

Mindset Literacy Worksheet

2. Beliefs

What you hold to be true
in this area of your life.

1. Area

Pick an area of life to focus
on (e.g., a challenge).

4. Paradigms

The models you use to
make sense of this area.

6. Mindset

Combine these qualities
into a mindset statement.

3. Values

What matters in this
area of your life.

5. Worldviews

The worldviews you hold
in this area of your life.

7. Shifts

In the coming days, notice how
your mindset wants to shift.

List of Common Beliefs, Values, Paradigms & Worldview

Beliefs

What you hold to be true about: Ability, Age, Beauty, Change, Choice, Culture, Death, Education, Evolution, Family, Fate, Forgiveness, Freedom, Friendship, Future, Gender, God, Goodness, Government, Health, Hierarchy, History, Humanity, Identity, Intelligence, Intuition, Justice, Knowledge, Language, Law, Learning, Love, Media, Money, Morality, Nature, Nutrition, Ownership, Peace, Politics, Power, Progress, Race, Reality, Rights, Risk, Sexual Orientation, Stress, Science, Success, Technology, Time, Truth, Wealth, Wellbeing, Work, Worth.

Write your own: _____

Paradigms

Bottom-Up, Bureaucratic, Circular, Co-Creative, Collaborative, Competitive, Centralised, Disciplinary, Degenerative, Decentralised, Democratic, Distributed, Evidence-Based, Expert-Led, Extractive, Ecological, Fragmented, Green, Hierarchical, Human-Centered, Interdisciplinary, Market-Driven, Mechanistic, Open-Source, Profit-Driven, Purpose-Driven, Participatory, Place-Based, Restorative, Regenerative, Sustainable, Standardised, Stakeholder-Driven, Top-Down, Transdisciplinary, Wellbeing.

Write your own: _____

Values

Acceptance, Achievement, Adventure, Autonomy, Balance, Beauty, Belonging, Challenge, Citizenship, Community, Contribution, Courage, Creativity, Curiosity, Determination, Equality, Fairness, Faith, Freedom, Friendship, Fun, Growth, Happiness, Harmony, Health, Honesty, Humility, Humor, Influence, Integrity, Justice, Kindness, Leadership, Learning, Loyalty, Novelty, Openness, Order, Peace, Pleasure, Politeness, Power, Privacy, Purpose, Respect, Responsibility, Safety, Security, Stability, Success, Tradition, Trust, Wealth, Wisdom.

Write your own: _____

Worldviews

Anthropocentrism, Capitalism, Collectivism, Conservatism, Consumerism, Eastern, Empiricism, Environmentalism, Existentialism, Feminism, Hedonism, Humanism, Idealism, Individualism, Indigenous, Industrialism, Integralism, Interdependence, Liberalism, Libertarianism, Materialism, Meritocracy, Minimalism, Modernism, Nationalism, Nonduality, Pacifism, Pluralism, Pragmatism, Rationalism, Romanticism, Scientism, Socialism, Technocracy, Traditionalism, Western.

Write your own: _____
