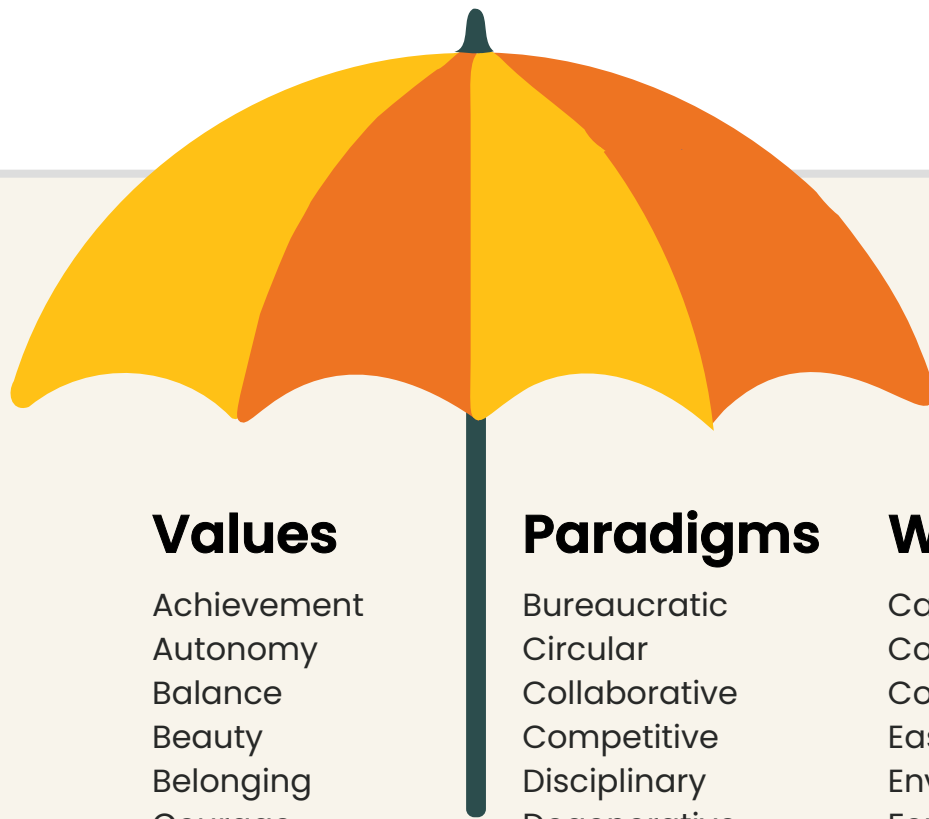


What's My Mindset?



Beliefs

About:
Ability
Age
Change
Choice
Freedom
Gender
Health
Identity
Justice
Learning
Nature
Politics
Power
Progress
Rights
Success
Technology
Truth
Wealth
Work
Worth

Values

Achievement
Autonomy
Balance
Beauty
Belonging
Courage
Creativity
Curiosity
Faith
Growth
Health
Honesty
Influence
Justice
Kindness
Order
Peace
Respect
Responsibility
Security
Tradition
Wisdom

Paradigms

Bureaucratic
Circular
Collaborative
Competitive
Disciplinary
Degenerative
Democratic
Ecological
Evidence-Based
Expert-Led
Extractive
Hierarchical
Human-Centered
Interdisciplinary
Mechanistic
Profit-Driven
Purpose-Driven
Participatory
Restorative
Regenerative
Sustainable
Wellbeing

Worldviews

Capitalism
Collectivism
Conservatism
Eastern
Environmentalism
Feminism
Humanism
Indigenous
Individualism
Integralism
Interdependence
Materialism
Meritocracy
Minimalism
Nationalism
Pluralism
Pragmatism
Rationalism
Romanticism
Socialism
Traditionalism
Western

Instructions

Time required: 15–60 mins depending on how much reflection time you allow.

Setup: This activity can be done individually or in a group setting.

1. Begin by acknowledging that a mindset consists of a "set" of many qualities. While there are many views as to what these qualities are, one view is that the big four include:
 - Beliefs about everything, including ability, intelligence, and wellbeing.
 - Values for what's important and what matters to you.
 - Paradigms you use to make sense of how the world works.
 - Worldviews that influence how you see the world and your place in it.

The umbrella metaphor acts as a unifying metaphor: it visually holds this "set" of qualities together.

2. Choose an area of focus for your inquiry today. This might be a challenge you're facing, a change you'd like to make, or an area of life where you feel stuck.
3. Circle 1–3 beliefs, values, paradigms, or worldviews that reflect your mindset in your chosen area of focus. Begin in the present, with an embodied and relational understanding of your current mindset, not your ideal future one. Include both the parts you like and those you may find uncomfortable. If the option you want isn't listed, add your own. If an example seems more like a value than a paradigm (or vice versa), place it where it makes the most sense.
4. Now look at your choices as a combined "set." In the large box provided, write a summary statement that captures your current overall mindset. Here is an example:

"I believe meaningful friction in the creative process leads to breakthrough ideas. My values are curiosity and open-mindedness. My paradigm is collaborative, focusing on iterative progress. My worldview leans toward pragmatism, recognising that good work depends on how well we adapt together. So, my mindset is basically: a creative collaborator, embracing constructive tension to adapt and build better together."

5. Complete the following reflective questions. You can do this individually or collectively:
 - What's something new you learned about your mindset?
 - Where do you notice alignment and/or tension between the beliefs, values, paradigms, and worldviews you hold?
 - How is your mindset shaping how you see, think, and act right now?
 - In which ways might your mindset want to shift to support new possibilities?

What's next? If you're interested in developing your mindset skills, this activity is a doorway to a lifelong practice. As a next step, you could try mindset literacy or mindset-aware living.