

MINDSET SHIFT MILESTONE

Tracking the transition from Limiting to Growth Beliefs

FOCUS AREA

OLD NARRATIVE

NEW EMPOWERMENT

CHALLENGES

"I avoid things I might fail at."

"Challenges are opportunities to grow."

OBSTACLES

"I give up easily when it gets hard."

"I persist in the face of setbacks."

EFFORT

"Effort is for those who lack talent."

"Effort is the path to mastery."

CRITICISM

"I take feedback personally/defensively."

"I learn from constructive criticism."

SUCCESS

"Others' success makes me feel inferior."

"I find inspiration in others' success."

"The view you adopt for yourself profoundly affects the way you lead your life."