain how it makes you feel. Be specific. (Ex: *"I am so happy and grateful now that I have abundant energy because I can get everything I need to done in the day at work and still have energy for my family and being a great mom and wife at night. This makes me feel in charge of my life and loved by my family to have this time spent well with them."*)

***"I am so happy and grateful now that...because... This makes me feel..."***