

GROWTH & CHANGE MINDSET PLANNER

*Your perspective
shapes everything*



PRECISE MIND
BEHAVIORAL HEALTH, LLC

THE IMPORTANCE OF MINDSET

WHAT IS MINDSET?

Your mindset is the set of beliefs that you have that influences everything you do, think, feel, experience, and how you behave in any situation.

WHAT IS A GROWTH MINDSET?

A growth mindset is when people believe that they can improve their abilities and get better through dedication of time, effort, and energy. With a growth mindset you want to learn & develop new skills. You don't see failure as a way to describe yourself, but instead an opportunity to learn & grow.

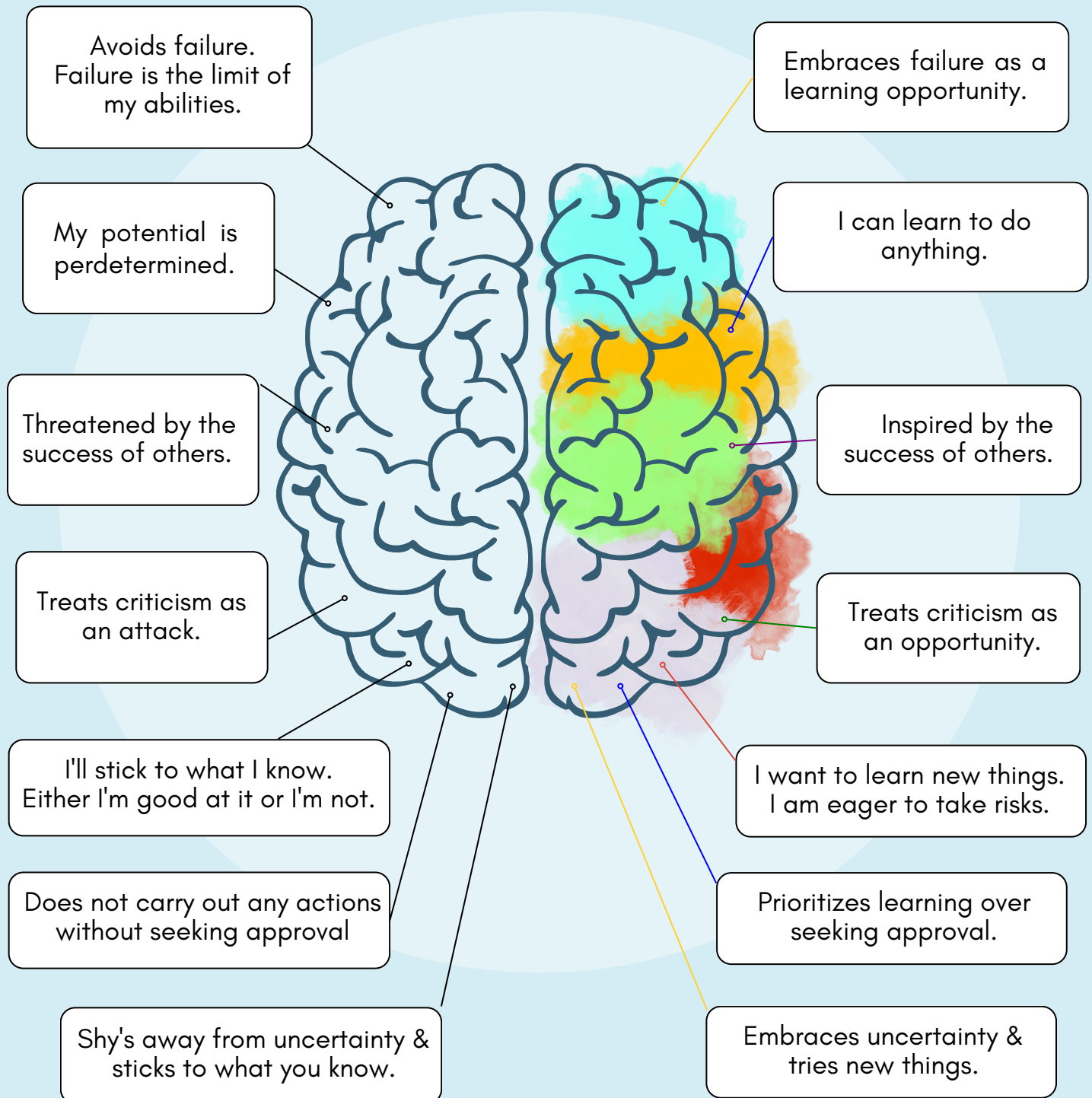
A fixed mindset is the complete opposite of a growth mindset- when you believe that improvement is not a possibility.

