

10-Minute Mindset Awareness Exercise

How many decisions do you make in an average week?



How many interactions do you **RESPOND** to in an average day?



Using the boxes below, note 3 interactions or decisions you've made recently that you would consider important.



Now, plot your important decisions/ interactions on the line below from **PETTY** to **POWERFUL**



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**?