

Mindset Worksheet

Mindset: Interior patterns of mind, frames of reference & beliefs that color what we 'see,' and how we engage with the world.

Refer to your **Working with Triggers** practice results and list your groupings of repeated triggers below. Circle or underline your top 3.

Write out a statement or two about each grouping that best captures your mindset about it. Play with the language until it feels right. **Hint:** *Should & have-to often appear*

What 3 mindsets contribute to what matters most to you? To your well-being?

What 3 mindsets most influence your decision-making?



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Reflect on the mindsets you listed above. Moods shape our experience, and filter our feelings. What mood does each create in you?

Write out 'another perspective,' one based on acceptance of what is & who is involved, including self-acceptance, to your 3 mindsets. Let yourself 'feel or sense into' this perspective. Be willing to be surprised.

