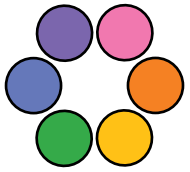
Mindset Maturity Quiz

		1. How do you define mindset in your life and work?	2. When you encounter new information about mindset, you:	3. Where do your mindset tools and strategies come from?	4. How has your mindset practice grown over the last year?
	**Single-Lens (Beginning)** *Relying on one framework* Using a single perspective as the entire definition of mindset.	By drawing on a standard definition.	Stick to a known framework.	A single tradition in the mindset field.	It's the same. My current approach works fine.
	**Multi-Lens (Exploring)** *Testing new frameworks* Trying out unfamiliar definitions to see what each reveals and where their blind spots lie.	By comparing a few different popular definitions.	Explore it to test its strengths and blind spots.	Multiple traditions in the mindset field.	It expanded by trying out one or two new ideas.
	**Integrated-Lens (Personalising)** *Combining multiple perspectives* Using multiple perspectives, including your own, to inform a personalised approach.	By blending multiple definitions into a personalised one.	Integrate it into a personalised perspective.	A personalised toolkit based on diverse traditions.	It became more integrated the more I learned.
	**Adaptive-Lens (Evolving)** *Refining your practice* Expanding your approach based on the mindset sciences and your own experience.	By refining a definition through integrated research and life experience.	Expand my approach based on integrated research and life experience.	An evolving toolkit, shaped by integrated research and lived experience.	It's always evolving based on integrated research and life experience

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