WHY IS HAVING A GROWTH MINDSET IMPORTANT?

Having a growth mindset is important because it plays a crucial role in how you cope and overcome life's challenges. Having a growth mindset allows you to explore, experience & achieve more in life. By shifting your mindset it will help you achieve your goals & maintain a happy and healthy lifestyle so that you can live your life to the fullest!



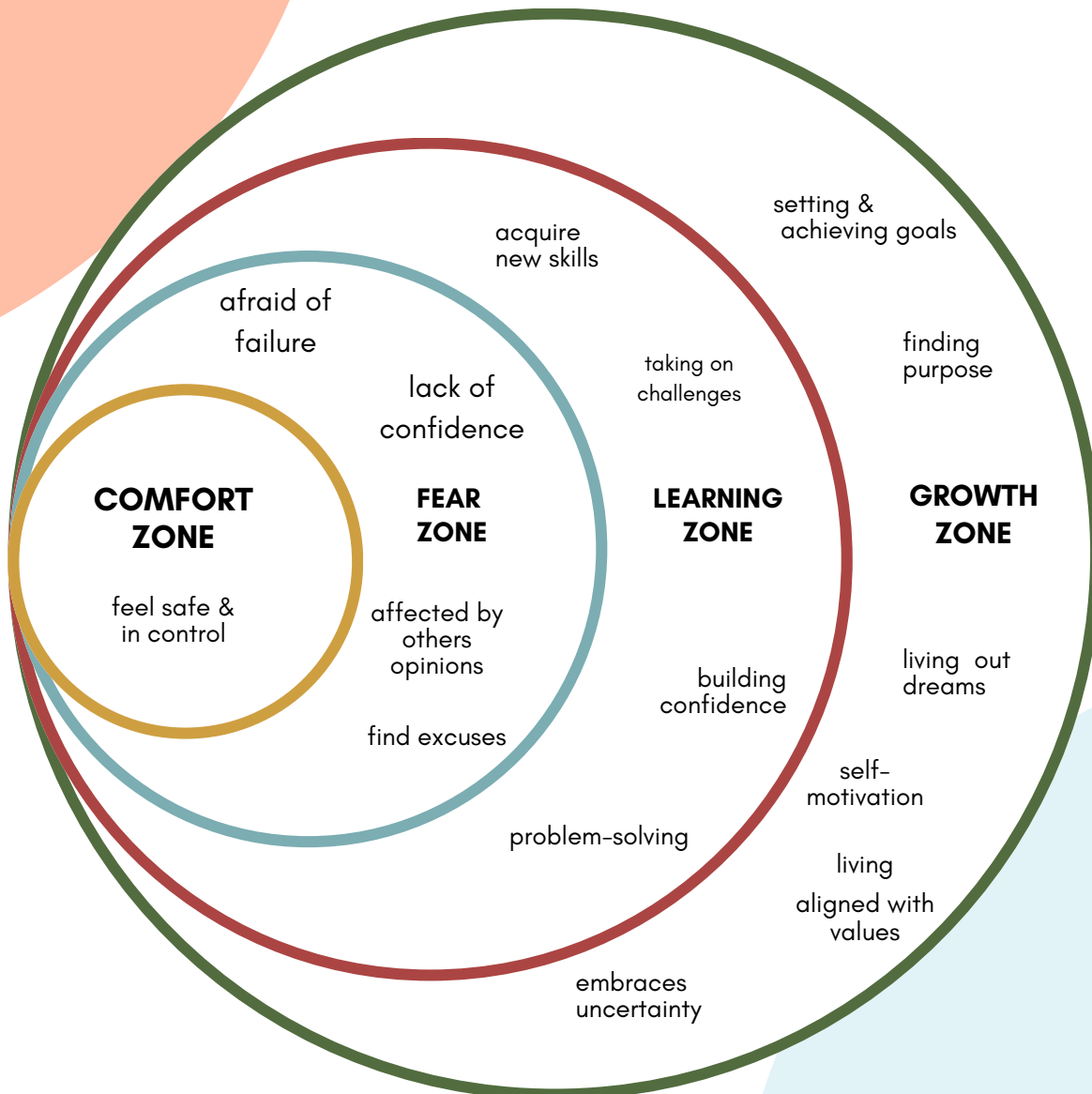
FIXED vs GROW MINDSET



COMFORT ZONE TO GROWTH ZONE

Stepping outside of your comfort zone accelerates growth & enables you to reach new goals so that you can live your life to the fullest.

