

# Mindset Exercise



## Mindset Exercise

You are about to explore the world of your mindsets. It's easy for us to think that we have a growth mindset in all areas of our lives, but that is an illusion that keeps us stuck. Every human being has a fixed mindset in some area of their life. The key is not fixing it but first, becoming aware of it.

This workbook is designed to help you become aware of the areas in your life where you may suffer from a fixed mindset. This exercise is about removing the blinders that allow some of the problems in your life, business, or career to continue.

### Instructions:

You are asked to look at eight (8) parts of your life. Within each of the eight parts, you will be asked to select 4 areas that are specific to each part. Then, you will ask yourself the following question:

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*"When I am faced with criticism or a challenge or a road bump in the area of {part} and more specifically {area you select}, do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?"*

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The table below will help serve as a reminder to the characteristics and behaviors of each mindset.

Fixed Mindset		Growth Mindset
<i>Behaviors</i>	<i>Avoids</i>	
<ul style="list-style-type: none"><li>• Deny</li><li>• Excuse</li><li>• Blame</li><li>• Justify</li><li>• Deflect</li><li>• Belittle</li><li>• Pretend</li><li>• Withdraw</li></ul>	<ul style="list-style-type: none"><li>• Challenges</li><li>• Commitments</li><li>• Accountability</li><li>• Responsibility</li><li>• Ownership</li><li>• Humility</li><li>• Vulnerability</li><li>• Authenticity</li></ul>	<ul style="list-style-type: none"><li>• Responsible</li><li>• Accountable</li><li>• Humble</li><li>• Committed</li><li>• Determined</li><li>• Adventurous</li><li>• Real</li><li>• Genuine</li><li>• Authentic</li></ul>

## Examples:

### FUN & RECREATION

- Vacations: “When I am faced with criticism or a challenge or a road bump in the area of RECREATION and more specifically my VACATIONS do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?”
- Concerts: “When I am faced with criticism or a challenge or a road bump in the area of RECREATION and more specifically my CONCERTS do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?”
- Golfing: “When I am faced with criticism or a challenge or a road bump in the area of RECREATION and more specifically my GOLFING do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?”

### FINANCES

- Salary: “When I am faced with criticism or a challenge or a road bump in the area of FINANCES and more specifically my SALARY do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?”
- Retirement: “When I am faced with criticism or a challenge or a road bump in the area of FINANCES and more specifically my RETIREMENT do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?”
- Debt: “When I am faced with criticism or a challenge or a road bump in the area of FINANCES and more specifically my DEBT do I exhibit the characteristics and behaviors of a fixed mindset or a growth mindset?”

### RECREATION

Specific Area	Mindset Rating									
	Fixed.....Unsure.....Growth									
Vacation	1	2	3	4	5	6	7	8	9	10
Concerts	1	2	3	4	5	6	7	8	9	10
Golfing	1	2	3	4	5	6	7	8	9	10
Hiking	1	2	3	4	5	6	7	8	9	10
Average	5.5									

### FINANCES

Specific Area	Mindset Rating									
	Fixed.....Unsure.....Growth									
Salary	1	2	3	4	5	6	7	8	9	10
Retire	1	2	3	4	5	6	7	8	9	10
Debt	1	2	3	4	5	6	7	8	9	10
College	1	2	3	4	5	6	7	8	9	10
Average	3.25									

## Note:

This isn't asking if you like vacations or concerts, etc. How do you react when something doesn't go as expected or when someone challenges or criticizes you in these areas? We are looking for how you respond. Do you recognize the growth mindset characteristics or the fixed mindset behaviors and characteristics?

# Your Mindset Worksheet

## HEALTH & PHYSICAL WELL BEING

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## RECREATION & FUN

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## WEALTH & FINANCES

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## PERSONAL & SPIRITUAL GROWTH

