



MINDSET TO > FROM / Worksheet Sample

“The Future you hold in your mind drives your actions and behavior.”

My Mindset Roadmap		Path to Reimagining the Future.	
TO > <small>The desired mindset</small>	FROM > <small>What needs to shift / change / remove / eliminate</small>	ACTION TO TAKE > <small>The priority action to make the intentional shift</small>	HELP NEEDED > <small>The bold, direct and courageous ASK!</small>
Explorer	Expert		
I need to think as if there are no boundaries and limits	I correct people to get them to see the boundaries and limits	Before I make a, “That won’t work” statement, I’ll ask, genuinely: “How <i>might</i> it work that way?” Seek value in the answer. There will be a “Huh! I didn’t think of that!” moment if I look for it.	Ask the facilitator/colleague to paraphrase my, “That won’t work” into “How might it...” until I get into the habit
To shift your mindset 1. <u>Identify which mindset you are in.</u> Are you in a Caged, Vacationist, Expert, or Saboteur headspace? 2. Identify how it’s <i>currently</i> showing up (From) 3. Identify how it <i>needs</i> to show up (To) 4. Decide how to shift to the” To” (Action to Take) 5. Create ways to ensure success (Help Needed) The example above shows one way to move <i>to</i> an Explorer mindset, <i>from</i> an Expert one.			