Start off simply by looking at the chart below so that you can get a clear understanding on what emerging from your comfort zone means so that you can begin to take actionable steps in reaching your full potential.



What zone are you currently in?

What are some ways that you can challenge yourself to step out of your comfort zone?

POSITIVE AFFIRMATIONS

Repeating positive affirmations are a simple, yet effective tool in changing negative thinking patterns & replacing them with positive ones. They can be used in your every day life & are a great way to assist you in accessing a new belief system.

There are no limits on my success.

I allow myself to learn & grow.

I can do anything I set my mind to.

I am smart, capable & talented.

I am a work in progress & choose the direction of my growth.

I am in charge of my life.

I strive for a life of authenticity & growth.

I am proud of all that I have accomplished.

I am strong & powerful.

I ask for help when I need it.

I am capable of overcoming any challenge.

I encourage myself every day.

I release the need for perfection.

Challenges arrive to teach me something.

I focus on progress.

I trust myself.

I am open to new ideas.

I am not defined by my past experiences.

I am ready to live my life to the fullest.

I don't hide from my mistakes, I learn from them.

I welcome positive changes in my life.

I am aligned with the purpose of my life.

REFRAMING LIMITING BELIEFS

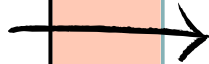
Limiting beliefs keep you in a negative state of mind that doesn't allow you to encounter new opportunities & experience growth. This worksheet is designed to help you clear away the limiting beliefs & negative self-talk and replace them with positive ones so that you can reach your full potential.

Write down any limiting beliefs/negative self-talk that you are having in the column on the left. Then, replace the negative with positive self-talk/affirmations in the column on the right.

Ex. "I can't do it" → "I can do anything I set my mind to."

Negative Thought

Positive Affirmation



GROWTH MINDSET JOURNAL PROMPTS

1. Be honest with yourself. Explain where you are at in your growth process right now.
2. Why is personal growth important to you?
3. What are your core values? How are you living in alignment with them?
4. How are your emotions limiting your growth?
5. How are you afraid of failing? Why does this make you feel so afraid?
6. How can you turn your fear into opportunity?
7. What are 5 things that you are excellent at?
8. What are 5 things you'd like to improve on?
9. What stops you from believing in yourself?
10. Think of one of the biggest challenges you've been faced with. What lesson did you learn from this?
11. What inspires you the most? How can you incorporate more of this into your daily life?
12. What unhealthy habits are holding you back? How can you turn these into healthy habits?
13. Do you let other's opinions influence your actions in any way? Explain.
14. What changes in your life are you currently resisting? How can you turn change into an opportunity?
15. What brings you the most joy? How can you incorporate more of this into your life?
16. Do you seek approval from others? Explain.
17. What motivates you to become your best self?
18. Who is a person you admire? What traits do they have that you would like to emulate?
19. Describe a time when you were proud of yourself.
20. When faced with a challenge, do you respond by avoiding it or embracing it? What can you do to alter your response to challenges you are faced with in a positive way?
21. Do you value the process or the end result more? If you value the end result more, what have you given up on because it didn't come to you as easily or quickly to you?
22. What kind of support network do you have to support your goals?
23. How have you been holding yourself back? What can you do to take an actionable step forward?
24. What is something you need to forgive yourself for?
25. What is something you would like to try if you knew you wouldn't fail?

THE POWER OF GRATITUDE

Gratitude is taking the time to notice, appreciate & give thanks to all of the positive things you have in your life. Focusing on things you are thankful for increases happiness & allows you to focus on the positive rather than the negative.

Write 3 things that you are grateful for everyday.

