

Mindset Reflection Exercise

Objective: To identify and understand instances of fixed and growth mindsets in your recent experiences, and to plan for adopting a growth mindset more frequently.

Instructions:

1. **Find a Quiet Space:** Set aside 15-20 minutes in a quiet place where you can reflect without distractions.
2. **Reflect and Write:** Answer the following questions in a journal or on a piece of paper. Be honest and detailed in your responses.

Questions:

1. Fixed Mindset Reflection:

- In the last seven days, when have you displayed a fixed mindset?
- Describe the situation in detail. What were you thinking and feeling at that moment?
- How did this mindset affect your actions and the outcome of the situation?

2. Growth Mindset Reflection:

- In the last seven days, when have you displayed a growth mindset?
- Describe the situation in detail. What were you thinking and feeling at that moment?
- How did this mindset affect your actions and the outcome of the situation?

3. Comparison and Analysis:

- Which mindset worked out better for you and why?
- What were the key differences in your thoughts, feelings, and actions between the two mindsets?

4. Future Planning:

- When would you like to adopt a growth mindset more often?
- Identify specific situations or challenges where you can consciously choose to have a growth mindset.
- What strategies or reminders can you use to help you adopt a growth mindset in these situations?

Follow-Up:

- **Review Your Responses:** After completing the exercise, review your answers. Look for patterns and insights that can help you understand your mindset tendencies.
- **Set Goals:** Based on your reflections, set one or two specific goals for adopting a growth mindset in the coming week.

Feel free to adjust the exercise to better suit your needs. How do you feel about trying this out?