

# 30 DAY CHALLENGE: MINDSET RESET SERIES

Take charge of your mind. Take charge of your life.

Printable 1



# Part 1- Mindset Check

To start the 30 Day Mindset Reset Challenge, go ahead and read Chapters 1 & 2 of Carol Dweck's "Mindset" book.

On pages 12 & 13, she poses questions to us that help us figure out what our mindset is most like- Fixed or Growth. Answering these questions and reading these chapters will help you see which mindset you're more geared toward. If you don't have the book yet, here's an online quiz you can take: <https://bit.ly/1iMZFP5>

It's totally possible to have different mindsets about different things!

You may have a growth mindset about becoming a better parent, but a fixed mindset about making more money.

Now, let's take some of those questions from pages 12 & 13 to rework them a bit and frame them around your goal or whatever it is you really want to change or achieve.

To help you frame your mindset questions, try the format below and fill in the blanks with whatever it is you want to do or change:

1. I want to \_\_\_\_\_ and know I can gain the skills to make it happen.  
Everything is 'figureoutable'.

or

2. I want to \_\_\_\_\_ and I'm not sure I have what it takes. I feel embarrassed thinking about messing this up and it feels risky. It feels overwhelming too.

1. When I think about the person who's the best at \_\_\_\_\_, I feel pretty jealous...kind of like it's unfair that I don't have what he/she has.

or

2. When I think about the person who's the best at \_\_\_\_\_ I feel super excited to learn from them and see what I can implement differently to get similar results.



# Mindset Check

How does each question make you feel? What resonates the most with you?

Remember, no judgement here...this isn't a test. But understanding your self talk and possible self-limiting beliefs really helps in breaking through and actually making a change.

You can probably tell which of these is Fixed vs which ones are Growth, but just in case, 1 from the first section is the Growth Mindset and 2 from the second section is the Growth Mindset.

In the area below, write down your initial thoughts about what you want to change or accomplish after during this challenge. Write about what may be holding you back. Just write free flow about how you're feeling. Once you're finished, read and see if there's anything that sounds like a fixed mindset. These are areas you can focus on and change!



# Growth Mindset Mantra

Oh, the power of YET!!

A 'yet statement' can set you free. It can help you claim that future you see up ahead.

It starts to form a **PATH OF ACTION** as it implies that you understand you're on a journey- that you'll learn what you need to learn to make this happen.

In the previous page, you may have felt a little bit negative if you're dealing with a fixed mindset. Let's flip that switch.

Fill in what you're trying to accomplish or become in the area below and replay it in your head like a record!

I'm not \_\_\_\_\_ YET.

# S.W.O.T. Analysis

Strengths • Weaknesses • Opportunities • Threats

This simple tool has been used mainly in business for understanding the competition and for working on products and projects. But here, we're going to take a minute to explore things impacting your goal/dream statement on the previous page.

