

# SUCCESS+

## LEADERSHIP MINDSET SHIFT WORKSHEET



As a leader, it's easy to get caught in old patterns—especially when facing a challenge. But great leadership isn't about knowing everything or always being right. It's about growing through what you go through.

The **Leadership Mindset Shift Worksheet** is your personal tool to identify limiting beliefs, reframe them into empowering mindsets, and step forward with clarity and confidence.

This guided reflection will help you:

- Uncover what's been holding you back.
- Shift to a mindset that fuels leadership growth.
- Create a custom leadership mantra to anchor your new belief.

Whether you're navigating a tough conversation, scaling your business, or just feeling stuck—this worksheet is your personal leadership reset button.



# Recent Leadership Challenge

**Describe a recent leadership situation where you felt frustrated, uncertain, or stuck.** This could be:

- A difficult decision you kept delaying
- A moment where your team didn't respond the way you hoped
- A time you felt like you didn't have what it takes

## Examples:

- I had to lead a team meeting after missing a major deadline. I felt overwhelmed and like I had failed them.
- I pitched a new strategy I was really excited about, and the team's reaction was lukewarm at best. I walked away second-guessing myself.
- I had to make a quick decision under pressure and later realized I missed key information. I felt like I had let everyone down.
- I kept delaying a one-on-one meeting with a team member because I didn't know how to give them honest feedback without hurting morale.

## REFLECT ON YOUR CHALLENGE

*Write freely—no need to filter or get it perfect.*

# Belief Audit

What belief, fear, or assumption were you carrying into that situation? What story were you telling yourself?

## Examples:

- I believed that if I made one mistake, my team would lose respect for me.
- I believed that slowing down would mean I was falling behind.
- I assumed that being liked by everyone was necessary to lead effectively.
- I told myself that my role was to fix everything instead of empowering others.

## NAME THE BELIEF BEHIND IT

Ask yourself: \_\_\_\_\_

*"What did I believe about myself in that moment?"*

*"What did I believe had to be true in order to succeed?"*

# Mindset Comparison Table

OLD MINDSET	NEW MINDSET
"I have to have all the answers."	"Great leaders still ask questions."
"If I slow down, I'll fall behind."	"Clarity comes from taking space, not rushing."
"I'm not ready yet."	"Growth comes from taking the first step, not waiting for perfection."

**Instructions:** Using the above table as an example, write your own version below. Think of a belief (or two or three) that's no longer serving you and how you could look at it differently.

OLD MINDSET	NEW MINDSET

# Reframe & Replace

Take the limiting belief you identified in the Belief Audit section and rewrite it as an empowering truth.

## Examples:

**OLD:** "I'm not a strong enough leader to handle this."

**NEW:** "Every challenge is shaping me into the leader I'm becoming."

**OLD:** "If I don't do it myself, it won't get done right."

**NEW:** "Delegating gives others room to grow—and frees me to lead."

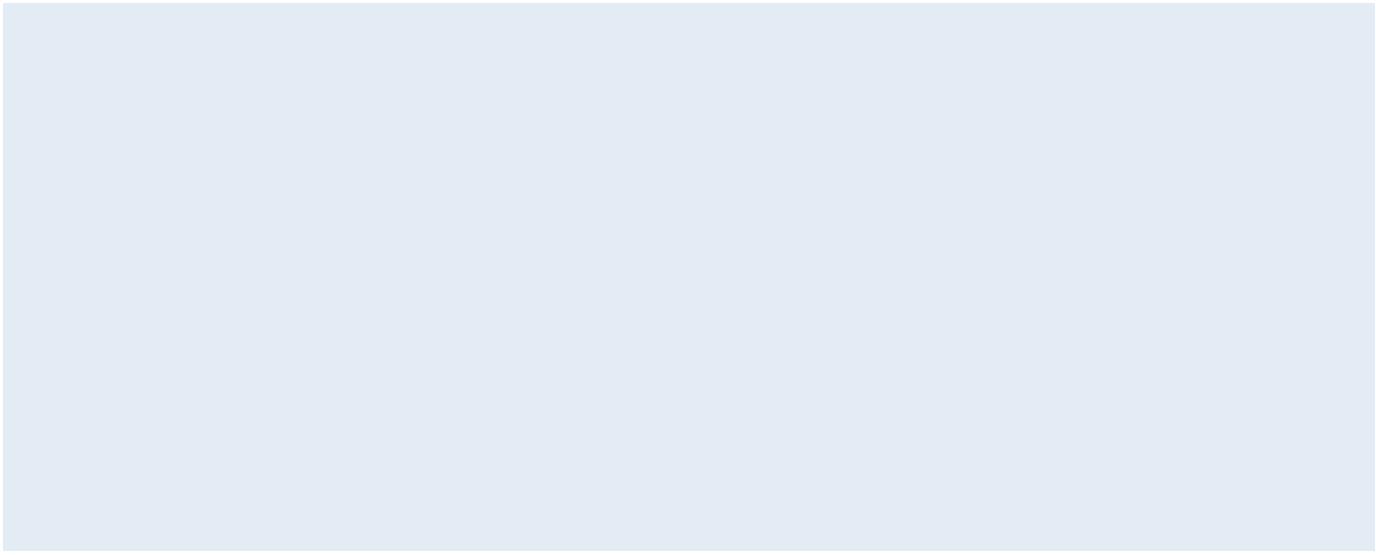
**OLD:** "If I admit I'm struggling, people will lose confidence in me."

