

Identifying Your Current Mindset

How do I react when I face a challenge in my perso Do I tackle it head-on or shy away?	onal or professional life?
Do I appreciate feedback and criticism, viewing the improve? Or do I become defensive and dishearte	
What are my beliefs about my abilities? Do I believe change, or am I stuck with what I have?	e I can grow and



a beautiful day begins with a beautiful mindset



Date:
Mood Check: C C C C C C C C C C C C C C C C C C C
Mood Check:
One Word for Today:
Morning Intention:
∠ "Today, I choose to

Top	3 Priorities
1.	
2.	
3.	
	Positive Affirmation: "I am" Evening Reflection: Wins of the Day: One Thing I'm Letting Go:
	One Lesson I Learned:



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How do I react when I face a challenge in my personal or professional life? Do I tackle it head-on or shy away?
Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?
What are my beliefs about my abilities? Do I believe I can grow and change, or am I stuck with what I have?



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Weekly Reset Page Biggest Win of the Week: _____ Challenge I Overcame: _____ Mindset Shift I Noticed: _____ What I'm Proud Of: What I'll Focus on Next Week: Affirmation of the Week: "I am ____



SELF-REFLECTION:

Identifying Your Current Mindset

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset:

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