## **10-Minute Mindset Awareness Exercise**

| How many decisions do you make in an average week? |                       | How many interactions d<br>you RESPOND to in an<br>average day? | 0   |
|--|-----------------------|---|-----|
|  |                       |   |     |
|  |                       |   |     |
| Using the boxes below                              | or decisions you've m | nade recently that you wou                                      | ıld |
|  |                       |   |     |
|  |                       |   |     |
|  |                       |   |     |

Now, plot your important decisions/ interactions on the line below from PETTY to POWERFUL **PETTY PASSIVE PERSVERING PIONEERING POWERFUL** Self-Serving Unaware Steady Exciting Inspiring Problematic Confident Reluctant Standard Creative Singular Focus Influential Uninspired Status Quo Impactful Narrow minded Complacent Resourceful Motivating Unintentional Lacks perspective Under the radar Comfortable Unintentional **Empowering** Did your decisions/ interactions align with your goals? What could the IMPACT be if your most important moments were moved closer to being PIONEERING or POWERFUL?