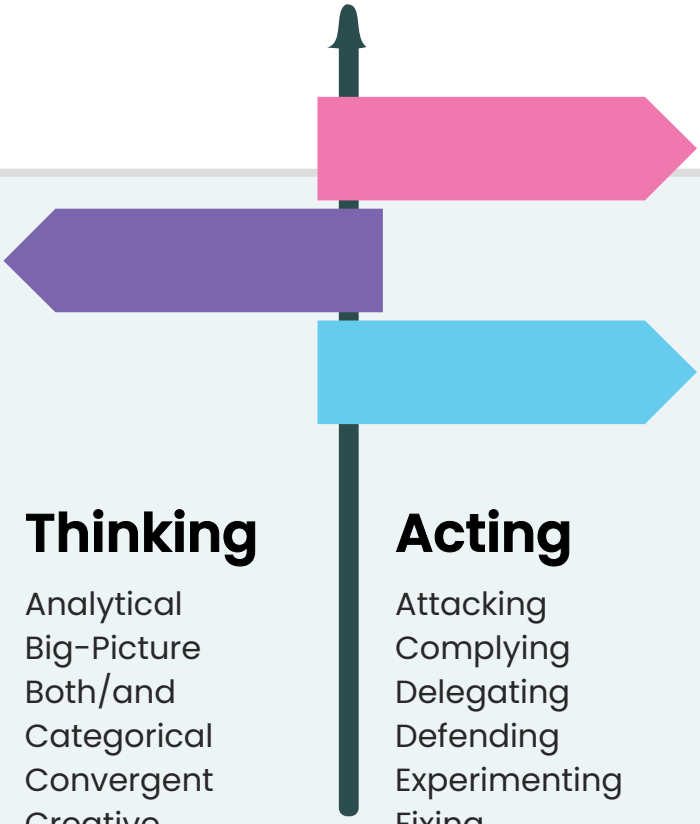
Mindset & Its Ways



Seeing

Aesthetic
Contextual
Critical
Curious
Deficit-Based
Embodied
Empathic
Focused
Ideological
Interbeing
Multi-Perspective
Positivistic
Possibility
Presence
Projecting
Scientific
Strengths-Based
Structural
Symbolic
Systemic
Understanding
Polarising

Thinking

Analytical
Big-Picture
Both/and
Categorical
Convergent
Creative
Critical
Divergent
Either/or
Holistic
Judgmental
Long-Term
Operational
Non-Linear
Paradoxical
Pragmatic
Reflective
Ruminative
Short-Term
Speculative
Strategic
Systemic

Acting

Attacking
Complying
Delegating
Defending
Experimenting
Fixing
Improvising
Leading
Managing
Manipulating
Non-Action
Outcome-Driven
Playing
Pushing
Process-Based
Reacting
Rebelling
Resisting
Responding
Serving
Stewarding
Striving

Relating

Attending
Anxious
Avoiding
Boundary-Setting
Caring
Challenging
Collaborating
Competing
Connecting
Co-Regulating
Dependent
Diplomatic
Dominating
Following
Hierarchical
Indifferent
Mirroring
Othering
Protecting
Supporting
Trusting
Transacting

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 your mindset is more than a set of qualities in your mind, it actively shapes your many "ways". Four of these ways include:
   - Seeing: How past experience and present attention shapes your perception.
   - Thinking: How you reason, form opinions, and make decisions.
   - Acting: How you behave and the choices you make about how to act.
   - Relating: How you interact and engage with the people and world around you.

   The wayfinding image serves as a unifying metaphor: it shows how your mindset acts as a pathway, shaping your ways of seeing, thinking, acting, and relating.

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. If you are doing this as a follow up to the What's My Mindset activity, then you can use the same focus.

2. Circle 1–3 ways of seeing, thinking, acting, and relating that apply to 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 ways 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 way of thinking rather than seeing (or vice versa), place it where it makes the most sense.

6. Now look at your choices as a set of "ways." In the box provided, write a statement that captures how your mindset functions in your area of focus. Here is an example:

   > *"In my leadership role, my mindset shapes my seeing through a possibility-focused lens. It drives my thinking toward strategic, both/and solutions rather than binary fixes. In acting, I lean into experimenting and stewarding long-term value. While in relating, I focus on collaborating and co-regulating during high-pressure moments. Overall, my mindset functions as an adaptive, collaborative compass that helps me navigate uncertainty."*

5. Complete the following reflective questions. You can do this individually or collectively:
   - What's something new you learned about how your mindset functions?
   - Where do you notice alignment and/or tension between your many ways?
   - In which ways might you want to see, think, act, or relate differently?

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.

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