



PERSPECTIVE EXPANSION WORKSHEET

PURPOSE: *There are two ways to look at the world. One is with a fixed mindset where you believe your intelligence, abilities, and size of your dreams are fixed. This type of mindset limits you and the size of your dreams. The other mindset is a growth mindset. With a growth mindset you believe you can learn and grow to meet the demands of your dreams - to become the person you have to become in order to achieve the goal. This worksheet is designed to encourage an expanded perspective on your growth potential and to stretch out the boundaries of your goals.*

The Growth Mindset Model: *First, I want you to practice being in a growth mindset. For each category below, respond to the prompt with a specific situation that you can change from being a fixed mindset to a growth mindset.*

	What you don't want! Fixed Mindset	Think like this! Growth Mindset
You are able to learn new knowledge and skills	<p>My knowledge and skills are fixed, I am not likely to learn anything new.</p> <p>Response: Think of a time when you learned something new, added a new skill, or grew in capability or confidence. Write about it in a positive way, particularly focusing on the growth that occurred before and after.</p> <hr/> <hr/> <hr/>	<p>I know if I set my mind to it, I can learn, grow, improve skills, and I'm not afraid to take on something new.</p>
Challenges are opportunities	<p>I avoid challenges because it might expose my limited capabilities.</p> <p>Response: Decide what your growth mindset response will be when you feel a challenge. As you are working toward making a decision and you sense a challenge, what will you say to yourself? (example: "One day at a time - I know I can do this!")</p> <hr/> <hr/> <hr/>	<p>I embrace challenges as a chance to grow and learn and become a better person. I am not afraid of being embarrassed if I have to struggle in the process.</p>
Adopt the old saying "When the going gets tough, the tough get going." Perseverance is a choice.	<p>When things get really hard, I tend to just want to quit. There is no need to fight it.</p> <p>Response: Perseverance in the face of challenges is a decision you make BEFORE you hit the challenge. Never give up. Never consider failure as an option. The growth mindset is one where you believe you can overcome anything you face. Write your commitment to yourself to never give up!</p> <hr/> <hr/> <hr/>	<p>When things get really hard, I persevere, find other options, reroute around the trouble, or just get tough and push through!</p>

What you don't want! Fixed Mindset

Think like this! Growth Mindset

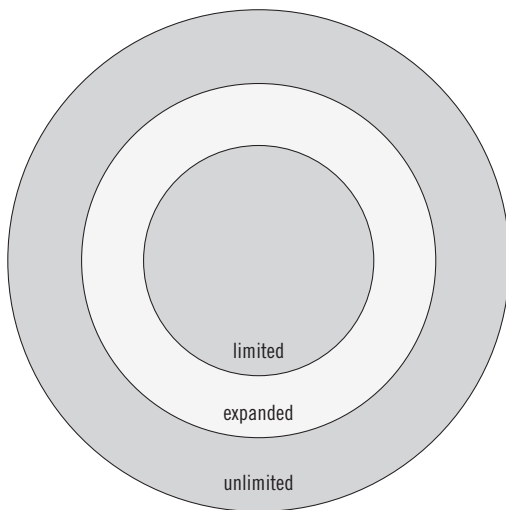
<p>Believe that effort pays huge dividends!</p>	<p>I don't see any connection between how hard I work and what happens - it just doesn't matter.</p> <p>Response: Effort creates results. If you don't believe that, then it is very difficult to maintain the mental energy required for change. You have to know and believe that you can achieve! Your effort is a major component of what you can control. Write a statement of this belief (example: <i>my effort level matters and I will give my all in my pursuit of my goal.</i>)</p> <hr/> <hr/> <hr/>	<p>I know that my efforts pay dividends, so I am willing to work hard and know I will get the results I want.</p>
<p>You be the judge of you - but accept constructive feedback.</p>	<p>I hate being criticized and just prefer to avoid letting anyone know what I'm thinking and doing .</p> <p>Response: Constructive feedback or criticism? Either way, you need to be able to listen to what others are telling you and then decide for yourself if the feedback is useful or not. You don't have to be afraid of other's feedback. You just have to be open minded, decide if it has value, and then move forward. But, don't let fear of criticism prevent you from sharing what you are doing with others. Decide how you will respond to critical or constructive feedback. (example: <i>I will carefully consider all feedback, but it won't sink my boat or deter me from my goal. If it is helpful, I will act on it. If not, I will ignore it.</i>)</p> <hr/> <hr/> <hr/>	<p>I appreciate critical feedback and work to consider the feedback and how I can act on it to improve what I am doing.</p>
<p>Realize failing does not make you a failure.</p>	<p>I don't want to be seen as a failure, so I prefer just to stay in my comfort zone and not embarrass myself.</p> <p>Response: Sometimes strategies fail, processes fail, and yes businesses fail. But people are not "failures" unless they allow themselves to be defined as such. You must decide how you interpret failed strategies and how you respond. Write your statement about how you will face failure. (example: <i>I know everything I attempt will not work. If a strategy or effort fails, I will learn from it, plan a new strategy, and start again. I am a success when I begin moving toward my goal. I will never stop!</i>)</p> <hr/> <hr/> <hr/>	<p>I know that there will be some missteps, mistakes, and failures on my journey. But, I am not defined by these challenges. I will get up and get going again after every setback.</p>

