



EXAMINING YOUR MINDSET WORKSHEET

DEFINITION OF MINDSET: OUR INTERIOR PATTERNS OF MIND, FRAMES OF REFERENCE, BELIEFS WE HOLD, HOW WE THINK OF OURSELVES AND OTHERS, WHAT'S POSSIBLE IN THE WORLD.

1. What are top the three mindsets that impact your decision-making?

2. What three mindsets contribute to what matters most to you? To your well-being?

3. Reflect on the mindsets you listed above. What feelings and moods does each create in you? Moods shape our experiences and filter our feelings. Notice your sensations as you reflect.

4. Write out 'another perspective,' one based on self-acceptance, to your three mindsets. Let yourself 'feel or sense into' this perspective. Call forth a Challenger mindset and be willing to be surprised.
