

REVIEW. RESET. REFOCUS.

DEVELOP A HEALTHY MINDSET | PART 1

Let's kick off our four-part series to help you Develop a Healthy Mindset. First up, we're looking at how to Review, Reset, and Refocus your Mindset. Take a look at our accompanying article at www.theskillcollective.com/blog/healthy-mindset-part1-review-reset-refocus.

1. REVIEW

Review your current mindset.

What aspects of your mindset are you happy with? What are you dissatisfied with?

What events typically trigger the stumbling blocks when it comes to your thoughts?

What themes keep cropping up for you?

2. RESET

When resetting your mindset, let's look at managing your expectations and seeing whether they're realistic.

How easily do you expect yourself to learn?

How soon do you expect changes to occur?

How will you deal with slip-ups?

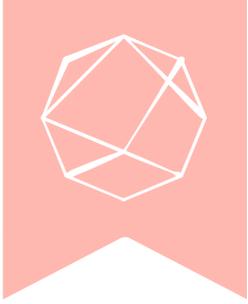
3. REFOCUS

What will you do differently when faced with the same situation?

What will you use as a prompt to remind you to think differently?

How will you shift your thinking from the same old themes?

How will you maintain the new focus?



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A WORKED EXAMPLE

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1. REVIEW

Review your current mindset.

What aspects of your mindset are you happy with? What are you dissatisfied with?

What events typically trigger the stumbling blocks when it comes to your thoughts?

What themes keep cropping up for you?

- Happy with: Being able to stop and think in a situation before responding
- Dissatisfied with tendency to think that I keep losing out, that I'm behind the pack
- Events: Situations where others are successful, situations where I have to make amendments to my work
- Themes: That everyone is better than me, that I'm a failure

2. RESET

When resetting your mindset, let's look at managing your expectations and seeing whether they're realistic.

How easily do you expect yourself to learn?

How soon do you expect changes to occur?

How will you deal with slip-ups?

My expectations:

- Ability to change: Expect to be able to pick things up quickly and make change easily
- Pace of change: Expect things to change quite quickly, definitely within a month
- Slip-ups: Expect that I will do well, if I make a mistake it'll just reinforce my failures

3. REFOCUS

What will you do differently when faced with the same situation?

What will you use as a prompt to remind you to think differently?

How will you shift your thinking from the same old themes?

How will you maintain the new focus?

- Do differently: Try a new way of thinking that moves away from assuming that everyone is better than me
- Prompt : Feeling like I've failed is a sign that the old thoughts have kicked in
- Shift from old themes by focusing less on comparing myself to others, and focus instead on my own improvements (comparing current performance to my past performances)
- Maintain focus by reviewing my thoughts and mindset at the end of each day