Growth Mindset

Workbook

-Shift & Soar-

Enid C. Namirimu

"Shift & Soar"

Reframe. Rebuild. Reach Higher.

Designed by:

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Thank you for honoring this work!

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Welcomr to Shift & Soar!

This workbook is designed to help you embrace a growth mindset, turning challenges into opportunities and failure into success. Inside, you'll find exercises to help you:

Overcome limiting beliefs

Shift to a growth mindset

Celebrate progress

Break down big goals

Reflect on your journey

By the end, you'll be equipped to face challenges with confidence and resilience.

Ready to grow?

Why this workbook Stand Out

Mindset Shifts – Change the way you view failure, success, and your abilities.
Growth Strategies – Learn how to turn challenges into stepping stones for success.
Goal-Setting Techniques – Set clear, achievable goals and create a roadmap to success.
Reflection Exercises – Strengthen your self-awareness and track your progress.
Resilience Building – Develop the skills to bounce back stronger from setbacks.
Affirmations & Thought Tools – Rewire your brain for positive thinking and growth.

Inspirational Word.

"Embrace the journey of growth with every challenge, knowing that your potential is limitless and each step forward brings you closer to becoming the best version of yourself."

Section 1

Mindset Reframe Lab

Daily Thought Transformation Practice

Note:

Activity Guide:

Identify limiting beliefs and reframe them into empowering ones.

For Example: "I'm not good at public speaking" → "I can improve with practice."

Day 1:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 2:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 3:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 4:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 5:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 6:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 7:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 8:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 9:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 10:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 11:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 12:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 13:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 14:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 15:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 16:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 17:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 18:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 19:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 20:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 21:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 22:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 23:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 24:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 25:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 26:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 27:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 28:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 29:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Day 30:

Write a Limiting Belief:

Note down a belief holding you back Today.

Challenge It:

For example:- Questions to evaluate the validity of the belief-

"Is this always true?".

Reframe It:

Create a new empowering belief.

Reality Check Box:

Evidence or past proof that supports the new belief.

TRUE FALSE NOT SURE

Section 2

Soaring Steps Fear-Busting Exercise

Overcoming Fear with Action

Note:

Weekly Exercise Guide:
Identify Your fears, reframe them, and create small, manageable action steps to combat them.

Week 1:

Exercise Format:

Fear I Struggle With:

What is the fear this week?

Reframe It:

Shift to a growth-focused mindset.

Tiny Step I Can Take this week:

One small action to start overcoming the fear.

Progress Tracker:

Write and Mark Your wins to visually see progress.

FAIR GOOD GREAT

Week 2:

Exercise Format:

Fear I Struggle With:

What is the fear this week?

Reframe It:

Shift to a growth-focused mindset.

Tiny Step I Can Take this week:

One small action to start overcoming the fear.

Progress Tracker:

Write and Mark Your wins to visually see progress.

FAIR GOOD GREAT

Week 3:

Exercise Format:

Fear I Struggle With:

What is the fear this week?

Reframe It:

Shift to a growth-focused mindset.

Tiny Step I Can Take this week:

One small action to start overcoming the fear.

Progress Tracker:

Write and Mark Your wins to visually see progress.

FAIR GOOD GREAT

Week 4:

Exercise Format:

Fear I Struggle With:

What is the fear this week?

Reframe It:

Shift to a growth-focused mindset.

Tiny Step I Can Take this week:

One small action to start overcoming the fear.

Progress Tracker:

Write and Mark Your wins to visually see progress.

FAIR GOOD GREAT

"Transform!"

Have you ever had that moment where you wonder–Am I really living the life I want? Or am I just going through the motions? I know one thing for sure–you deserve a life that feels aligned, fulfilling, and full of purpose.

If that's been on your heart, my book a Life You Love is here to help. It's packed with insights to guide you toward real growth and lasting change.

Check it out:

www.evolviumhaven.com

Section 3

The Future Me Blueprint

Visualization for Growth

Note:

Weekly Activity Guide:
Design Your future self and visualize your goals and success through guided prompts and creative space for visual representation.

Week 1:

Prompts Include:

What does my ideal week look like?

Interactive Space for Drawing.

What habits does the best version of me have?

Use draw symbols, icons, mind maps, or creative sketches

Interactive Space for Mapping.

How do I respond to challenges?

Use diagrams, flowcharts, or mind maps.

