

# Change Your Mindset

A tool from Paradigm Shift



## What mindset do you have right now?

- What goes through your head when you first wake up in the morning?
- What rolls through your head like a broken record throughout the day?
- When something goes wrong, what's your first thought?
- On the following scales, where is your mindset most of the time?

negative

positive

scarcity

abundance

fixed

growth

## What mindset do you want?

1. When you remove all the static and get really quiet, what is most important to you? What do you want more of or less of in your life?

Select one from this list or identify your own.

- *To enjoy teaching more and more each year*
- *To face the uncertainties of the future with more energy and hope*
- *To live life instead of letting life happen to me*
- *Other* \_\_\_\_\_

2. What mindset best matches what you want?

- *Positivity*
- *Abundance*
- *Strength*
- *Resourcefulness*
- *Resilience*
- *Growth*
- *Other* \_\_\_\_\_

3. What phrase do you need to hear again and again?

- *I'm right where I need to be, doing right what I need to do.*
- *When I take care of myself, I can take better care of others.*
- *I have enough. I do enough. I am enough.*
- *I'm like the bottom of a lake- calm and steady through waves and storms.*
- *Other* \_\_\_\_\_

I want \_\_\_\_\_, so I'll keep telling myself \_\_\_\_\_.

## How do you change your mindset?

1. Words: recommit each morning, put reminders in my phone or around my house/office...
2. Actions: face the fear, reframe, tiny steps, habit stacking, expect imperfection & celebrate any progress
3. Build a support network