Monday

- 1 _____
- 2 _____
- 3 _____

Tuesday

- 1 _____
- 2 _____
- 3 _____

Wednesday

- 1 _____
- 2 _____
- 3 _____

Thursday

- 1 _____
- 2 _____
- 3 _____

Friday

- 1 _____
- 2 _____
- 3 _____

Saturday

- 1 _____
- 2 _____
- 3 _____

Sunday

- 1 _____
- 2 _____
- 3 _____

Notes

DAILY MINDSET SHIFT

Date:

S M T W T F S

mantra of the day

today I am grateful for

- 1.
- 2.
- 3.

today I would like to accomplish

- ☐
- ☐
- ☐
- ☐

today's self-care activity

today's intention

notes

to-do tomorrow

- ☐
- ☐
- ☐

WEEKLY PLANNER

Week of:

schedule

M
T
W
T
F
S
S

this weeks affirmations:

weekly goals:

to-do:

- ☐
- ☐
- ☐
- ☐
- ☐

notes:

MONTHLY INTENTIONS

Month:

This month I choose to *let go of...*

This month I choose to *focus on...*

health & wellness

self-development

relationships

finances

self-care

work/school

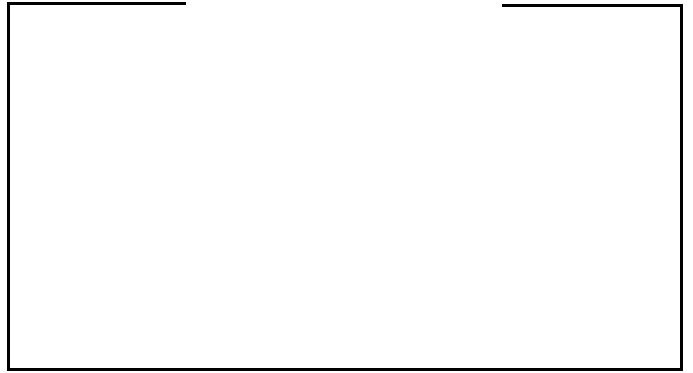
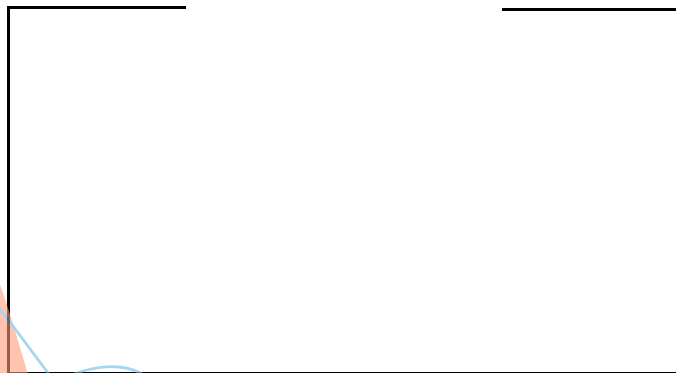
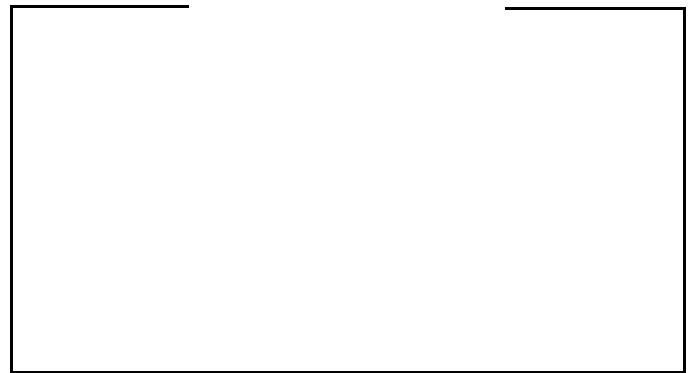
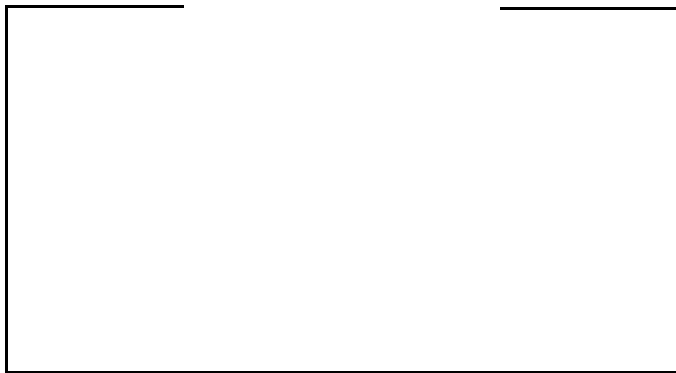
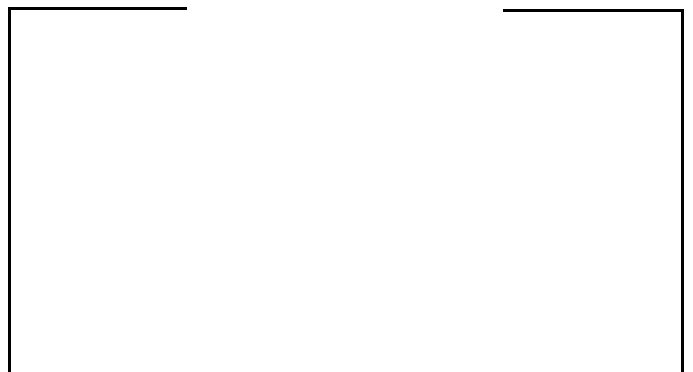
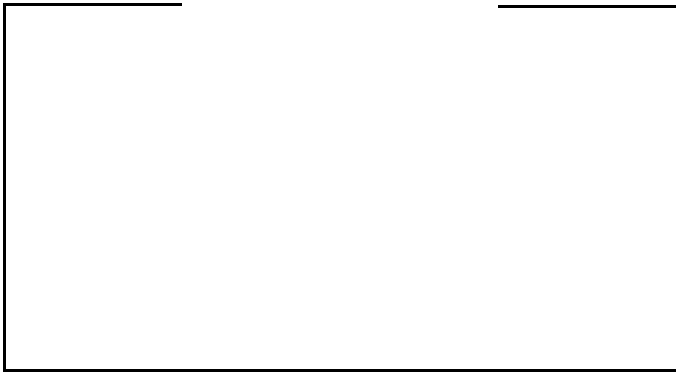
this months *mantra*

