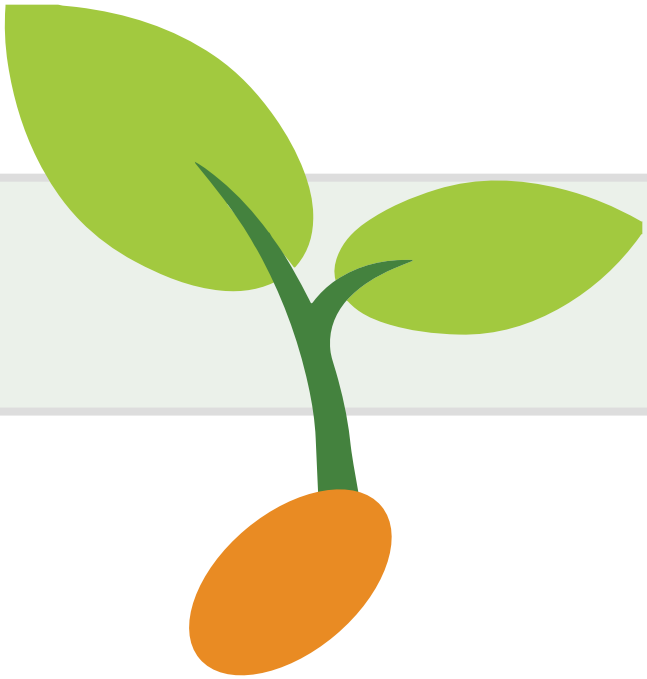
Mindset Shifts



Instructions

Time required: 15–60 mins depending on how much reflection time you allow.
Setup: This activity is designed to be completed as a follow up to the What's My Mindset and the Mindset and its Ways activities. It can be done individually or in a group setting.

Context: In mindset work, there is sometimes a temptation to start with the end in mind, such as with a mindset you think is the "right" or "ideal" one to adopt. This activity takes a different approach by inviting you to begin in the present, with your current mindset. By understanding your present mindset first, you create the awareness needed to move forward from where you are now. A seed growing into a plant serves as a unifying metaphor: it reveals how like a seed, your mindset has the capacity to grow and change.

2. Revisit your mindset statements from the previous two activities. Identify 2–3 mindset shifts you sense want to happen in your chosen area of focus. This could be in one of the beliefs, values, paradigms, or worldviews you hold, or in your way of seeing, thinking, acting, or relating. To help you reflect on what shifts might be helpful, consider: What patterns do you want to disrupt? What shadows do you want to address? What is your highest potential for a mindset shift? Then, in the large box provided at the bottom of the page, write down each of these shifts as a "from -> to" statement. For example:

From believing meaningful friction leads to breakthrough ideas.	→	*To believing that ease and harmony can produce profound results.*
From seeing through a possibility-focused lens.	→	*To using a systemic lens that spots leverage points for change.*
From thinking toward strategic, both/and solutions.	→	*To emergent thinking that transcends initial options entirely.*

3. In the box provided at the top of the page, write a summary statement that describes your new mindset if these shifts were to take root. For example:

> *"Overall, my new mindset is a calm, systemic compass. Rather than forcing breakthroughs through tension, it operates from a place of ease, spotting quiet leverage points and allowing richer, unexpected solutions to bloom naturall*y."

5. Complete the following reflective questions. You can do this individually or collectively:
   - What conditions do you need to help these mindset shifts take root in your life?
   - What's one small action you could take this week, to nurture this shift?

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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