**NEW:** "Real leaders lead with honesty and humanity."

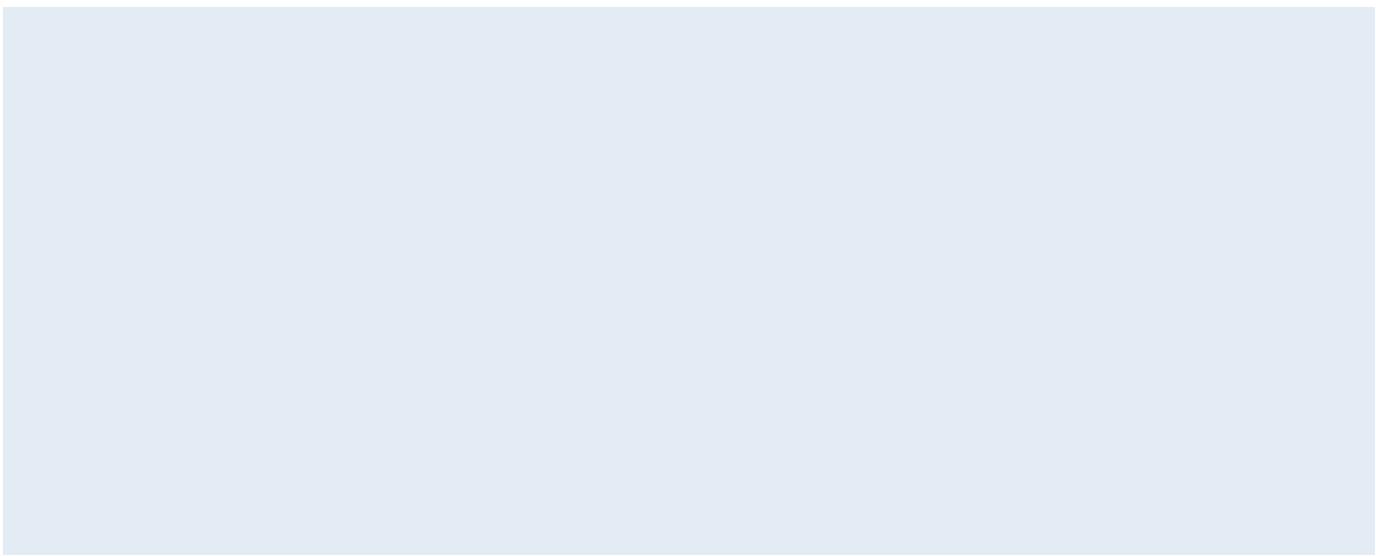
## REFRAME YOUR MINDSET

Ask yourself:

"What would a confident, future-version of me believe instead?"



"What mindset would move me forward, not hold me back?"



# Your Leadership Mantra

Craft a short, powerful mantra to anchor your new mindset.

This should be:

