

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

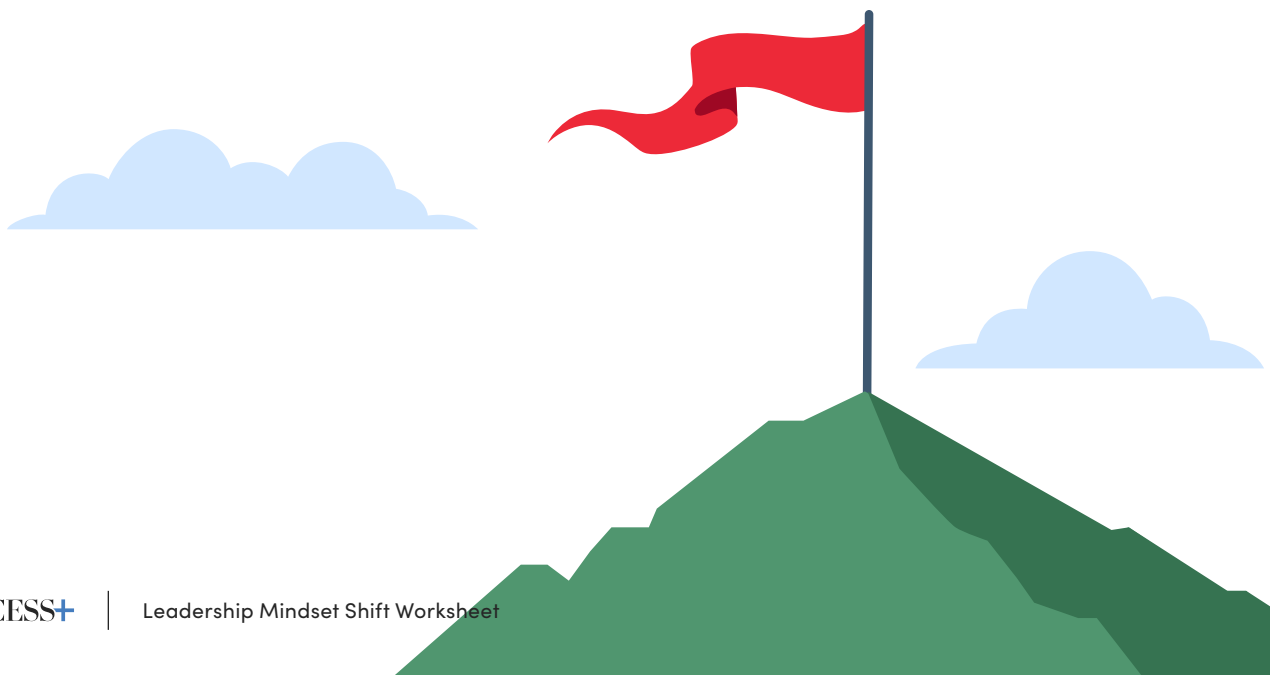
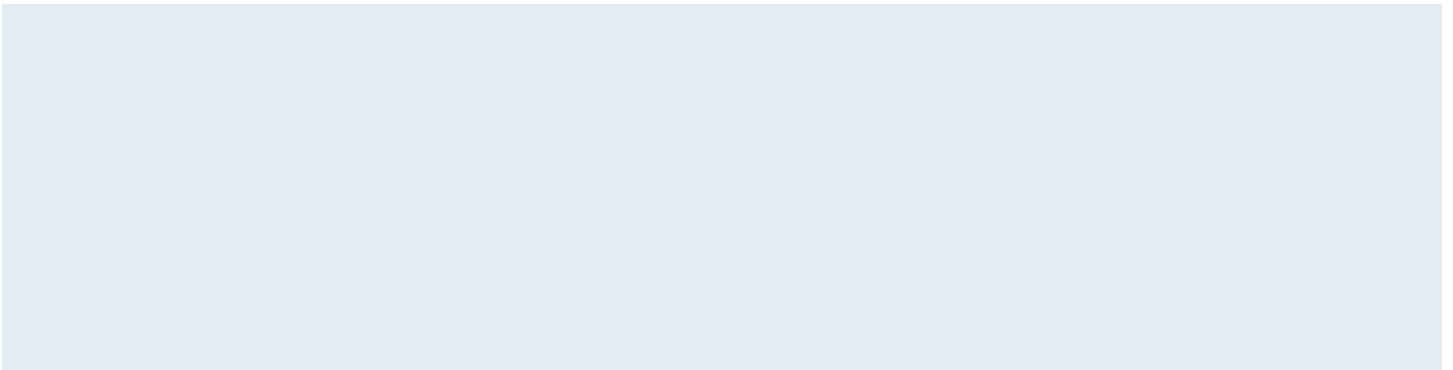
Examples:

"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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