MONTHLY INTENTIONS

Month:

This month I choose to *let go of...*

This month I choose to *focus on...*



this month's *mantra*

MINDSET CHALLENGE

Navigating through challenges are important to experience so that you can learn & grow. Challenges should be viewed as an opportunity to learn something new about yourself & your abilities. They will help you build resilience & become stronger.

This page is designed to help you embrace challenges, rather than avoid them.

What did I do today to challenge myself?

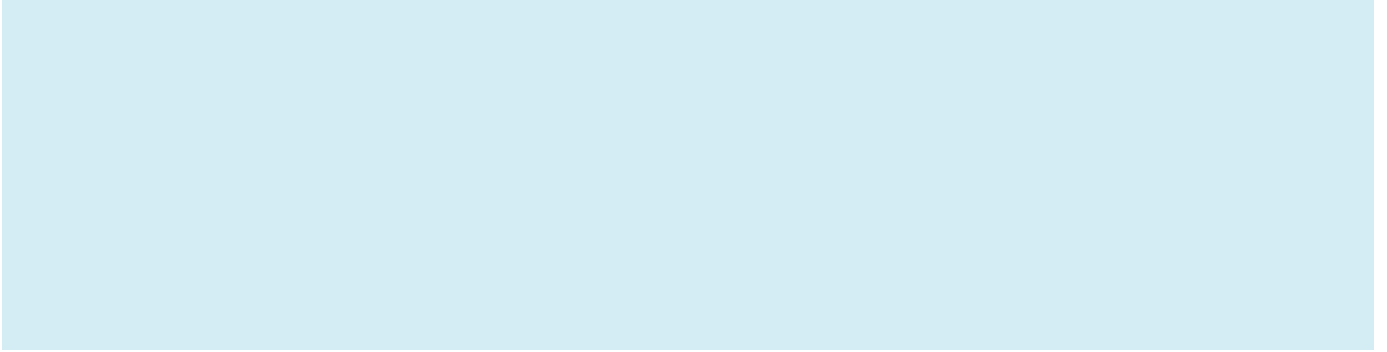
What did I learn from it?