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## ROMANCE & RELATIONSHIPS

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## CAREER & VOCATION

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## FAMILY & CLOSE FRIENDS

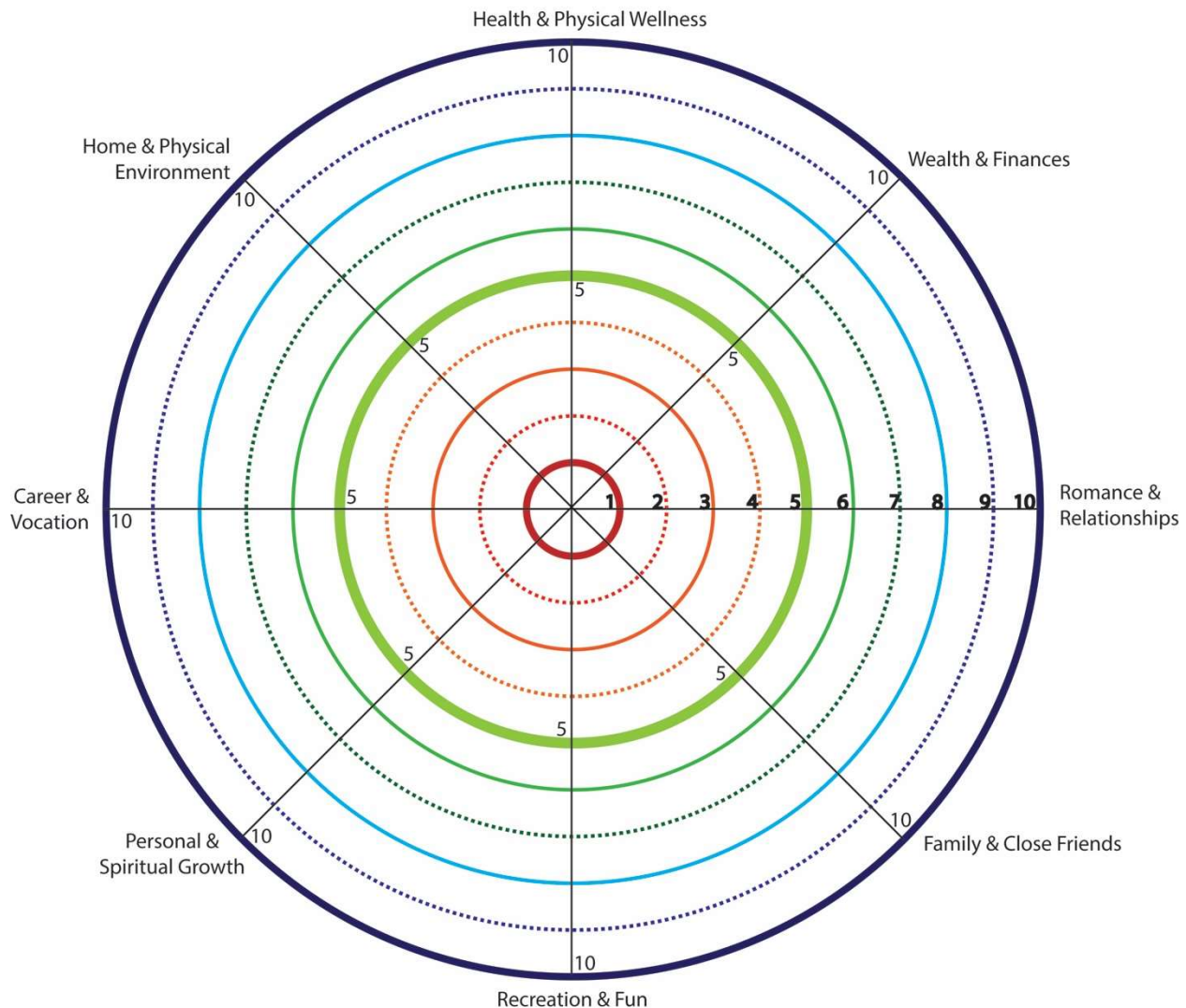
Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

## HOME & PHYSICAL ENVIRONMENT

Area	Mindset Rating									
	Fixed.....	Unsure.....	Growth							
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
Average										

After you have completed your ratings and calculated your averages, plot the averages on the diagram below.

## The Wheel of Life



### Important notes:

- Do NOT beat yourself up for having a fixed mindset... that is, by definition, a fixed mindset. Congratulate yourself for doing this exercise and raising your self-awareness. This is the first step in making the shift to a growth mindset.
- Also, DO NOT think that you have to “work on” or change ALL of the areas where you have a fixed mindset. You don’t. First, pick an area of “low hanging fruit” where you can *most easily* make the shift. Then, pick the area that means the most to you and work to shift your mindset there. PLEASE, do not pick the area with the absolute lowest score. You will only frustrate yourself and cause yourself to fall deeper into the fixed mindset.

# Mindset Wheel of Life

## Example Topics

### Health & Physical Wellness

- Weight
- Diet
- Meds
- Rest
- Energy level
- Fitness
- Annual exams
- Exercise
- Meditation / Mindfulness
- Future Outlook

### Wealth & Finances

- Income
- Debt
- Investments
- Long-term care
- Emergency savings
- Retirement savings
- Vacation fund
- College fund
- Health Insurance
- Pro/Personal Development Fund

### Romance & Relationships

- Companionship
- Romance
- Special events / Anniversaries
- Intimacy
- Goals / Purpose
- Friendship
- Sex
- Together-time
- Date nights
- Weekend get-aways

### Family & Friends

- Closeness
- Number of friends
- Acceptance
- Rituals & Routines
- Healthiness
- Family Dynamics
- Frequency of time together
- Goals / Purpose

### Recreation & Fun

- Vacations
- Theatre
- Hiking
- Eating Out
- Game nights
- Concerts
- Golfing
- Sporting Events
- Museums
- Road trips

### Personal & Spiritual Growth

- Church / Synagogue
- Community Involvement
- Education
- Mental Challenges
- Prayer / Meditation
- Volunteering / Giving back
- Conferences
- Physical Challenges

## Career & Vocation

- Satisfaction
- Salary / Income
- Work Load
- Environment
- Growth / Advancement
- Control
- Challenge
- Goals

## Home & Physical Environment

- Size
- Neighborhood / Neighbors
- Décor
- Amenities
- Yard / Outdoor area
- Location / Geography
- Cleanliness
- Safety / Security
- Inspiring
- Comfort

Reference: Dweck PhD, Carol S. *Mindset: The New Psychology of Success*, Ballantine Books, 2006.

Stay tuned to the next episode of PM for the Masses to learn more about shifting your mindset.

It's easier than you think. You just have to take the necessary steps to raise your level of thinking. Join our newsletter list to learn about upcoming webinars and resources.

We look forward to “seeing” you on the next episode of



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