## **Quick Growth Mindset Check-In for New Managers**

- 1. Identify a recent managerial challenge.
- 2. Ask yourself:
  - o How did I initially react?
  - o What can I learn from this?
  - o How can I improve next time?
- 3. Write down one action to take this week based on your reflection.
- 4. Set a reminder to review your progress in one week.