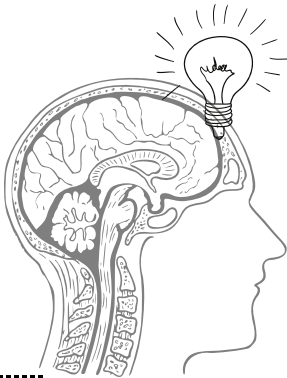


MINDSET

WORKSHEET



Read the prompts and complete the sentences about you.

.....

1) When things change unexpectedly in my life, my reaction is...

.....

2) When I face challenges & difficulties, my attitude at those moments is...

.....

3) When I make mistakes or experience failure, my next move is to...

.....

4) Feedback or criticism from others evokes within me feelings of...

.....

5) When there is a difficult task ahead of me , my next plan is to...

.....

ACTION STEPS

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1- Practice persisting in your efforts instead of fleeing challenges.

.....

2- Accept change and adapt to the 'new' without resistance.

.....

3- Use every failure & criticism to fuel your creativity & resilience.

.....

4- Develop tolerance of repetition for the hard tasks.