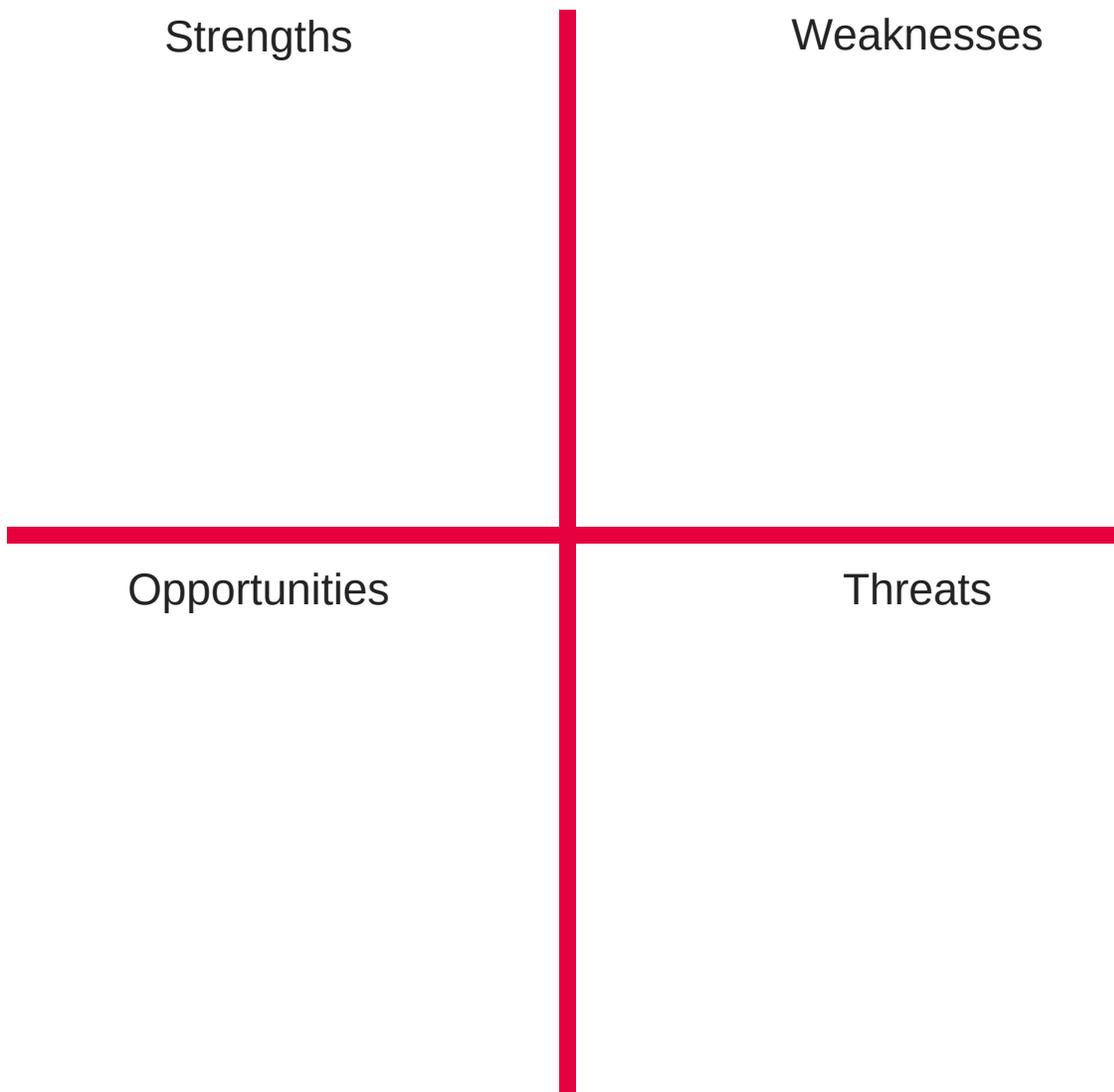
Think about your goal and look at each section below. Write down 2-3 things in each one.

What strengths do you have to make this happen?

What opportunities would be created if you made it happen?

What perceived weaknesses are holding you back?

What kind of threats do you perceive when thinking about succeeding or working toward your goal? Are you overly concerned with 'failing'? If so, what does that look like?





# Write & Explore

Great! Now, take what you wrote down in the Weaknesses and Threats areas and circle the ones that you're in control of (we can't control what people think of us, for example, so that wouldn't be circled).

In the next two pages, you'll write down what you can do to turn these perceived weaknesses and threats into positive steps that will carry you forward.

For example, let's say that I wrote "I'm not a Wordpress web designer YET" for my mantra and identified a big weakness as being not knowing how to code.

In my Weakness Amendment on the next page, I'd write out concrete steps I can take to learn how to build in Wordpress. I'll do online research, talk to people in the industry, whatever I can to start to make a plan.

With a growth mindset, I know I can turn my weakness into a strength one way or another.

In the Weakness Amendments area on page 6, I'll write:

I feel weak in my coding skills SO, here are the top things I'm going to do in the next week to change that:

1. Sign up for the Udemy Intro to Wordpress course.
2. Call babysitters to see what they charge to watch the kids for 2 hours per day while I study.
3. If I can't get a babysitter, make arrangements at home that allow for quiet study time.
4. Find 3 free youtube tutorials for Wordpress beginners.

Then, I'll do the same for Threats. If there are real perceived threats that you can actually do something about like maybe a threat is being tight on money with the courses you're taking. Lay out what you can cut out of your budget to minimize that threat. Come up with realistic solutions that feel totally manageable.



# Weakness Amendments



# Threat Amendments



# Week 1 Wrap-Up

For Week 1, complete this worksheet and then each day of the week, use our journal printable to do at least ONE thing each day that will move you toward your goal.

As you encounter negative thoughts and fixed mindset stuff, write about it because as you write, you'll process it better.

Remember, this is a process, not a test, so be kind to yourself and take time to really explore the thoughts and emotions you have around making these changes.