

MINDSET CHECKLIST

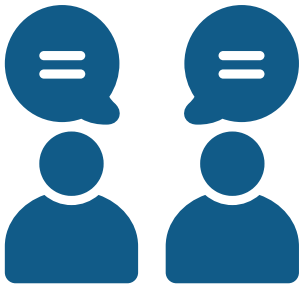
In this process, the aim is to discuss openly with the client how mindset can impact the business and business owner and share with them some of the key factors that will help them identify their own mindset and the impact that is having on the business and the people in the business.

Ideally, we want our clients to embrace a growth mindset which basically means one embraces challenges, persists in the face of setbacks, takes responsibility for their words and actions, and acknowledges that effort is the path toward mastery. It is basically the reason why “practice makes perfect.”



By choosing to make the extra effort to build a growth mindset, you can make your mental processes to work for you, resulting in a greater likelihood that you get the results you're looking for and live the life you want to live.

Ask the client where they see their current mindset the challenges they face and the approach they have towards them and when the challenges they face are beyond what they feel are capable of.



Below are 10 areas to share and discuss and get a feel for how they feel and approach each of the following areas. Start the conversation with “So how do you”

1. Acknowledge and embrace imperfection.
2. Face your challenges bravely.
3. Pay attention to your words and thoughts.
4. Stop seeking approval from others.
5. Take a step deeper into authenticity.
6. Cultivate a sense of purpose.
7. Learn from the mistakes of others.
8. Be realistic.
9. Speed is not important.
10. Own your attitude.

