



4: Mindsets

W o r k s h e e t s

Consider the 5 mindsets - moderation, control, self-compassion, vulnerability, and passion.

Which are well incorporated into your current approach?

Which would you like to focus on for improvement?

Select a couple of actions you plan to take to change your mindset.

_____ Record both personal and work goals to help maintain life's balance

_____ Complete an "in My Control/Out of My Control" list when feeling overwhelmed

_____ Incorporate Positive Self Talk and journaling to support applying self-compassion

_____ Make note of your "awesome" days and explore the passions that ignited that excitement.

_____ Other:

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