The Expansion Circle

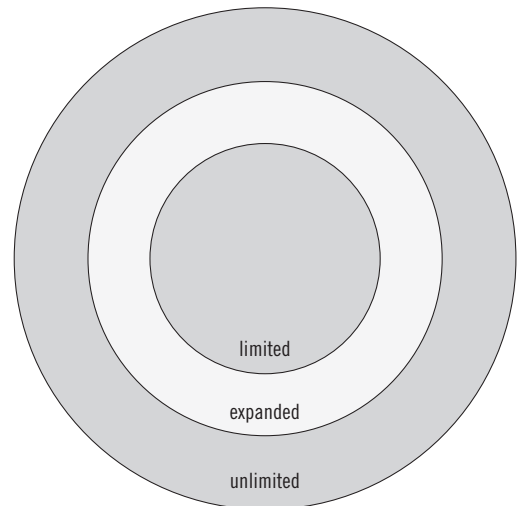
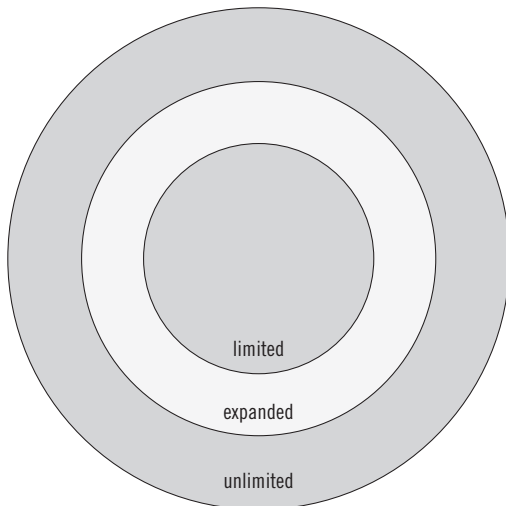
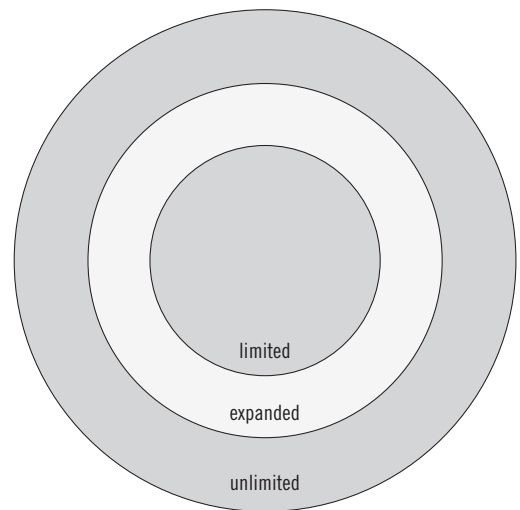
Take four categories of your life and use the expansion circle to imagine what it would be like to expand your boundaries. What if you didn't limit your dreams or aspirations? We all have built in limits on our mind and dreams. These do not necessarily serve us well. As you step out to each large concentric ring - expand the possibilities. Really allow yourself to, step by step, release the constraints one big circle at a time. I have provided one for career goal, one for relationship goal, and two free circles for you to use to expand whatever is a primary life opportunity now.

INSTRUCTIONS: 1) Write your current limited belief or vision in the center circle. 2) In the next ring expand the vision beyond the limits you currently have placed on the vision and write a description of this new vision. 3) Finally, take off all limits and explore what an unlimited vision would be. Write it in the outer ring.

Expand your **CAREER** perspective



Expand your **RELATIONSHIP** perspective



A guiding quote . . . *It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes up short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.*

— Theodore Roosevelt

(Excerpt from the speech "Citizenship In A Republic" delivered at the Sorbonne, in Paris, France on 23 April, 1910)