How will this challenge help me improve?

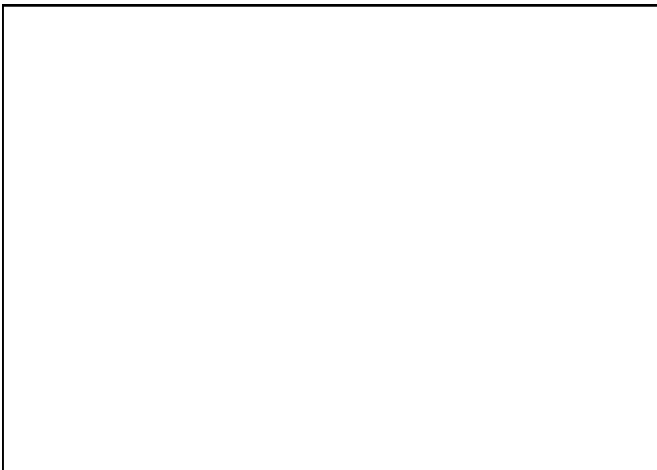
How can I incorporate what I learned from this challenge into my life?

QUICK MIND RESET

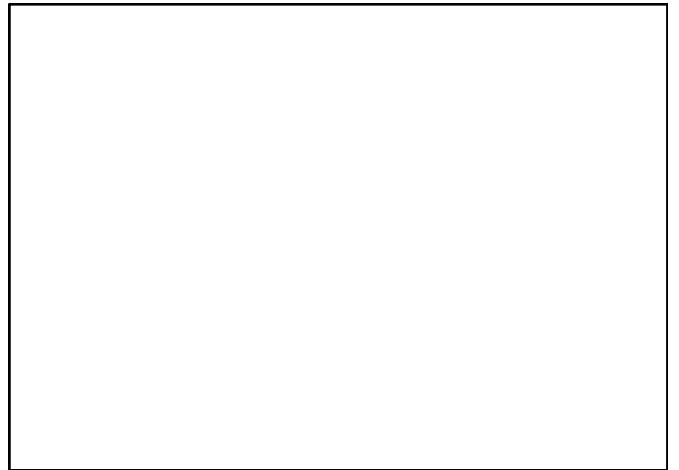
What am I struggling with right now that I would like to shift my mindset on?



Write down some thoughts that you are currently experiencing via your fixed mindset perspective.






What would your thoughts via your growth mindset be having during this time?

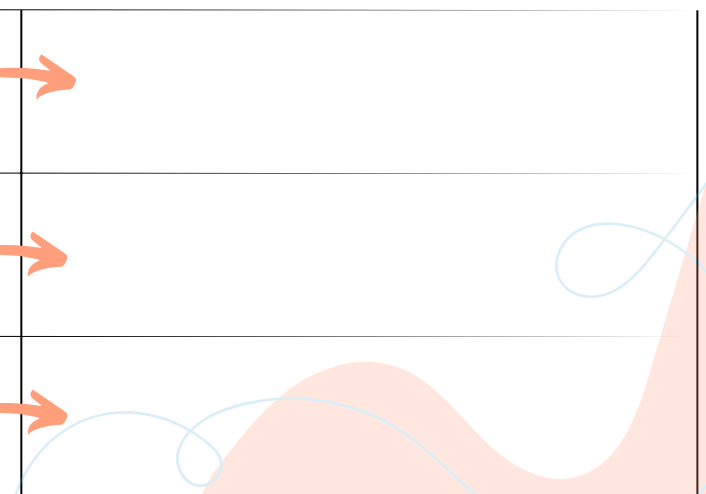


Use positive affirmations to help shift your perspective.

