

# Recovering Wholeness

Wellness and Wholeness. Restoration and Recovery.  
Spirit, Mind, and Body.

## Bounce back with a Growth Mindset

### STEP 1:- Discovering your beliefs

We all have an ideal version of ourselves, a vision of a future in which we have greater control over our behaviour, manage our resources better, set personal boundaries, where we're working our dream job, and enjoy deep connection in our significant relationships. The extent to which we believe we are capable of becoming the best versions of ourselves, however, is a bit more variable.

Sadly, the less we *believe* we are capable of change, the less we *are* able to change. This is where having a growth mindset can change everything. In this short course, we will learn what a growth mindset is, why it is important, and how we can develop a healthy, realistic perspective of ourselves where we are not devaluing our unique traits but also not boasting in our own strengths. Finding that peaceful and sweet spot where we have the liberty and power to live our best lives.

Growth Mindset	Fixed Mindset
I may not know how to do this now but I'll figure it out.	I'm just not good at this, I never will be.
I made a mistake but it's an opportunity to learn and do better next time	This is too hard, why even bother trying?
It is never too late, as long as I keep making use of my opportunities to improve my skills over time with dedicated effort and regular practice	I don't need any feedback, I already know what I am doing.
I was afraid of new challenges but I have learned to love them because it helps me to learn and to grow	I don't want to take on anything new, it's outside of my comfort zone.



## STEP 2:- Face your Fears

Have you identified the intimidating inner voices and beliefs, nudging you to trade in confidence for self-doubt?

- **Is it fear of failure?** *(maybe you connect embarrassment to failure and it keeps you from taking risks or trying new things);*
- **Fear of success?** *(do you fear that success might change your life to such an extent that you will not be able to handle the pressure that comes with success?);*
- **Fear of rejection?** *(a fear that prevents people from putting themselves out there and pursuing their goals especially if they fear being rejected by others);*
- **A fear that you won't be enough?** *(this lack of confidence keeps people stuck in self-doubt);*
- **Fear of the unknown?** *( when we fear the uncertainty that comes with new opportunities - we may prefer to stick to what's familiar and comfortable)*

## STEP 3:- Do a SWOT analysis

Map out your Strength, Weaknesses, Opportunities and Threats

Strengths	Weaknesses
What are your unique skills, abilities, and talents?	In which areas or tasks do you easily feel overwhelmed?
What is it that people often compliment you on?	Which disciplines or habits do you find challenging?
What have you achieved that you are proud of?	What do others provide negative feedback about?
Opportunities	Threats
What new trends could you benefit from?	Which external factors could negatively impact you?
How can you turn your strengths into opportunities?	What's stopping you from growing?
What new skills or experience could you gain?	Where do you easily get stuck?
What collaboration opportunities are available?	What risks do you face in your niche market?

## STEP 4:- Your Mindset Assessment

Make time for yourself, get to know your deeper beliefs and become conscious of your unconscious. Beliefs and mindsets are easily buried in the busyness of life's routines and distractions. Here are some enlightening **Questions** and **Journal Prompts** that will help you become aware of below-the-surface realities.

**Persona 1**



**Persona 2**



### JOURNAL PROMPTS

1. **Challenges:** How do you usually approach challenges and difficult situations?
2. **Feedback:** How do you typically respond to feedback and positive criticism?
3. **Goals:** Tell me about your goals and aspirations. Are you focused solely on achieving a specific outcome or are you happy to submit your goals to an ongoing process of growth, adjustment and development?
4. **Learning:** What is your approach to learning? Do you believe intelligence and abilities are fixed or do you believe it can be improved through effort and practice?

If you are keen to dig even deeper, why not journal about your current and desired reality in these areas.

Goals:

Motivations:

Growth Points:

Pain Points:

Self-doubt:

Faith and confidence:

Others:

## STEP 5:- Your Personal Reality Audit

An honest introspective evaluation of your own thoughts, beliefs, values, emotions, behaviours and actions achieves a whole lot!

<b>WHAT'S WORKING?</b>	<ul style="list-style-type: none"><li>● What is working and how do you know it's working?</li><li>● Why do you think you are getting positive results in this area?</li></ul>
<b>WHAT'S NOT WORKING?</b>	<ul style="list-style-type: none"><li>● What isn't working and what evidence have you seen that convinced you it is not working?</li><li>● Is there anything else you can do to develop new skills in this area?</li></ul>
<b>LESSONS LEARNED</b>	<ul style="list-style-type: none"><li>● It will do you good to take some time and reflect on the wealth of lessons you have learned during your life.</li></ul>
<b>TOUGH QUESTIONS</b>	<ul style="list-style-type: none"><li>● What are your core values?</li><li>● What are your biggest fears and how do they hold you back?</li><li>● What are some of your default behaviours during stress, pressure and conflict?</li><li>● What kinds of relationships do you have with friends, family and colleagues?</li><li>● How do I engage with the world around you?</li><li>● What kind of impact do you want to make in your world and how can you achieve it?</li></ul>

## STEP 6:- Craft your Growth Strategy

Here comes the fun part. Take all your lessons learned - failures and successes - and draft a plan for your personal brand. Carefully consider and embrace your unique personal reality

<b>GOALS</b>			
<b>IDEAS TO DEVELOP TO GET YOU THERE</b>			
<b>DAILY HABITS THAT WILL SUPPORT YOU</b>			
<b>HOW WILL YOUR MEASURE YOUR PROGRESS?</b>			



*Unstuck is a state of mind*

Being "unstuck" is not just a physical state, but also a mental one. Having a positive outlook and mindset can help you overcome obstacles and move forward in life in spite of setbacks. **MOVE YOUR MIND**