

Manage your mindset



Use this journal to record any challenges, conflicts or mistakes that come up this month and reflect on them with an open mind. The goal is to become aware of how you respond to difficulties and see what opportunities there are to embrace a growth-focused mindset.

Where were you?	What happened?	What was your response/reaction?	What were you thinking? How did you feel?	What do you think your mindset was at the time?	What could you do differently to shift to a more growth-focused mindset?	What can you learn from this?
Example: At home office	I lost a document I was working on. So annoyed. I stormed out of the room and threw my empty cup of coffee in the sink and the cup broke!	I was angry for the rest of the day and shouted at my kids when they got home for no real reason, then I felt bad.	Computers are so stupid! I hate technology. Why didn't it save itself?	Fixed	Take a deep breath and accept that this was to do with the way I save my documents and that I need a new process.	My fixed mindset made me angry and I lashed out which made me feel worse. Losing the document was just an error I made, and I need a new way to manage my work documents.

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