- One sentence
- Present tense
- Personal and energizing

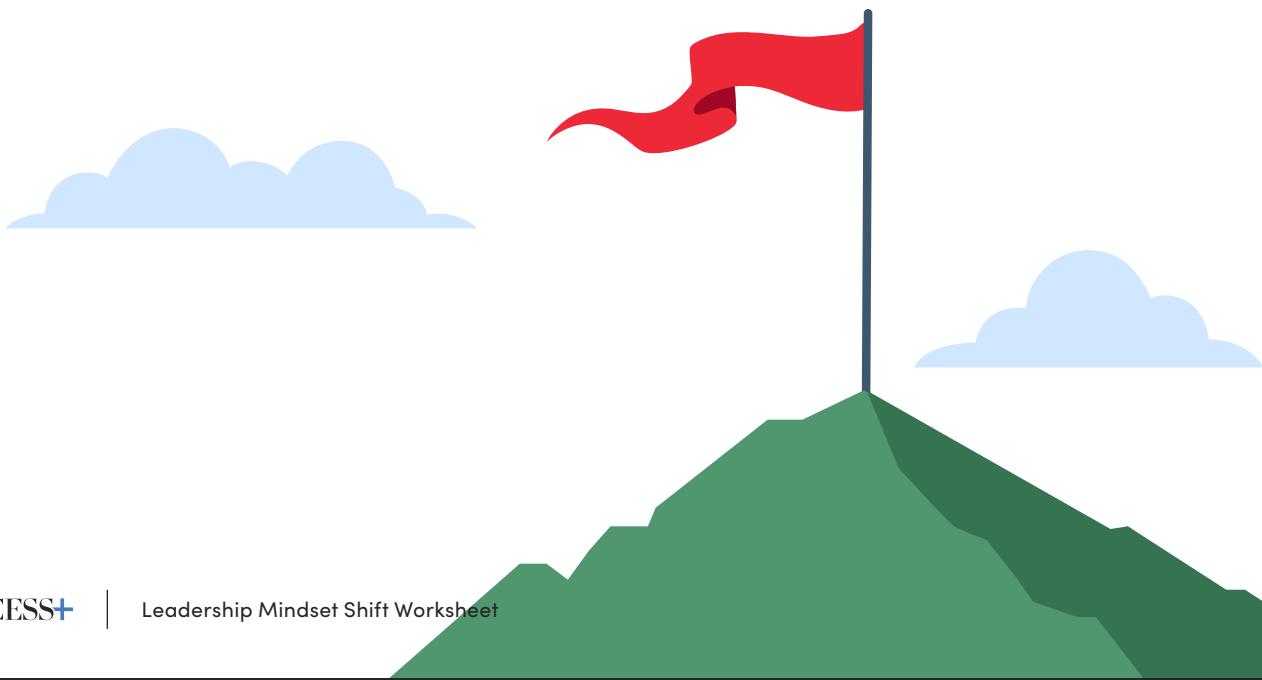
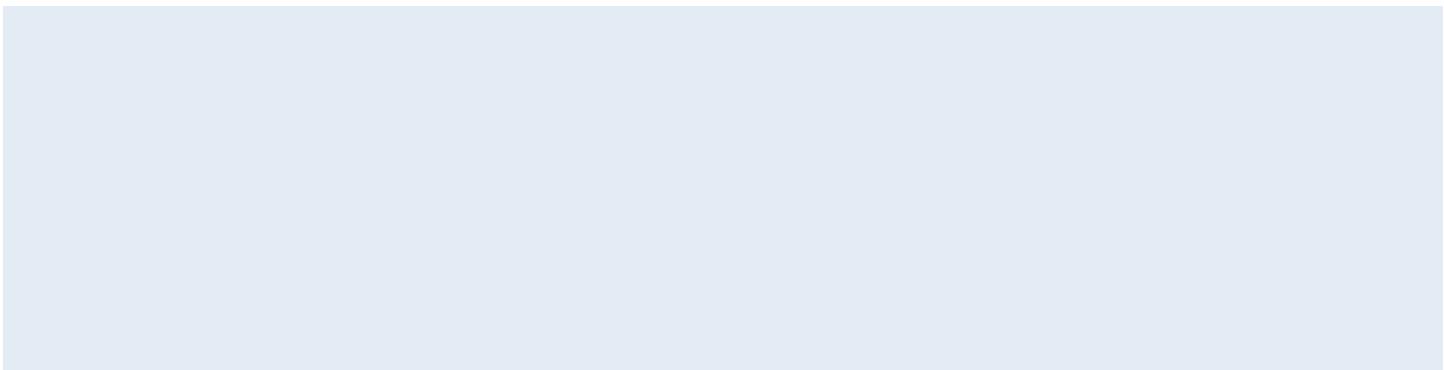
*Examples:*

"I lead with curiosity and courage."

"I'm exactly the leader this moment needs."

"I trust myself to figure it out."

## DEFINE YOUR GUIDING PHILOSOPHY





## **Every leader hits mental roadblocks—it's not a flaw, it's part of the path.**

What sets great leaders apart is their willingness to pause, reflect, and shift.

*You just did exactly that.*

By naming your challenge, uncovering the belief behind it, and choosing a new way of thinking, you've taken a powerful step forward.



# You Don't Have to Lead Perfectly.

You just have to lead with intention.

The SUCCESS® Leadership Lab is your next step as an ambitious leader. In this 4-week dynamic virtual course, you'll explore 8 key topics through expert-led lessons and collaborative labs. You'll walk away with future-ready leadership skills and a community that grows with you. Start building trust, inspiring action, and driving results this September.

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