

Tips to Cultivate a Growth Mindset

Internal Haven. Created by Alyssa Rey

(Remember)

This growth mindset tool is designed to help you embrace challenges, learn from setbacks, and see each step as part of your own unique journey. By guiding you through practical exercises in self-reflection, perspective shifts, and goal-setting, this tool supports you in building resilience, enhancing self-confidence, and continually growing. A growth mindset is an everyday practice.

3 Stages of Cultivating a Growth Mindset



In each stage, you'll find simple, practical tips to help you strengthen self-awareness, shift your mindset toward growth, and build healthy habits that support your development. This approach makes personal growth feel natural, inviting, and empowering—helping you build resilience and maintain a growth-focused outlook with ease!

Stage 1) Building Self-Awareness

Goal: Build Self-Awareness around current mindsets and beliefs.

Self-Reflection Exercises:

- Daily Reflection: Start each day with a quick journaling prompt like...
“What challenges do I expect today and how can I approach them with curiosity?”
- Self-Observation: Throughout the day, note moments or experiences when you encounter self-doubt, frustration, or fear. Try to observe these moments without judgment or shame, simply noticing how they make you feel & how you typically react.

Mindfulness Practices:

- Using breathing exercises to stay grounded during moments of negative self-talk.
 - 444 x 4 breathing method: Inhale for 4 seconds, Hold for 4 seconds and Exhale for 4 seconds, repeat 4 times.
- Practice gratitude by noting 2-3 things each day that you learned or felt proud of, focusing on progress rather than perfection.



Extra Coach Tip

- Detach from the Mind: Observing your thoughts can be challenging if you believe you *are* your mind. Remember, you are more than your thoughts.
- Know Your True Essence: Your deepest self exists beyond your mind and body—ground yourself in that awareness.
- Practice Patience: Growth takes time. Be kind to yourself as you develop this skill.

Stage 2) Shifting Perspectives

Goal: Reframe Limiting Beliefs into Opportunities for Growth.

Perspective Shift Exercises:

- Mindset shifts: When a limiting belief surfaces, such as *"I'll never be good at this,"* consciously reframe it.
 - For example, shift it to something more uplifting and encouraging like...
"I am capable of learning & improving with practice."
- Learning Log: Keep a journal to record lessons from each challenge or setback. Ask questions like...
 - "What did this experience teach me?"
 - "How can I approach it differently next time?"

Mindfulness Practices:

- Use visualization to imagine yourself overcoming challenges and embracing growth.
 - What does it look like to overcome the challenge?
 - What feelings are present when you know you have overcome the challenge?
 - How do you see yourself handling the challenge?
 - Let it go and align your actions to your most preferred outcome.
- Practice self-compassion with reframing thoughts and affirmations, such as "I am growing every day." or "Mistakes are stepping stones in the process."



Extra Coach Tip

- Embrace New Perspectives: Stay open to different viewpoints, especially those that bring more optimism and possibility.
- Learn with Humility: Approach growth with a humble heart and show yourself compassion when you make mistakes.
- Question Your Inner Stories: Get curious about the narratives your mind creates, and intentionally shape the life you truly want to live.

Stage 3) Establishing Growth Habits

Goal: Create growth-oriented actions into daily life and routine.

Establishing Growth Habits:

- Set small, Growth-Oriented Goals: Identify specific, manageable goals that stretch your comfort zone.
 - For example: aim to learn one new skill each week or engage in a challenging task each day.
- Accountability Check-ins: Have weekly reflections where you review progress, setbacks, and lessons learned from challenging experiences. Adjust goals as needed to keep pushing toward personal growth.

Mindfulness Practices:

- Set Morning Intentions:
 - Take a deep breath when you wake up.
 - Ask yourself: *"What's one positive thing I want to focus on today?"*
 - Say it out loud or write it down. Example: *"I will be kind to myself today."*
- Have Evening Gratitude Check-Ins:
 - Before bed, think of one good thing that happened.
 - Think of one thing you learned from the day.
 - Name one thing you're grateful for. Example: ✓ *Good thing: I took a walk outside.*
💡 *Lesson: Breaks help me feel better.*
🙏 *Gratitude: I'm thankful for my cozy bed.*



Extra Coach Tip

- Replace Limiting Habits: Swap out habits that hold you back—like doom scrolling—with ones that support your growth.
- Prioritize Self-Care: Taking time for yourself allows you to show up as the best version of you.
- Align with Your Best Self: Throughout the day, ask yourself, *"What would the most successful version of myself be doing right now?"* and take action accordingly.



Date: _____

Day of the Week: Sun Mon Tues Wed Thurs Fri Sat

Daily Self Check-In:

Today's Affirmations	This Week's Wins
1. I am <u>CAPABLE</u> .	1.
2.	2.
3.	3.

Personal Growth Journal Prompts:

MORNING REFLECTIONS:

Time: _____

What challenges might I face today or this week, and how can I approach them with curiosity?

How can I step outside of my comfort zone today?

What am I excited to learn or experience today?



Daily Goals (3-5):

- ☐ Practice Gratitude
- ☐
- ☐
- ☐
- ☐

Weekly Goals (3-5):

- ☐ Self-Reflection Journaling
- ☐
- ☐
- ☐
- ☐

EVENING REFLECTIONS:

Time: _____

What did I learn about myself today?

What is one thing I am proud of today?

What challenges did I face today, and how did I grow from them?

What do I want to intentionally focus on or improve tomorrow?

List 3 Current Unhealthy Habits	Swap with 3 Healthy Habits
1.	1.
2.	2.
3.	3.