

Heather's ultimate

GROWTH MINDSET

CHEAT SHEET



Destiny Architecture

a worksheet from

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*Success is not final; failure is not fatal:
It is the courage to continue that counts.*

-W. CHURCHILL

WHAT IS A GROWTH MINDSET?

"**Growth mindset**" describes a set of beliefs and behaviors that allow people to increase their likelihood of success and achieving their goals by making them seek opportunities to learn, gain new skills, improve existing skills, become more resilient and enhance their character and willpower. When you have a growth mindset, you become the architect of your own destiny!

STEP #1 SHIF WHAT YOU VALUE

EFFORT AND PERSISTENCE **OVER** INTELLIGENCE AND ABILITIES

PROCESS **OVER** OUTCOME

MISTAKES WE LEARN FROM **OVER** PERFECTIONISM

FAILING AT TRYING
NEW THINGS **OVER** WINNING WITHIN THE
COMFORT ZONE

DOING WHATS HARD/BORING
BUT NECESSARY **OVER** DOING WHAT'S SHINY, NEW
OR EXCITING

DEFERRED GRATIFICATION **OVER** INSTANT GRATIFICATION



STEP #2 BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS
SOMETHING
NEW I LEARNED
TODAY?



HOW DID I MAKE
PROGRESS
REGARDING MY
CURRENT
GOALS TODAY?



WHAT CAN I DO
TOMORROW TO
JUST BE 1%
BETTER?



4 Daily Self-Care Journaling Questions

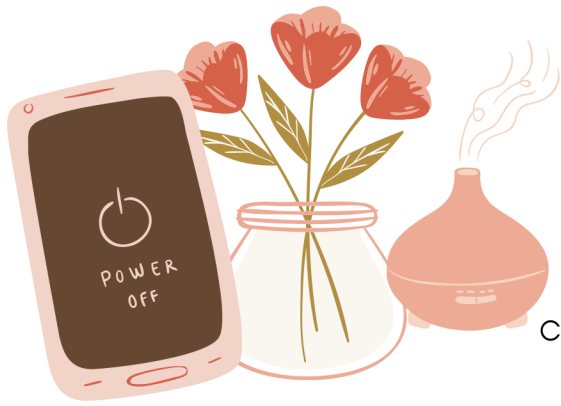
1. How did I practice self-care today?
2. How did I grow today?
3. What did I do for my primary goal today?
4. How/What can I do to improve tomorrow?



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Date: _____

Daily Self-Care

Chart your daily self-care & review regular for insight.

How did I practice self-care today?

How did I grow today?

What did I do for my primary goal today?

How/What can I do to improve tomorrow?





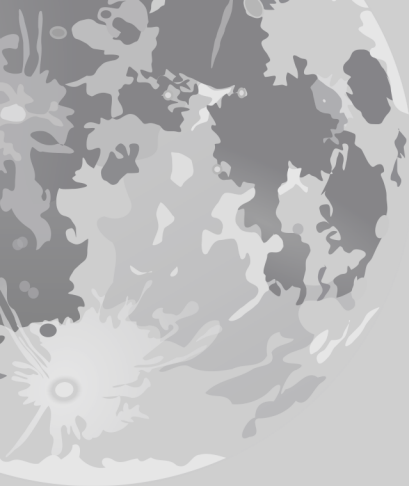
Notes



A series of 22 horizontal lines providing space for writing notes.



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MANIFESTATION WORKSHEET



DATE:

I am manifesting:

[Blank white box for writing the manifestation goal]

WHY?

[Blank white box for writing the reason for the manifestation]

STEPS TO TAKE (BECAUSE NOTHING MANIFESTS WITHOUT WORK!)

- _____
- _____
- _____
- _____

VISUALIZE IT! HOW DOES IT FEEL TO HAVE THIS?