Instead of thinking this negative thought:

I should think this positive thought:

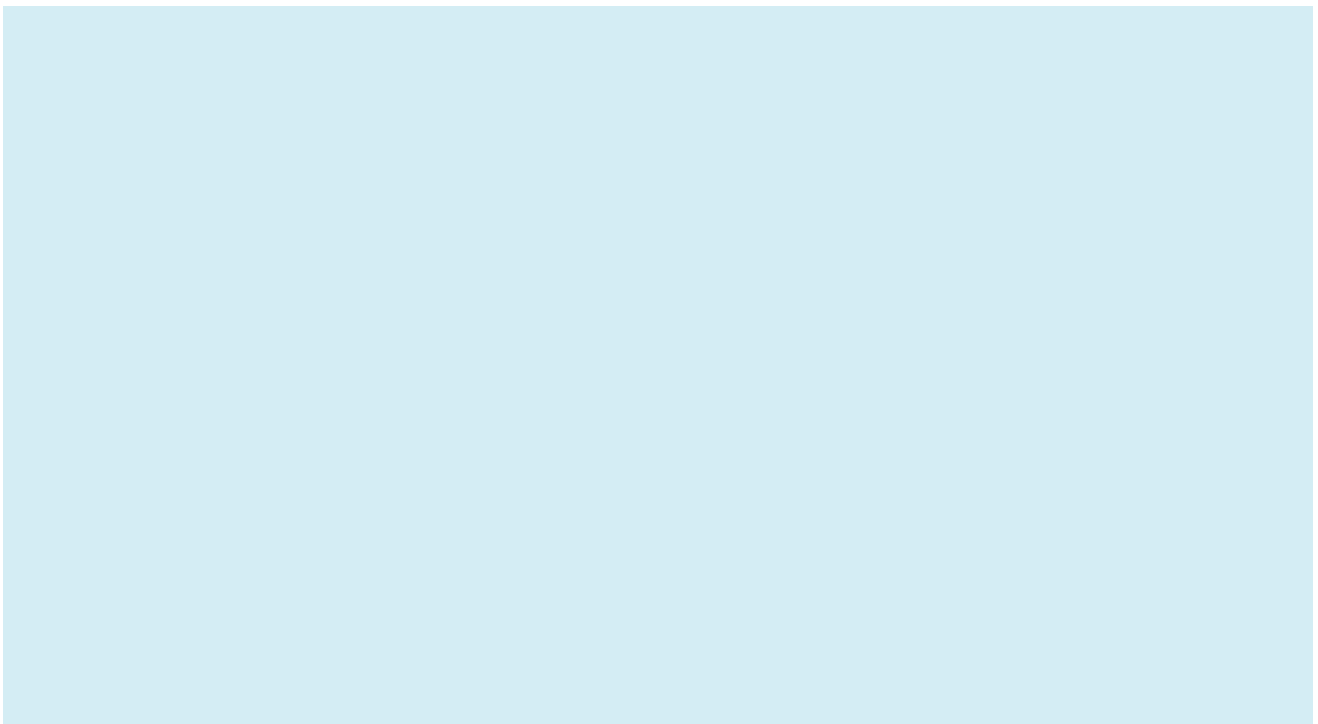


SELF-IMPROVEMENT

Get specific & write down what you would like to improve on.
Remember, self-growth is all about taking action in moving forward towards your goals so that you can become the best version of yourself!

WHAT DO YOU WANT TO IMPROVE ABOUT YOURSELF?

LIST SOME ACTIONABLE STEPS THAT YOU CAN TAKE TO BEGIN DOING RIGHT
NOW TO IMPROVE



GOAL PLANNER

Start Date:

Achieve by:

Goal:

Motivation:

3 Milestones to Reach Your Goal:

Action Steps to Reach Your Milestones:

- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐

- ☐
- ☐
- ☐
- ☐

Notes:

Accomplishment Review:

Self-Care HABIT TRACKER

WEEK OF:

SELF-CARE STEP

	(M)	(T)	(W)	(T)	(F)	(S)	(S)
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NOTES/REFLECTION:

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every mistake
you make
is progress

DAILY RITUALS FOR A HEALTHY MIND



journal



meditate



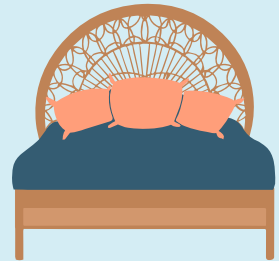
drink water



yoga/stretch/exercise



express gratitude



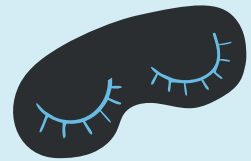
make your bed



eat nutritious food



declutter/clean



get quality sleep



recite positive
affirmations



self-care



set intentions

you are the greatest
project you will ever
work on

