

MINDSET CHECKLIST

AUTHENTIC SELF

- Imaginative
- Positive thinking
- Unconditional love and acceptance
- Creative
- Original, unique
- Confident
- Conscious
- Focus on strengths
- Your highest, infinite thinking
- Aware of feelings
- Respond to feelings

CONDITIONED SELF

- Limited thinking
- Negative thinking
- Conditional love and criticism
- Stifled, old, stuck
- Fake, copy others
- Doubting
- Unconscious
- Correct weaknesses
- Human, limited, finite thinking
- Unaware of feelings
- Reactive to feelings