

MINDSET MASTERY

Tools for
Growth

GROWTH  WARRIOR

AN INVITATION TO TRY SOMETHING DIFFERENT

Succeeding in life and work requires having the right skills and abilities to contribute. But work proficiency alone is not enough to excel. We need to have the right attitude and willingness to step into new things. Developing a success mindset can make a difference.

This worksheet includes 6 tools that you can use to change your point of view and become more thoughtful in how you approach your work and life.

I regularly use these approaches myself and recommend them for my clients to help reconnect with what is most important. By taking time to reflect and evaluate what is working, we can shift from worry, hesitation or fear into positivity and action.

Use the following worksheet to practice doing things differently. It's an invitation to shift your mindset and create changes in how you approach your work, so you can be more effective and achieve the success you desire.

Here's to your growth!

Lenore

MINDSET MASTERY

*Tools for
Growth*

6 Growth Tools

1) MAKE A LIST: **define what you want to create and outline the steps.**

Write up the pros and cons of taking action on an important project. Decide which steps and activities will help you create what you want.

2) EXPERIMENT: **try something new or different.**

What action can you take to move your vision forward? Do you need to learn or do something in a new way? Decide what to try. Take the first step forward and reflect on what you learn. What else might you do to build momentum?

3) THOUGHTFUL RISK: **step outside your comfort zone with intention.**

Identify a stretch opportunity where you can push yourself to grow. Try it and assess how it felt and what you might change.

4) INTENTION: **make conscious choices about your future.**

Be clear about your priorities. Select 3-5 key focus areas, then allocate your time around these activities first. Create time blocks in your calendar and commit.

5) JOURNAL: **reflect on your thoughts, feelings and needs**

Take time to record your observations, daily if possible. Look back on what you observe and notice any patterns that emerge.

6) CONNECT: **with your heart**

Notice when you say "I think I should....." How often do you go to your head to reason or rationalize? Remind yourself what matters and drop into your feelings to see what wisdom they have to share with you.

Use the worksheet on the next page to reflect on these exercises

Mindset Mastery

Reflect on your progress with each tool in the sections below. Note any key take-aways.

MAKE A LIST what were your key actions? what emerged?

how did it feel?

CONNECT

EXPERIMENT

what did you try?



GROWTH
WARRIOR

where did you focus?

INTENTION

THOUGHTFUL RISK

what did you notice?

JOURNAL what patterns arose in your thoughts, feelings and needs?

LET'S CONNECT

I hope these tools and exercises encouraged you to get outside your comfort zone and explore new approaches to spark your creativity and leadership.

This is where the magic happens!

I am fiercely committed to helping high achievers find heart-driven success by being more authentic and finding fulfilling work they love. I believe that we all benefit when we have access to our full power and inner wisdom. The more resources we can tap into within ourselves, the more we can bring our best selves to our life and work to live our purpose.

From more than two decades, as a corporate executive, entrepreneur and transformational coach trained in profound healing modalities, I have learned to be open to new possibilities. I know that embracing change is an essential part of our growth journey. I support your desire to connect with your mind, body and spirit, so you can live more fully from our heart and create the changes you desire.

We need you to bring your gifts!

To discuss your goals and learn how coaching can support you, please **contact me for a complimentary STRATEGY SESSION** at lenore@growthwarrior.co.



Lenore Kantor

PRESIDENT & CHIEF GROWTH OFFICER

CONTACT

lenore@growthwarrior.co

+1 (917) 710-8747

@lkantor

@growth_warrior

www.growthwarrior.co

G R O W T H  W A R R I O R