



Mindful **Falcon**

SOAR WITH AWARENESS

GROWTH
MINDSET

WORKSHEET

*Success is not final; failure is not fatal:
It is the courage to continue that counts.*

WHAT IS A GROWTH MINDSET?

Growth mindset describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower.

STEP #1 SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE

OVER

INTELLIGENCE AND ABILITIES

PROCESS

OVER

OUTCOME

MISTAKES WE LEARN FROM

OVER

PERFECTIONISM

FAILING AT TRYING
NEW THINGS

OVER

WINNING WITHIN THE
COMFORT ZONE

DOING WHATS HARD/BORING
BUT NECESSARY

OVER

DOING WHAT'S SHINY, NEW
OR EXCITING

DEFERRED GRATIFICATION

OVER

INSTANT GRATIFICATION



STEP #2 BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS
SOMETHING NEW
I LEARNED
TODAY?



HOW DID I MAKE
PROGRESS
REGARDING MY
CURRENT GOALS
TODAY?



WHAT CAN I DO
TOMORROW TO
JUST BE 1%
BETTER?



STEP #4

Addressing Limited Beliefs/ Blocks

Now try to challenge each of these thoughts with the following questions:

YOUR THOUGHT:

What is the story that my thought is trying to tell?

Is it true? Can I be 100% sure that it's true?

Can I find any evidence that the thought is not true or that it means something else?

If I really can't find any evidence that the thought might not be 100% true - is it helpful?

What does holding on to this thought (or believe) do for me?

How could letting it go serve me better?

Am I going to allow this thought (or believe) to dictate my mood for the rest of the day?

Am I willing to give it more time and energy?

What else could I do with my time and energy instead that would be more fun or serve me better?

Will this matter in 3 years from now? If so, why would it matter? If not, why would it matter now?

Is there any deeper meaning behind this? If yes, what can I do to realign my life with my overall vision and core values?

