

# Adopting the Growth Mindset

*The belief that we can't change is keeping us in pain and stealing our sense of control. The pain we endure is not worth the trouble. What pain is this causing you? Feel it, rise up to it and deal with it.*

## **Part 1: Spot the changes in your life**

*Look at your life on replay. Notice the things that have changed. Remember 3 things that you thought would never change and actually have changed in your life.*

- 1.
- 2.
- 3.

Think of a person you know that used to do \_\_\_\_\_ and now they do \_\_\_\_\_.

## **Part 2: Making changes**

*List 3 things that you wished would change but haven't been able to do so yet. Perhaps you feel that they are unchangeable.*

1. I would like to change \_\_\_\_\_, instead I would like to experience \_\_\_\_\_.
2. I would like to change \_\_\_\_\_, instead I would like to experience \_\_\_\_\_.
3. I would like to change \_\_\_\_\_, instead I would like to experience \_\_\_\_\_.

## **Hope & Belief**

- Have a generic attitude that it is possible to change things
- I might have found it hard but I know this can change, there must be a way.

## **Building Awareness**

- What must I believe for this to still be a problem?
- Is there a time I didn't do this? When?
- What does this give me?
- When do I do this?
- Why do I feel so helpless?
- What is making this so difficult. How can I overcome the obstacle that I am facing.



## Act Small

*Act small at the beginning and as you grow your confidence be bolder. When you start it is best to choose the least difficult change.*

*Find 3 things that you can start doing that will help you feel that you have more control.*

- 1.
- 2.
- 3.

**Belief + Awareness + Consistent Action = Change, Control and Certainty**

**Affirmation** (Put a daily reminder and practice daily for 30 days)

*I know that I have been doing \_\_\_\_\_ for a while but I also know that in my life I have seen change. I can look back into my life and see how these things changed:*

- 1.
- 2.
- 3.

*The belief that I am stuck is an illusion and it is causing me a lot of pain. I know there are many ways to move past this. From now on I will empower myself by doing these 3 small acts:*

- 1.
- 2.
- 3.



Inside Treasures