

What is your mindset?

Your overall mindset often guides your thoughts, behaviors and feelings.

Fixed Mindset: (Pessimism and negativity persists)

Obstacles and Challenges – Gives up easily (It's too difficult)

Effort – does not put in effort (It's futile)

Negative Feedback – Often ignores negative feedback (negative feedback is unhelpful)

Success – (Jealous/envious)

Growth Mindset: (Optimism and positivity persists)

Obstacles and Challenges – Adapts and overcomes (I can figure it out)

Effort – sees effort as path to mastery and necessary part of healing (I need to work hard to get better)

Negative Feedback – Checks in with it. (What can I learn from this?)

Success – Sees the success of others as inspiring. (How did they do it?)

Willingness vs Willfulness

Dancing vs struggling with problems

Going with the flow vs trying to stop the flow

Being an active participant vs purposeful inaction

Having hope vs disregarding it

Possibilities exist vs mission impossibility

Responsibility vs stubbornness

Acceptance vs prejudgment

Open-minded vs closed-minded

Opportunities vs missed opportunities

Readiness vs precontemplation

Freedom vs bondage

Value Facts vs assumptions

Simple steps to get unstuck

- Acknowledge willfulness
 - Ask yourself:
 - Am I acting willfully?
 - Am I choosing to ignore facts and making assumptions?
- Work through discomfort to achieve change
- Think and behave willingly