Interactive Collage Your Vision of your future self.

Use paste images, that reflect their goals, dreams, habits, and the person they aspire to become.

Interactive Collage Your Vision of your future self.

write affirmations, that reflect their goals, dreams, habits, and the person they aspire to become.

Week 2:

Prompts Include:

What does my ideal week look like?

Interactive Space for Drawing.

What habits does the best version of me have?

Use draw symbols, icons, mind maps, or creative sketches

Interactive Space for Mapping.

How do I respond to challenges?

Use diagrams, flowcharts, or mind maps.

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Week 3:

Prompts Include:

What does my ideal week look like?

Interactive Space for Drawing.

What habits does the best version of me have?

Use draw symbols, icons, mind maps, or creative sketches

Interactive Space for Mapping.

How do I respond to challenges?

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write affirmations, that reflect their goals, dreams, habits, and the person they aspire to become.

Week 4:

Prompts Include:

What does my ideal week look like?

Interactive Space for Drawing.

What habits does the best version of me have?

Use draw symbols, icons, mind maps, or creative sketches

Interactive Space for Mapping.

How do I respond to challenges?

Use diagrams, flowcharts, or mind maps.

Interactive Collage Your Vision of your future self.

Use paste images, that reflect their goals, dreams, habits, and the person they aspire to become.

Interactive Collage Your Vision of your future self.

write affirmations, that reflect their goals, dreams, habits, and the person they aspire to become.

Section 4

Reframe & Rise Challenge

Real-Life Growth Tests

Note:

Challenge Guide:

Find out the challenges that force you to apply a growth mindset in real-life situations.

Challenges Include:

The "Yet" Challenge: Rewrite any negative thought using the word "yet" (e.g., "I can't do this… yet").

The Growth Proof Challenge:

Reflect on past success events as evidence to combat current doubts.

The No-Fail Experiment:

Try something new, embracing failure as a learning experience.

Section 5

Breakthrough Tracker

Celebrate Your Growth

Note:

Activity Guide:

Reflect on how far you've come on your mindset journey and document tangible shifts in thinking, and also celebrate your wins and Write down your reflections:

Tracking Prompts Include:

What challenges used to overwhelm me?

What's one belief I've changed?

What's a risk I took that paid off?

What's one key shift I've noticed in my mindset since starting this workbook?

Which milestones am I most proud of, no matter how small?

How do I feel about my potential moving forward?

Conclusion

Wow, you did it! You've challenged limiting beliefs, embraced growth, and taken real steps toward change—celebrate that!

This is just the beginning.

Keep the momentum going with more resources on my website, or join my mentorship program for deeper, personalized guidance on your journey.

Visit my website to learn more:

www.evolviumhaven.com

Quote

"Your mindset is the compass that directs your growth—shift it, and you'll change your entire path."

– Enid C. Namirimu-

Personal walk

There was a time when doubt controlled my thoughts. I didn't believe I was capable, and failure always felt like a final verdict. But then I realized—it wasn't my abilities holding me back, it was my mindset.

I started small. Instead of saying, "I can't," I began asking, "How can I?" I saw failure as a lesson, not an end. Slowly, challenges became opportunities, and setbacks became proof of my progress.

It wasn't always easy, and old doubts would pop up, but I kept going. Growth isn't about being perfect—it's about progress. Now, I know that how we see things shapes everything.

The shift changed everything. I'm proof that with the right mindset, change is possible.

Your growth starts in your mind.

Keep going.

Awakening Prayer

I lift up the person who has walked through this workbook, seeking growth and transformation. Thank You Almighty for the wisdom, strength, and clarity You have provided along their journey. May they continue to embrace a mindset of faith, perseverance, and purpose.

Lord, fill their heart with courage to overcome doubts, resilience to face challenges, and grace to walk in alignment with Your truth. Let their thoughts be renewed, their actions be intentional, and their spirit be strengthened by Your presence. May they carry these lessons forward, trusting in Your plan and stepping boldly into the life You have called them to live. Bless their journey with peace, wisdom, and unwavering faith.

In Jesus' name, Amen.

Promise Letter To Yourself.

Write a letter to your future self, sharing what you've learned about your Growth Mindset journey.

Note: Keep, fulfill your promise and Trust the process

How do I plan to continue your practices? Note:

Keep, fulfill your promise, and Trust the process.