the
**WHEEL
OF LIFE**
WORKSHEET

GET A WELL-ROUNDED
UNDERSTANDING OF WHERE
YOUR LIFE IS AT SO YOU CAN
FIND MORE BALANCE

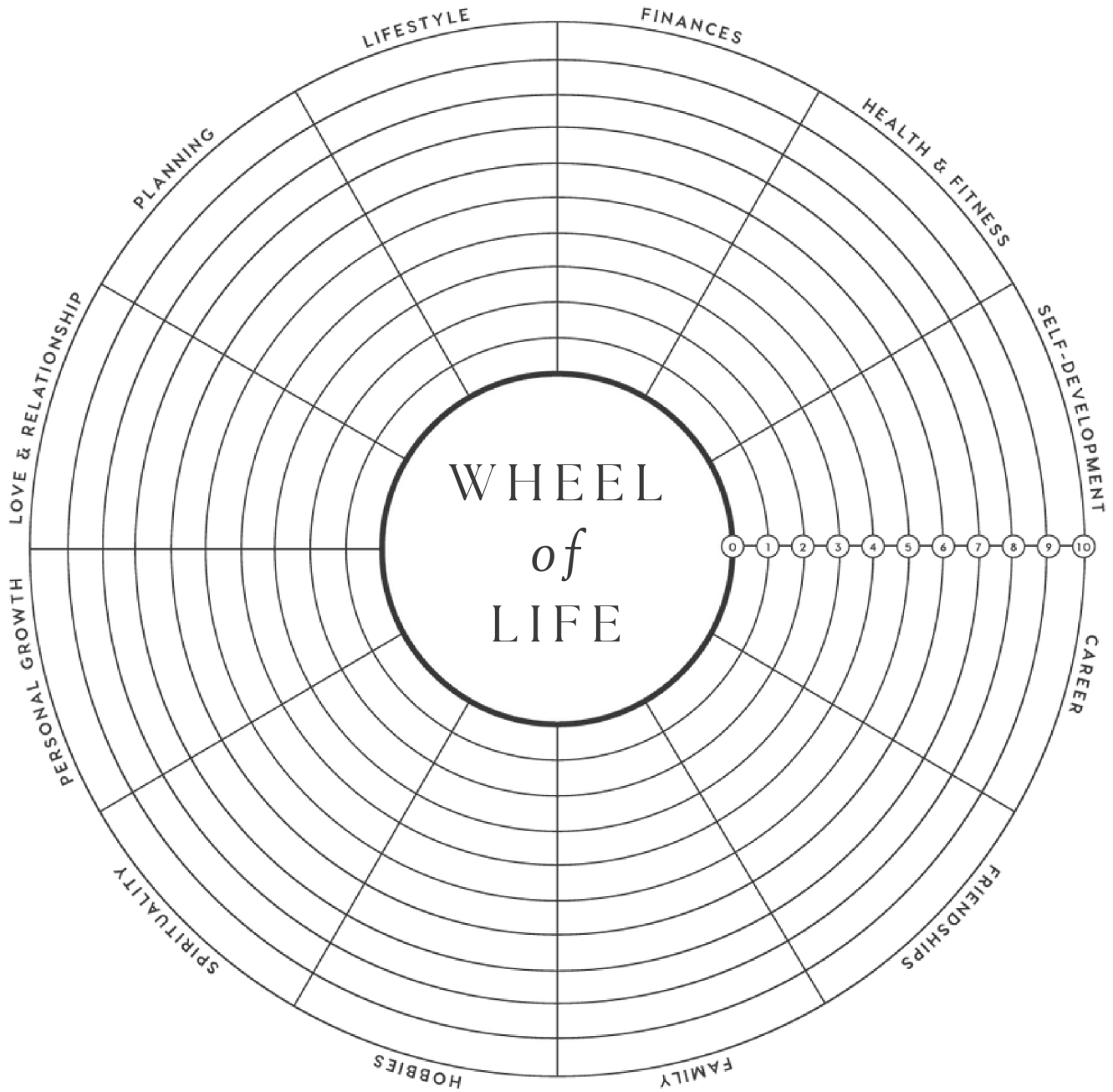


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WHEEL *of* LIFE

Rate yourself from 0 - 10 on the chart below, with 10 being the best outcome.
Make sure to score yourself honestly (imagine you are scoring a friend).



notes

SUMMARY of RATINGS

LIFESTYLE	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
FINANCES	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
HEALTH & FITNESS	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
SELF-DEVELOPMENT	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
CAREER	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
FRIENDSHIPS	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
FAMILY	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
HOBBIES	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
SPIRITUALITY	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
PERSONAL GROWTH	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
LOVE & RELATIONSHIP	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
PLANNING	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N

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READY FOR MORE?

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Distance Reiki, meditation, and more!

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QUESTIONS?

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THANK YOU!

HEATHER LARSON
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& REIKI MASTER